

Abstract

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Anxiety disorders and somatoform disorders

EPP0001

Associations between social anxiety and avoidance, attachment styles and parental marital status, in late adolescence

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Introduction: The relation between insecure general attachment and social anxiety has long been established.

Objectives: To explore the associations between social interaction and performance anxiety and avoidance, attachment styles, and parental marital status.

Methods: 146 Portuguese adolescents, with a mean age of 18.99 years old (SD = .848; range: 18–20), filled in the Social Interaction and Performance Anxiety and Avoidance Scale and the Experiences in Close Relationships-Relationship Structures Questionnaire.

Results: Distress/Anxiety was correlated with avoidance attachment to mother and father ($r_s = .17^*$, $p = .04$; $r_s = .18^*$, $p = .03$), to anxious attachment to romantic partner ($r_s = .21^*$, $p = .01$), and to anxious and avoidance attachment to best friend ($r_s = .25^{**}$, $p = .00$; ($r_s = .17^*$, $p = .035$). Avoidance was significantly correlated with avoidance to father and to romantic partner ($r_s = .18^*$, $p = .03$), and to anxious and avoidance attachment to best friend ($r_s = .21^{**}$, $p = .009$; $r_s = .18^*$, $p = .03$). A significant difference was found in avoidance attachment to father $X^2 = 10.246$ (4, $n = 146$), $p = .036$, by parental marital status, with the adolescents with single/divorced parents presenting a higher mean score ($M_d = 111.10$; $M_d = 82.93$) than the other groups.

Conclusions: Distress/anxiety seems to be associated with more close relationships, and a single/divorced status with Avoidance. Longitudinal studies are needed to explore if insecure attachment to parents predicts insecure extra-familial attachment, and to explore the long-term effects of parental marital status.

Keywords: social anxiety and avoidance; attachment styles; parental marital status; late adolescence

EPP0002

Anxiety and depressive symptoms in patients with psoriasis

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Introduction: Psoriasis is a chronic inflammatory skin disease that affects approximately 2% of the population. It seems to have a multifactorial aetiology and it can be considered as a psychosomatic disorder.

Objectives: To determine risk factors for anxiety and depression in psoriasis

Methods: Case-control study including 44 subjects with psoriasis and 50 controls without psoriasis. All participants answered the Hospital Anxiety and Depression Scale (HADS) to measure the severity of anxiety and depression

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Results: Descriptive study: We solicited 44 patients and the average age was 45.8 years. The majority of patients were married (70.5%), unemployed (40.5%), without medical heredity (84.6%). Psoriasis was in plaque (65.9%), guttate (20.5%), pustular (13.6.5%). Its severity, assessed by BSA, was mild to moderate in 72.7% of cases and associated arthropathy was noted in 29.5% of patients. The prevalences of anxiety and depression estimated at 29.54% and 18.18% respectively. Analytical study: Subjects with psoriasis, as opposed to controls, showed higher levels of anxiety (29.54% vs 15.9%) and depression (18.18% vs 4.54%) but there was no significant difference ($p=0.335$, $p=0.573$). Depression was significantly more important for single ($p=0.043$), for patients with associated arthropathy ($=0.005$) and for guttate form ($p=0.015$). According to the severity of the disease: patients with mild disease are more anxious and patients with severe disease are more depressed.

Conclusions: Higher scores in anxiety and depression is common in psoriasis. Dermatologists should give special attention to this subgroup of persons with psoriasis in order to prevent future psychopathology.

Keywords: Anxiety; depressive; psoriasis

EPP0003

Virtual reality-based exposure with applied biofeedback for social anxiety disorder

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Introduction: Social Anxiety Disorder (SAD) is considered the most prevalent anxiety disorder with the highest disease burden amongst anxiety disorders. Despite available effective treatment with Cognitive Behavioral Therapy, a majority of individuals with SAD do not seek treatment and many drop out when confronted with elements of exposure. Several studies highlight the many advantages virtual reality exposure holds over in vivo exposure. In this study, we investigate the added effect of real-time biofeedback during virtual reality exposure. **Objectives:** The current study is part of a large scale study called VR8. The current study aims to develop and evaluate the feasibility of a VR-biofeedback-intervention for adults with mild to severe social anxiety disorder, before continuing randomized controlled trials.

Methods: Data from semi-structured interviews and surveys will be compared to biodata collected during VR exposure. Participants include a minimum of ($n=10$) patients and ($n=10$) clinicians from the Mental Health Services in the Region of Southern Denmark. Surveys include questionnaires used for assessment of anxiety symptoms, usability of technology, and presence in the virtual environment. Collected biodata includes heart rate variability and electrodermal activity. Behavioral markers include eye-gaze. The findings will be analyzed and discussed in a mixed methods design.

Results: The study is ongoing. Preliminary results will be available at presentation.

Conclusions: Successful development and implementation of a biofeedback-informed virtual reality exposure intervention may provide increased reach for patients and individuals who would have otherwise not sought- or dropped out of regular treatment, as well as inform the clinician on how to proceed during virtual exposure.

Conflict of interest: Prof. Stephané Bouchard is consultant to and own equity in Cliniques et Développement In Virtuo, which develops virtual environments, and conflicts of interests are managed according to UQO's conflict of interests policy; however, Cliniques et Développement

Keywords: virtual reality; social anxiety disorder; Biofeedback; exposure

EPP0004

Quality of life in patients with psoriasis

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Introduction: Psoriasis is a chronic inflammatory skin condition affecting diverse racial/ethnic groups throughout the world. It has a major impact on the patient's quality of life, influencing career, social activities, family relationships, and all other aspects of life. **Objectives:** To evaluate the quality of life in patients with psoriasis

Methods: Participants were outpatients of Hedi chaker University Hospital Center in sfax, Tunisia, recruited between January and July of 2017, diagnosed with psoriasis. A Demographic questionnaire and the Quality of life Questionnaire (SF-36) were administered in this study.

Results: 44 patients were included in this study. They had with a mean age of 45.8 ± 12.1 . The majority of patients were married (70.5%), unemployed (40.5%), without medical heredity (84.6%). Psoriasis was in plaque (65.9%), guttate (20.5%) and pustular (13.6.5%). Its severity assessed by BSA, was mild to moderate in 72.7% of cases and associated arthropathy was noted in 29.5% of patients. The overall average SF-36 scale scores for all patients ranged from 4 to 98 with an average of 55.97. The quality of life of patients was impaired in 45.5% of cases. Quality of life was significantly more impaired in patients with associated arthropathy ($p=0.004$). There is no significant differences for the different dimensions of quality of life regarding the clinical form of psoriasis.

Conclusions: Psoriasis certainly has an impact on patients' quality of life. So, dermatologists should give special attention to this subgroup of persons in order to prevent future psychopathology.

Keywords: quality of life; psoriasis

EPP0005

Anxious driving behavior among taxi drivers

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