

**Introduction** In psychotherapeutic clinic, patients without visible marks of acne report this experience with great emotional charge, even when it occurred many years before.

**Objectives** This observation arose the interest in investigating the psychological impact of acne, which led us to find out what acneic subjects think of their disease, how they deal with it and, simultaneously, evaluate the beliefs of dermatologists on it. The present work is part of an investigation whose aim is to develop a program for the promotion of skills to deal with acne and its effects.

**Methods** The inventory of beliefs, behaviours and treatment of acne – ICA – was developed through the content analysis of non-structured interviews to health care professionals and to patients with acne and/or who had it. This inventory was applied to a convenience sample ( $n = 367$ ), to a university sample ( $n = 1666$ ) and to a sample of 95 dermatologists – the 16 questions related to the beliefs on acne.

**Results** We found general agreement with some statements. Most respondents agree with a group of statements, though opinions are divided. Most respondents “disagree” or “disagree more than agree” with “...ingestion of chocolates or dairy products would cause acne”. Finally, there is no consensus about “...caused by the combination of psychological and hormonal factors”.

**Conclusions** Further studies are needed, on the impact of acne in patient’s quality of life. We also found great interest of promoting a close collaboration between dermatologists and psychology.

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#### EV947

### The perceived problem solving skill of Iranian nursing students:

#### A cross-sectional study

Z. Moshirabadi<sup>1,\*</sup>, H. Haghani<sup>2</sup>, L. Borimnejad<sup>3</sup>

<sup>1</sup> Iran university of medical sciences, faculty of nursing and midwifery, Tehran, Iran

<sup>2</sup> Iran university of medical sciences, biostatistics, Tehran, Iran

<sup>3</sup> Iran university of medical sciences, nursing care research center, Tehran, Iran

\* Corresponding author.

**Background** The ability to solve problems and make decisions creatively has become paramount to new nursing graduates, as these skills assist them with recognizing and evaluating situations that require prompt attention. The purpose of this study was to determine and compare nursing student’s perceived levels of own problem solving skills in various years of their 4-year program.

**Methods** This is a cross-sectional study. Three hundred and twenty-two undergraduate nursing students in BSc nursing program participated in this study. The study setting was nursing School of Iran university of medical sciences. The Problem solving inventory (PSI) was used to data gathering. The scale was divided into three subscales including: problem-solving confidence (PSC), approaching avoidance style (AAS), and personal control (SC). Students involved in the study signed the study Informed consent.

**Results** Findings showed that the mean score of total problem solving skill was  $89.52 \pm 21.58$ . The mean score of the 4th year students in PSI was less than other year students ( $84.18 \pm 27.47$  vs  $89.13 \pm 18.71$ ,  $91.57 \pm 21.87$ , and  $91.52 \pm 20.8$ ). This study finding revealed that 4th year students in 3 factors of problem solving (PSC, AAS, PC) considered themselves more successful than others. Meanwhile, when the results are compared according, no significant differences occurred among the student in different years ( $F: 1.46, P \leq 0.22$ ).

**Conclusion** Educating should help students to reach the desired levels of problem solving skills by allowing them to acquire and practice these abilities in the field. Nursing students with advanced problem solving skills will be essential for this changing society.

**Disclosure of interest** The authors have not supplied their declaration of competing interest.

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#### EV948

### Stigma: Dimensions and correlates in a multi-ethnic population

M. Subramaniam<sup>1,\*</sup>, E. Abdin<sup>1</sup>, L. Picco<sup>1</sup>, S. Pang<sup>1</sup>, S. Shafie<sup>1</sup>, J. Vaingankar<sup>1</sup>, K.W. Kwok<sup>2</sup>, K. Verma<sup>1</sup>, S.A. Chong<sup>1</sup>

<sup>1</sup> Institute of mental health, research, Singapore, Singapore

<sup>2</sup> Nanyang technological institute, sociology, Singapore, Singapore

\* Corresponding author.

**Introduction** Mental health stigma is a multidimensional concept that encompasses many different themes and definitions. Public stigma is defined as the degree to which the general public holds negative views and discriminates against a specific group.

**Objective** To understand the context and correlates of stigma in multi-ethnic Singapore.

**Aims** The current study aimed to (i) explore the factor structure of the Depression Stigma Scale and the Social Distance Scale using an exploratory structural equation modelling approach and (ii) examine the correlates of the identified dimensions of stigma in the general population of Singapore.

**Methods** Data for the current study came from a larger nationwide cross-sectional study of mental health literacy conducted in Singapore. All respondents were administered the Personal and Perceived scales of the Depression Stigma Scale and the Social Distance scale to measure personal stigma and social distance respectively.

**Results** The findings from the factor analysis revealed that personal stigma formed two distinct dimensions comprising “Weak-not-Sick” and “Dangerous/Unpredictable” components while social distance stigma items loaded strongly into a single factor. Those of Malay and Indian ethnicity, lower education, lower income status and those who were administered the depression and alcohol abuse vignette were significantly associated with higher weak-not-sick scores. Those of Indian ethnicity, 6 years of education and below, lower income status and those who were administered the alcohol abuse vignette were significantly associated with higher dangerous/unpredictable scores.

**Conclusion** There is a need for well-planned and culturally relevant anti-stigma campaigns in this population.

**Disclosure of interest** The authors have not supplied their declaration of competing interest.

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#### EV949

### Hospitalization durations and remission rates of patients in a psychiatry clinic

R. Tutuncu\*, H. Kullakçı, B. Hakan, A. Algul, A. Ates, C. Basoglu  
Gulhane military medical academy, Haydarpasa research and training hospital, psychiatry, Istanbul, Turkey

\* Corresponding author.

**Objective** The duration of hospitalization is related to many well-documented factors in literature. However, little is known about psychiatric patients and psychiatric service delivery in non-Western developing countries. It is supposed that major contributing factors in discharge are remission rates and functional levels. Therefore, this naturalistic preliminary study aimed at analyzing and describing the hospitalization duration and remission rates of a psychiatric population treated in the mental health inpatient facility.

**Methods** A total of 88 male patients, who were hospitalized in a psychiatry clinic were included in the study. They were evaluated at

admission and before discharge using the Brief Psychiatric Rating Scale (BPRS) and the Clinic Global Impression Scale (CGI). Other variables, including length of stay, number of previous admissions, demographic characteristics, and diagnosis were also assessed.

**Results** Mean of the total scores on BPRS were declined from 24.95 to 13, and the mean CGI scores were declined from 3.85 to 2.04 during hospitalization period. Mean length of hospitalization was 7.91 days.

**Conclusion** Our study shows that patients are discharged from the hospital with approximately 50% decrease in symptom severity. Such research can contribute to understand better, the needs of psychiatric patients, and help to develop continuously improved service delivery and optimize therapeutic options.

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## EV950

### Positive mental health in individuals with mental disorders

J. Vaingankar\*, M. Subramaniam, E. Abdin, R. Sambasivam, A. Jeyagurunathan, E. Seow, S. Pang, L. Picco, S.A. Chong  
Institute of mental health, research division, Singapore, Singapore  
\* Corresponding author.

**Introduction** Given the emphasis on inclusion of well-being interventions in the treatment and rehabilitation of individuals with mental disorders, it is important to understand the level and determinants of positive mental health (PMH) among them.

**Objective** To conduct a cross-sectional study among patients with schizophrenia, depression and anxiety spectrum disorders to estimate PMH.

**Aims** (i) To estimate the level of PMH among patients with mental disorders and compare these with the established general population estimates; (ii) to identify socio-demographic and clinical determinants of PMH.

**Methods** Following ethics approval, 353 patients aged 21-65 years, receiving treatment at a psychiatric hospital in Singapore for schizophrenia, depression or anxiety spectrum disorders were included. Patients provided socio-demographic information and completed the multidimensional PMH instrument that provides total and domain-specific scores ranging from 1 to 6; higher scores indicate better PMH. Functioning was assessed with the Global Assessment of Functioning (GAF) scale and clinical data were obtained from administrative databases.

**Results** Sample comprised 142, 139 and 72 patients with schizophrenia, depression and anxiety spectrum disorders respectively, with a mean age of 39.2 years. Mean total PMH scores among them were 4.2, 3.7 and 3.8 respectively which were significantly lower than the general population mean of 4.5 ( $P < 0.001$ ). Patients of Chinese ethnicity, with lower education, depression or anxiety, and lower GAF scores were more likely to have lower PMH.

**Conclusions** This study identified patient subgroups that are likely to have poorer PMH. Interventions facilitating PMH among these patient groups would be beneficial and are needed.

**Disclosure of interest** The authors have not supplied their declaration of competing interest.

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## EV951

### To the question of destigmatization of psychiatry and mentally ill persons in the modern society

S. Vladimirova<sup>1,\*</sup>, V. Lebedeva<sup>2</sup>, E. Gutkevich<sup>3</sup>, A. Semke<sup>3</sup>, N. Bokhan<sup>4</sup>, N. Garganeeva<sup>5</sup>

<sup>1</sup> Mental health research institute, department of coordination of scientific research, Tomsk, Russia

<sup>2</sup> Mental health research institute, clinics, Tomsk, Russia

<sup>3</sup> Mental health research institute, endogenous disorders department, Tomsk, Russia

<sup>4</sup> Mental health research institute, addictive states department, Tomsk, Russia

<sup>5</sup> Siberian state medical university, department of primary care therapy, Tomsk, Russia

\* Corresponding author.

In recent decades, new medications have been developed that entailed possibility of rehabilitation and socialization of mentally ill persons.

**Purpose** To consider a phenomenon of destigmatization of mentally ill persons on the example of the analysis of screening-questioning in mental health service.

**Methods** Randomized screening-questioning of participants of Open Doors Day in the clinics of Mental Health Research Institute (Tomsk, Russia) in connection with World Mental Health Day in October, 2015.

**Results** One hundred and forty-six residents of Tomsk and inhabitants of the Tomsk Region as well as other cities visited Mental Health Research Institute. 76,5% of them visited mental health service for the first time. More than a half of visitors (51%) was the most able-bodied age group – 20-50 years old; elderly people – 20%. According to many-year observation of authors of the work, there is a gradual destigmatization of people with mental health problems. Process of destigmatization will develop further, and mass media should also be engaged in it. One more moment should be emphasized – reduction of self-stigmatization. Though people do not still aim to seek for psychiatric help at the appropriate institutions (they prefer to visit the psychiatrist of the catchment area policlinic), they after all started recognizing presence of the problem, understanding the need of its overcoming, and possibility of its correction.

**Conclusion** The attitude of society towards people with mental health problems and towards psychiatry reasonably changes, and this promotes further development in the field of help to patients and their relatives.

**Disclosure of interest** The authors have not supplied their declaration of competing interest.

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## EV952

### Effectiveness of a school-based universal prevention program for enhancing self-confidence: Considering the extended effects associated with achievement of the direct purposes of the program

K. Yamasaki<sup>1,\*</sup>, Y. Murakami<sup>2</sup>, T. Yokoshima<sup>2</sup>, K. Uchida<sup>1</sup>

<sup>1</sup> Naruto university of education, department of human development, Naruto, Japan

<sup>2</sup> Naruto university of education, center for the science of prevention education, Naruto, Japan

\* Corresponding author.

**Introduction** We have developed a group of school-based universal prevention programs for children's health and adjustment. The programs are characterized by new theories such as the somatic-