EPP0660

Prevalence and associated factors of common mental disorders among medical students at a university in Brazil

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Introduction: Common Mental Disorders (CMD) are minor manifestations of depressive, anxious or somatoform symptoms, which do not fit the diagnostic criteria of the International Code of Diseases (ICD). In medical students, this panorama can generate even more repercussions given the complexity of the medical education process.
Objectives: Estimate the prevalence and recognize associated factors of CMD among medical at the Federal University of Sergipe, Brazil.
Methods: A cross-sectional study was performed with randomly selected students between April and June 2019. The Self Report Questionnaire (SRQ-20) were used, along with a questionnaire about socioeconomic and demographic characteristics, personal aspects and educational process, prepared by the authors and previously tested in a pilot study. Statistical evaluation of multiple variables was performed through backward stepwise logistic regression analysis.
Results: The study included 80 students, equivalent to 22.59% of the total population of the studied Campus. There was an age average of 23.2 years (± 4.12), mostly female (52.5%) and single individuals (35%). The prevalence of CMD was 50% and an association was observed with the following factors: feeling of dissatisfaction with the course (p = 0.034); consider their own academic performance poor or regular (p = 0.12); lack of physical activity (p = 0.043); being anxious when not using a cell phone (p = 0.007); and the retraction pattern in the face of conflict situations in their interpersonal relationships (p = 0.025).
Conclusions: Results suggest a high prevalence of CDM, associated mainly with the personal perspective about the educational process and personal habits.

Keywords: Mental disorders; Medical Education; mental health; Medical Students

EPP0657

Medical assessement of 3 years of activities in mahdia's psychiatric department

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Introduction: The field of psychiatry extends from diagnosis to treatment, including prevention and various cognitive behavioral and emotional disorders.
Objectives: To study the activity of Mahdia's psychiatric department in order to improve its outcomes.
Methods: This study was retrospective based on reporting data of the inpatients during 3 years (2016-2018) and then analyzing them.
Results: This study involved 395 patients with an average age 36.6 years. The sex ratio M/F was 1.58. The prevalence of the disorders was more marked with the low socio-economic level, school failure and unemployment. 37% had a family psychiatry history and schizophrenia was the most common. 75.5% had a personal psychiatric history and 16.8% had a history of suicide attempt. Schizophrenia (28%), Bipolar Disorder (22.1%) and Depression (14.7%) were the main conditions. The majority 79.2% had irregular medical follow-up, 44% had poor therapeutic adherence. The majority 86.6% were hospitalized without consent. The most common reason was aggression and the average length of stay was 19.47 days. The mean duration of parenteral therapy was 4.38 days. Electro-convulsive therapy was indicated for only 16 patients. Typical antipsychotics were the most prescribed 37.4%. The exit treatment was monotherapy in 14.3% and polytherapy in 83.4%. The exit destination was home in 98% and the obligation follow-up was only indicated in 2.8% (11patients).
Conclusions: This study is at the heart of psychiatric news with many questions around these coercive practices at legal and ethical level, particularly respect for freedom, legitimacy of these measures, patients' safety and the quality of the treatments.

Keywords: assessement; activities; psychiatric; department

EPP0660

• Impact of relative mental illness on caregivers

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Introduction: Belarus is undergoing legislative shifts towards community-based mental health care. Responding effectively to support this process requires an understanding of the experiences and challenges facing families caring for a relative affected by mental illness.
Objectives: To identify how caring for a person with severe mental illness impacts on family carers, and what carers identify as their support needs.
Methods: Semi-structured interviews were undertaken with 17 caregivers of people affected by severe mental illness (diagnosis of F06.8, F20, F25, F7, and/or F 84) in Belarus between March - June 2019.
Results: Care-giving for a family member was usually undertaken on a full time basis with no option for respite. Whilst caring did, in cases, strengthen family solidarity, it also resulted in intensive stress and burnout, financial pressures, and high levels of family tension, exacerbated when the person living with mental illness was perceived as a potential safety risk. High levels of societal stigma meant that caregivers commonly felt unable to discuss their circumstances, travel in public spaces, or participate in community activities. Stigma also deterred carers from seeking professional support. Priorities for support amongst carers included better information, public awareness raising and sensitization, advocacy to support patient integration into social and economic life, peer support and respite for family carers, and an increase in mental health specialists.

Conclusions: Caregiving affected family carers on multiple levels with predominantly negative consequences. Priorities identified by carers need to be considered and acted upon if community-based care is to become an effective option.

Keywords: Stigma; family care; Belarus; Eastern Europe

EPP0662

Sociodemographic and clinical profiles comparison in an acute hospital unit after a decade (2006-2007 vs 2017-2018)

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Introduction: It has been recently proposed that diagnoses traditionally framed in axis II of the DSM and diseases related to the elderly are progressively replacing serious mental illness in acute inpatient wards.
Objectives: To study the clinical and sociodemographic characteristics of the patients in an acute psychiatric unit, and to compare them between a ten-year period.
Methods: Observational, descriptive, and retrospective study that analyzes the data recorded in the discharge reports from the acute ward of the Hospital Provincial de Castellón.
Results: Among the studied patients, we found statistically significant differences regarding gender, age, readmission rate, and stay duration between the two periods. In the most recent one (2017-18), more women and elderly have entered, with shorter stays and fewer readmissions. In both periods, the most prevalent psychiatric diagnoses are by far serious mental illness (bipolar disorder, schizophrenia). By grouping the diagnoses into five broad categories (serious mental illness, dementias, personality disorders, drug misuse, and others), we found significant differences in their distribution. Lately, more personality disorders and dementias were admitted as the main diagnosis, while serious mental illness and substance use disorders increased their prevalence as accessory diagnoses.
Conclusions: The research carried out allows us to conclude that the clinical and sociodemographic profile of patients admitted to an acute unit is changing. It would be advisable to investigate the causes that motivate it and modify the devices to adapt to this new reality.

Keywords: Psychiatric diagnosis; epidemiology; acute unit; sociodemographic and clinical changes

EPP0663

Prevalence of mental health issues amongst slovak and international medical students at university of pavol jozef Šafárik: A cross-sectional study.

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Introduction: The prevalence of mental health issues amongst domestic and foreign students in Slovakian medical schools and any differences between them is currently unknown.
Objectives: The goals of this paper are to determine the prevalence and extent of mental health issues among medical students at Pavol Jozef Šafárik University (UPJŠ) in Kosice, Slovakia and to determine if there is a difference between domestic and foreign students' mental health at UPJŠ.
Methods: A combined questionnaire utilizing well-known sources was distributed to UPJŠ medical students to self-assess their levels of anxiety, depression and hedonic capacity (Zung, 1965; Zung, 1971; Snaith et al., 1995). Two-tailed T-tests and regression statistical analyses were applied to determine the significance of the data and any differences.
Results: 27% (n=319) and 25% (n=300) responses were collected from domestic and foreign UPJŠ medical students, respectively. 57% of domestic and 74% of foreign students screened positive for either anxiety, depression, or a combination. The 17% increased rate of anxiety and/or depression amongst foreign students when compared to domestic students was statistically significant ($P<0.001$). The differences between the two groups regarding hedonic tone were not statistically significant.
Conclusions: The prevalence of mental health issues amongst domestic and foreign UPJŠ medical students is much higher than the worldwide average. The higher rate of anxiety and depression observed in foreign UPJŠ medical students when compared to domestic students may be due to a reduced social support system as well as studying in a foreign country. These data suggest special support may be necessary for medical students studying abroad.

Keywords: mental health; Depression; Anxiety; hedonistic capacity

EPP0666

To value the model of psychiatric hospital admission, from 2013 to 2017 in local health service in a 240.000 people area of northern Italy

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Introduction: Psychiatric Patients Admissions in Mental health Service of Treviso (Italy) were compared from 2013 to 2017. Trends of Admissions take onto consideration, the presence of Menthal Health Service for Outpatients Care.
Objectives: To point out the distribution of Diagnosis made in Different Years for different patients ages.
Methods: For every patient has been considered the following date : Sex, Age, Marital State, Profession, Psychiatric Diagnosis, Days of Admission, Geografic Origin and KInd of Admission (Voluntary / Involuntay).
Results: It is noticeable the different percentage of Psychiatric Diagnosis in 2013 rather than in 2017. In 2017 it happened a more amount of Psychiatric Admission of Subjects with Substance Addiction Related Disturbs (Alcool included) and Atypical Depression Sindrome and Borderline and Cluster B Perrsonalòity Disorders. Lower amount instead was verified for Diagnosis of Schizofernia, Neurosis and Oligofrenia. Beside it was noticed, an earlier onset of Psychotic Sindrome in Young people often related with Substance Abuse. In the 2017 besides was lower the amount of Involuntary Admission (T.S.O. in Italy) compared with 2013.
Conclusions: Different distribution of Diagnosis is explained by the Evolution Diagnosis Orientation (from D.S.M. IV to I.C.D. 10) About the increased Diagnosis of Substance Addiction Disturbs