

15.3% and 5.0% respectively; significantly, more boys misused marijuana (20.6%) than girls (12.2%) (Chi-square=4.525; df=1; P=0.033).

**Conclusions:** The prevalence of PTSD, depression, anxiety, and substance misuse between groups of medical and philosophy university students in BH seven years after the war quitted did not significantly differ. Girls presented significantly more PTSD prevalence than boys. Boys significantly more frequently were drinking alcohol and misused marijuana than girls.

### P185

PTSD among adolescents from three different geographical settings in Bosnia-Herzegovina after 1992-95 war

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**Aims:** To estimate the frequency, type, and severity of psychological trauma among displaced adolescents from three different municipalities with different exposure to war conditions after the 1992-1995 war in Bosnia-Herzegovina (BH).

**Methods:** The sample of 212 adolescents from northeast region of BH (102 girls) aged of 15.1±2.1 years, divided in three groups. Srebrenica group (n=69), Zvornik group (n=74) and Bijeljina group (n=69), were assessed for war traumatic events and presence of post-traumatic stress disorder (PTSD). The Harvard Trauma Questionnaire (HTQ) version for Bosnia and Herzegovina was used.

**Results:** Among tested adolescents 82.1% left homes, 77.8% of them were separated from family, 76.4% were forcedly expelled from homes, 50% lived in collective settlements. In the sample 11.6% of adolescents lost father: Srebrenica (43.5%), Zvornik (29.7%) and in Bijeljina group (5.8%)(Chi-Pearson=25.844, df=2, P<0.001). The PTSD prevalence was 61.3% in the sample; Srebrenica (73.9%), Zvornik (62.1%), and Bijeljina group (47.8%) (Chi-square=9.933; df=1; P=0.007). Among adolescents who lost father in the sample 82.1% presented PTSD: Srebrenica (80.0%), Zvornik (90.9%) and Bijeljina (50.0%)(Chi-square=16.769, df=2, P<0.001). In Srebrenica and Zvornik groups gender had no influence on PTSD prevalence but in Bijeljina group girls presented significantly more PTSD (59.6%) than boys (34.4%)(Chi-square=4.327, df=1, P=0.038).

**Conclusions:** The prevalence of PTSD was very frequent among Bosnian displaced adolescents 3.5 years after the war ended. Adolescents from Srebrenica had the highest rate of father loss and PTSD prevalence. Father loss influenced significantly on the prevalence of PTSD, while girls presented significantly more PTSD only in Bijeljina group.

### P186

Four years of day hospital treatment of psycho-traumatized persons in post-war Bosnia and Herzegovina

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During and after the 1992-1995 war in Bosnia-Herzegovina (BH), the population faced severe traumatic events, and the need for organized psychosocial help to traumatized persons was great. The Ministry of

Health, Federation of Bosnia and Herzegovina has established the network of psychosocial help in 1996. This paper to present organization of day hospital in Psychiatry Department Tuzla, for psychosocial support and treatment of persons, traumatized during and after the BH war. The authors described the implementation of the community-based Reform Program of Mental Health, the Ministry of Health, Federation of Bosnia and Herzegovina, and retrospective analysis of hospitalizations for psycho trauma in a 1999-2003 period of work carried out within the day hospital of the Psychiatry Department in Tuzla, Bosnia-Herzegovina. Considering the number of referred patients, their gender, age, and psychiatric disorder does this. Diagnostic estimation was carried out in accordance with DSM-IV classification, standardized PTSD interview, and Minnesota Multiphasic Personality Inventory (MMPI). During 1999-2003 period there were a total of 283 day-hospital patients aged 45 8.06 years, 118 (41.40%) of them were males. According to psychiatric disorders, the highest number of patients 143 (50.2%) suffered from Post Traumatic Stress Disorder (PTSD), 132 (46.3%) of patients were classed as having depressive disorders and 45 (15.8%) patients suffered from psychotic disorders. In addition it considers advantages and disadvantages of day hospital in psychiatric care of psychotraumatized persons in post war BH.

### P187

Prevention of mental health problems among future doctors: A controlled group intervention study among medical students in Bergen

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**Background:** Stress and mental health problems is common among medical students, but we lack studies of intervention programmes during medical school.

**Design and Methods:** The students participated in one of two group session programmes during their third year at medical school. One option was a self-development programme delivered by trained group therapists. Alternatively the students chose a programme focusing on themes of special relevance to doctors. The format was one and a half hours' group sessions, once weekly, altogether 12 times. The baseline data were gathered before the intervention (T1). We studied the effect 3 months post intervention (T2), in this first follow-up paper. One class (N= 128) of medical students were given the group intervention programmes. The next year class (comparison group) received no intervention (N= 152). The main outcome of this study was Perceived Medical School Stress (PMSS), which has been linked to anxiety and depression, as well as need for treatment. We used multilevel linear model (repeated measures) to test for differences over time.

**Results:** Both the intervention and the comparison groups showed a decline in PMSS from T1 to T2. There was an interaction between time and the intervention, and this indicates a significant effect (P=0.01) of the intervention. We found this effect due to the participation in the self-development groups (P=0.009). All effects were controlled for age and gender.

**Implications:** The self-development groups have a beneficial effect on stress among the students in a three months follow-up.

### P188

Ethnotherapeutic approach in psychosocial assistance to adolescents in refugee camps: The experience of Chechnya

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This article describes the ethnotherapeutic approach in psychosocial assistance to adolescents of 14–18 years who had left Chechnya and lived in the refugee camps in neighbour Ingushetia during wartime 1999–2004. The group ethnotherapy based on the Chechen customs, traditions, myths and symbols was used.

In traditional Chechen family children grow in the atmosphere of values where norms of behavior, cultural traditions and customs are developed. Being in hard and unusual conditions of refugee camps, the part of adolescents had problems with adaptation and refused from habitual norms of cultural traditions and customs. As a result they lost their identity, had a mental health problems and deviating forms of behaviour. On the other hand, many adolescents felt guilty that they were in safety while people back at home were suffering from war hardships.

During the ethnotherapeutic sessions different life situations in a context of the Chechen norms of traditions and customs were discussed as well as examples from a life of mythical and real Chechen heroes of the past and how could they cope with difficult life situations they faced. Well-known Chechen actors, writers, scientists were invited to the therapeutic sessions, which life situations showed to adolescents how it needed to work and served to the own people.

Using the ethnotherapeutic approach returns adolescents in habitual system of values, raises their self-estimation and improves adaptation on a new place.

## P189

The quality of life of the patients who underwent surgical treatment on oncological pathology of thyroid gland

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**Backgrounds and aims:** We examined 56 patients, who were operated on oncological pathology of thyroid (operation was performed from 1 to 10 years ago). The patients took the course of radioiodine therapy and obtained life-time substitutional therapy with L-thyroxine.

**Methods:** To assess the quality of life during the after operation period we used the Russian language version of the questionnaire SF 36 (Medical Outcomes Study Short Form) (Ware J.E., 1993).

**Results:** The quality of life in case of cancer of thyroid gland, as compared to the sample group, appeared to be significantly decreased in all the scales of the questionnaire SF-36. With reliability of  $P < 0.05$ , as compared to the sample group, the following indices decreased: physical functioning (69,1±2,8 и 92,1±2,4); the role of physical problems in the restriction of vital activity (22,3±4,0 и 70,2±6,8); social functioning (42,0±1,6 и 52,8±2,3); the role of emotional problems in the restriction of vital activity (19,6±5,4 и 73,1±8,9).

**Conclusions:** These data indicate to the prolonged effect of the psychotraumatic experience and the changes of subjective perception of one's social status. The data obtained show the significant influence of psychological aspects of the perception of the case of cancer of thyroid gland on the level of subjective assessment of vital activity and, as a result, social adaptation.

## P190

Type of trauma in posttraumatic stress disorder female patients

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Gender-based perspective is not systematically included across trauma studies and deeper insight into women's response to trauma is required. We explored how the type of trauma (military vs. civilian) is related to clinical characteristics of post-traumatic stress disorder (PTSD) female patients.

Out of 55 PTSD patients included in the study, 34 were military trauma victims (combat experience, witnessing family members being killed) and 21 experienced civilian trauma (rape, robbery, traffic accident). All patients were hospitalized at the Zagreb University Hospital. Data were gathered retrospectively from the medical charts.

Regardless to the type of trauma, examination of clinical characteristics indicate high rate of comorbid psychiatric disorders among PTSD patients with major depressive disorder being the most prominent one; others are personality disorder, anorexia nervosa and somatoform disorder. We found no significant inter-group differences in PTSD symptoms according to the DSM-IV criteria. Most pronounced PTSD symptoms in both groups were hyperarousal and social avoidance symptoms. Late first contact with psychiatrist was found to be a risk factor for PTSD diagnosis among the military group. Those patients were more likely to present first with somatic symptoms such as arterial hypertension, rheumatic pain and gastritis.

Study results suggest that both military and civilian traumas left polymorphous psychological consequences on the mental health of the victims. There is a need for sensitive and coordinated care for traumatized people in order to recognize psychological symptoms and provide optimal psychiatric interventions.

## P191

Prison psychosis or simulation: a case report

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The imprisonment is able to accelerate the declaration of some psychiatric problems until this latent or balanced.

The prison psychosis can be observed among new prisoners, and is charged to the conditions of imprisonment, and the difficulties of adaptations of the prisoner with his new medium.

The concept of prison psychosis is a much discussed concept whose limits with the other psychoses are very vague and thus posing a problem of diagnosis and pathogenesis, however one on simulation remains possible in front of the obviousness of the secondary benefit.

In this work, we will try to discuss, through a clinical observation, the nosographic place of this clinical entity.

## P192

Indexes of alexithymia and psychopathology in patients with type II diabetes.

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**Background and aims:** Investigating the indexes of alexithymia and psychopathology, as well as their relation to each other, in patients with type II diabetes.