

diagnosis, and intervention (Niarchou et al, 2019; Translational psychiatry; 9(1), 8)

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EPV0302

Prevalence of PTSD and anxiety among internally displaced Sudanese children in during war in Al Jabalain White Nile state, Sudan, 2024

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Introduction: Sudan is currently experiencing the largest child displacement crisis worldwide. Since the conflict erupted in 2023, over 4.6 million children have been internally displaced within Sudan, and nearly one million are seeking refugee in neighboring countries (UNICEF, 2023). The mental health of these children has been overlooked, and there is a noticeable lack of data on their psychological wellbeing.

Objectives: To assess the prevalence of PTSD, anxiety and factors associated with them among internally displaced Sudanese children during war in IDP camps in Al Jabalain district, White Nile state, Sudan, 2024

Methods: A cross-sectional study was conducted among internally displaced Sudanese children in 11 camps in Al Jabalain district. Children were interviewed using a standardised questionnaire consisting of the PTSD Civilian Checklist Version 5 arabic version and the Hamilton Scale arabic version to assess the prevalence of PTSD and anxiety. Data analysis was conducted using IBM® SPSS, version 26.0.

Results: The sample included 223 children; age median was 12 years (IQR: 9-15). 127 (57%) of them were females, with majority 128 (57.4%) in primary school. Participants who met the criteria for probable PTSD were 23 (14.3%), (median: 32, IQR: 17-28). 150 (67.3%) participants had mild anxiety, with a median score of 11 (IQR: 9-14). Older children had higher levels of PTSD and anxiety. Also, both scales were significantly associated with gender, displacement frequency and separation from close ones (p value <0.05). Females were more likely suffer from anxiety 116/127(91%) in comparison to males 76/96(79%). Yet, 19(59.4%) of children with probable PTSD were males. Children displaced more than four times were more prone to PTSD symptoms and moderate to severe anxiety. Interestingly, recently displaced children were more likely to have higher PTSD scores and lower anxiety scores. Educational level was significantly associated with PTSD, with about one-third of high school students experienced PTSD symptoms. Anxiety scale was significantly associated with direct exposure to violence, as 13.6% of those exposed to violence experienced mild to moderate anxiety.

Conclusions: This study identified significant levels of PTSD and anxiety among internally displaced children in the Al Jableen camps, highlighting the urgent need for mental health interventions, which promotes resilience and coping skills. Factors such as age, gender, frequency of displacement, direct exposure to violence, and educational level significantly impact the development of these mental health conditions.

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EPV0303

Which Patients Benefit Most from Intensive Treatment in a Day Hospital for Children and Adolescents?

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Introduction: Day hospitals for children and adolescents (DHCA) have experienced a notable increase in demand in the past few years, requiring an exploration of factors that predict treatment outcomes.

Objectives: This study aims to investigate whether all patients derive equal benefit from intensive treatment in a day hospital or if diagnostic orientation and pre-admission severity influence therapeutic efficacy.

Methods: A retrospective pre-post admission study was conducted involving adolescents treated at the DHCA Litoral Mar in Barcelona between January 2022 and December 2023. The analysis focused on the association between clinical and functional improvement, as measured by the CGAS and HoNOSCA scales, and diagnostic orientation and clinical severity, indicated by the history of suicide attempts and prior admissions. Non-parametric tests, specifically Spearman's correlation coefficient and the Kruskal-Wallis test, were used.

Results: The study sample comprised 64 patients, with a mean age of 17.72 years (SD 1.39) and 70.3% female representation. The average length of stay was 130.64 days (SD 43.92). While no statistically significant differences in clinical improvement were observed across diagnoses, patients with psychotic disorders demonstrated the most substantial improvement, followed by those with behavioral disorders, emotional regulation difficulties, and mood disorders. More modest improvements were noted for anxiety disorders and autism spectrum disorders (ASD). A statistically significant positive correlation was identified between the number of previous suicide attempts and improvement on the HoNOSCA scale ($p=0.002$), with no significant correlation found with previous admissions.

Conclusions: The findings indicate that severe patients benefit most from intensive treatment in day hospitals, while a specific diagnosis is not a clear predictor for outcomes, probably due to the small sample size. These results underscore the importance of considering clinical severity and patient history to optimize treatment effectiveness in intensive care settings.

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