

with ADHD. Some of the risk factors appear to have direct effects. If this study will withstand further scrutiny, concerted effort is needed in emerging economies such as Oman to address the issue of burden among the caregivers of children with ADHD.

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EW0046

Caregiver depression screening in a child and adolescent clinic seeking consultation for their children with attention-deficit/hyperactivity in Oman

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Introduction Studies have shown that caregivers of children with (ADHD) are at a higher risk of mood disorders such as depression. The presence of mood disorders among the caregivers of children with ADHD has negative repercussion in terms of prognostic indicator, utilization of the health care service and the resultant quality of life.

Objectives To solicit the performance of indices of depression among caregivers of children with ADHD and to explore the relationship between severity of mood score, subtypes of ADHD and socio-demographic factors.

Methods A cross-sectional study conducted in a tertiary hospital in Oman dispensing child and adolescent mental health services. Arabic-version of PHQ-9 was used screen for the presence of depression among the caregivers of children diagnosed with ADHD based on DSM 5. The severity and subtypes of ADHD were quantified using Vanderbilt ADHD Parent/Teacher Rating Scale. Socio-demographic background and clinical data were gathered from medical records or attending caregivers.

Results The study included 100 caregivers of children with ADHD. Most of the primary caregivers were mothers (92%). Using the cut-off score of 12 on the PHQ-9, rates of depression for the mother was 14%. Some socio-demographic factors were strongly associated with severity of depressive symptom.

Conclusion This study suggests that depressive symptoms as elicited by PHQ-9 are common among caregivers of children with ADHD. The rate of depressive symptoms is higher compared to the general population in Oman. This study lays groundwork for contemplating mechanisms to mitigate depressive symptoms among caregivers of children with ADHD.

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EW0047

Prevalence of attention deficit hyperactivity disorder among primary school children in Riyadh, Saudi Arabia; 2015–2016

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Introduction ADHD is one of the most common neurodevelopmental disorder among children. It is described as a chronic impairing disorder that negatively affects the academic attainment and social skills of the child. Furthermore, ADHD symptoms con-

tinue into adulthood in 30–60% of affected children. Consequently, they will most likely be missed from employment many times.

Aims Determine the prevalence of attention deficit hyperactivity disorder among children in Saudi Arabia.

Objectives Determine the prevalence of attention deficit hyperactivity disorder among both governmental and private primary Saudi school children aged 6–9-year-old. And to measure the gender difference of ADHD prevalence. Also, to determine any association between the socio-demographic characteristic of parents of children with ADHD.

Methods An observational cross-sectional study of 1000 primary school children belonging to 1st, 2nd and 3rd grade. The selected students were screened by the ADHD rating scale using multistage sampling technique. The first stage was selection of 20 schools from all Riyadh regions by simple randomization. The second stage was choosing children whom serial numbers were multiplies of five in each class. The ADHD rating scale was filled by both parents and teachers along with a socio-demographic questionnaire for the parents.

Results The estimated prevalence of ADHD was 3.4%. ADHD manifestations affect boys more than girls. In addition, ADHD was more frequent among children of illiterate mothers. Finally, ADHD was significantly more prevalent among first grade children.

Conclusion This epidemiological study filled the data gap of ADHD prevalence in Riyadh. The study's findings go in line with many nearby and global studies.

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EW0048

Benzodiazepines intake at youth–experience from adolescent consultation at centro hospitalar Lisboa Norte

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Introduction The increasing intake of psychotropic medication by children and adolescents is a reality that worries many mental health professionals. Recently, European school survey project on alcohol and other drugs showed that tranquillizers and sedatives were mainly consumed by Portuguese youth, without medical prescription, bringing this topic to medical and health stakeholders' attention.

Objectives Characterize benzodiazepine prescription in the youth population followed in a psychiatric consultation at centro hospitalar Lisboa Norte psychiatric department.

Aims Discuss Portuguese trends in mental health among youths. **Methods** Analysis of 127 adolescents, seen for the first time from January to December of 2015, using Microsoft office excel.

Results Our sample is comprised by adolescents from 12 to 20 years old, 81 female and 46 male. Only 16% of the adolescents were medicated with benzodiazepines, although low neuroleptic doses were often required, and 30% carried out psychotherapy. Sixty-five per cent of the diagnosis corresponds to anxiety, depressive and impulse control disorders.

Conclusion Although trends in Portuguese youth mental health seem to be encouraging, as highlighted by local reports, European Union Joint Action on Mental Health and Well-Being recommends community and school active roles in primary and secondary prevention. Our experience shows that benzodiazepines' use is rarely necessary and symptoms as anxiety, impulsivity and insomnia decreased with other strategies. Coping strategies must be discussed with the adolescents, in formal psychotherapy or in a supportive and containing therapeutic relationship, as well as dis-