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**Introduction** Five to 8% of women of reproductive age suffer from moderate to severe symptoms of premenstrual syndrome associated with substantial distress or functional impairment.

**Objective** To determine the efficacy, tolerability and acceptability of Vitex agnus castus (VAC, chaste-berry) preparations for treatment of premenstrual syndrome (PMS).

**Methods** After an extensive literature search all randomized controlled trials of VAC in women with PMS and/or premenstrual dysphoric disorder were included.

**Results** We found 17 randomized controlled trials of VAC in the treatment of PMS of which 14 studies could be included in the quantitative analysis. All trials, except one, found the Vitex agnus castus preparation to be more efficacious than placebo, pyridoxine and magnesium for either total symptom score or individual symptoms or symptom clusters. Unfortunately, the majority of trials is hampered by a high risk of bias. The pooled effect of VAC in placebo-controlled trials was large (Hedge's  $g$ :  $-1.21$ ; 95% CI:  $-1.53$  to  $-0.88$ ), but heterogeneity extremely high ( $I^2 = 91\%$ ). We could not single out distinct factors that could explain this heterogeneity. The funnel plot and Egger's tests suggest the presence of bias over the full set of studies and effect sizes.

**Conclusion** Although meta-analysis shows a large pooled effect of VAC in placebo-controlled trials the high risk of bias, high heterogeneity and risk of publication bias of the included studies preclude a definitive conclusion. The pooled treatment effects should be viewed as merely explorative and, at best, overestimating the real treatment effect of VAC for PMS symptomatology.

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#### EV1534

### Body shape perception among obese Tunisian women

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**Introduction** In today's societies, pressures from the idea of thinness are omnipresent and lead to a corporal dissatisfaction with an excessive preoccupation of the body's image. Obese persons are often targets of stigmatization and are vulnerable to negative feeling about their physical appearance.

**Aims** To evaluate the worries towards the weight and the shape of the body among obese women.

**Methods** Our study was a transversal study, descriptive and analytic. A total of 42 obese women were included. Obesity was defined by body mass index (BMI)  $\geq 30$  and divided into 3 classes: class I: moderate obesity ( $30 \leq \text{BMI} \leq 34.9$ ); class II: severe obesity ( $35 \leq \text{BMI} \leq 39.9$ ); class III: morbid obesity ( $\text{BMI} \geq 40$ ). Patients were studied by mean of body shape questionnaire (BSQ-34) (Considering score  $\text{BSQ} < 80$  lack of altered body image perception and score  $> 140$  excessive preoccupation).

**Results** The mean age of participants was 33.6 years. The average BMI was  $37.42 \text{ kg/m}^2$  ( $30.45\text{--}56.26 \text{ kg/m}^2$ ). Third (35%) of women had a high educational level, 41.4% were inactive, and 70.8% had an average socioeconomic level.

The average BSQ score was 108.31 (47–188). The majority of women (78.1%) had excessive preoccupation about their body image. The BSQ score was correlated to morbid obesity ( $P = 0.014$ ). Women aged between 20 and 3 years were significantly more preoccupied about their body image ( $P = 0.046$ ).

**Conclusion** Majority of obese women were preoccupied about their body image. Young women and those having morbid obesity seemed more preoccupied about their body image.

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

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#### EV1535

### Spectrum of medical and social problems in the female opium addicts

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**Aim** The work was initiated to study peculiarities of medical and social problems of the female opium addiction.

**Materials and methods** We examined 56 female opiate addicts aged from 18 to 56 (mean age  $31.8 \pm 1.09$  years) hospitalized at the tertiary detox center (Tashkent). Twenty of the examinees (35.7%) were managed for the first time, 36 patients (64.3%) being treated iteratively.

**Results and discussion** Seventeen women were employed, only three of them were working in their specialization. Thirty-nine patients were either unemployed or engaged in the unskilled labor, that is, the one being out of tune with their education level. Eight examinees served penal servitudes, eleven women being detained without imprisonment. The findings reflect disorders in social adaptation of the most examinees. Drug addiction onset time varied from 19 to 25 years ( $22.1 \pm 1.12$  years in the average), but the age range from 20 to 23 was the most frequent one. Duration of episodic taking ranged from 1 month to 2.5 years ( $2.4 \pm 0.7$  months in the average). In 10 patients (20%) withdrawal syndrome has formed rapidly, in 1–2 months. Drug dose is partially associated with a patient's ability to pay and heroin accessibility.

Almost half of our 56 examinees had drug using husband, cohabitant or sex partner. Quality of remissions was found to greatly depend on a drug using sex partner.

**Conclusions** Medical and social consequences of the female drug addiction are quite severe to mention early psycho-social disadaptation, prostitution and illegal actions, including thefts, document forgery, drug pushing.

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#### EV1536

### Impact of emotional intelligence on level of academic achievement in a sample of Saudi female medical student

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**Background** Emotional intelligence (EI) assessment has become an effective technique in exploring individual competencies. In the medical educational, there is a growing evidence for relation between academic achievement and emotional intelligence.

**Objective** To examine relation between academic achievement and emotional intelligence among medical students.

**Method** A cross-sectional study of 189 female university students using paper-based Bar-On Emotional Quotient Inventory: Youth Version was conducted. BarOn EQ-i:YV consists of 7 sub-scores which estimate various domains of emotional intelligence along with general mood. The academic achievement was assessed via self-reported Grade Point Average (GPA).

**Result** The average Intrapersonal score of participating students was  $14.9 \pm 3.4$  and Interpersonal was  $41.7 \pm 4.9$ . The students scored  $32.0 \pm 5.0$  in stress management scale and  $31.9 \pm 4$  in adaptability. The lowest score achieved in the Emotional Inelegance scale was 32.5 whereas the top score was 71.3. The average general mood was  $47.1 \pm 6.4$  and the positive impression ranged between 6 and 23 ( $17.3 \pm 2.8$ ). Positive week correlations were defined between the GPA and self-efficacy ( $r=0.13$ ) and Adaptability ( $r=0.08$ ) though these correlations were statistically insignificant ( $P>0.05$ ). Linear regression model showed that domains of Bar-On scale could explain up to 33% of changes in GPA ( $R^2=0.33$ ) with significant effect of self-efficacy, adaptability and general mood scores ( $P<0.05$ ).

**Conclusion** Medical students showed high level of emotional intelligence which positively affect their academic achievement. Therefore, improving the emotional intelligence domains can help students improving their academic achievement.

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#### EV1537

### Gender differences in response to psychological treatment for social anxiety disorder in those with comorbid drug dependence

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**Introduction** Individuals with social anxiety disorder do poorly in residential treatment programs for the treatment of drug dependence. This is not surprising given the social nature of residential rehabilitation where group work and close social interactions are required.

**Objectives** Given the social nature of residential rehabilitation, we were interested in exploring whether we could address social anxiety symptoms prior to treatment entry and therefore enhance the likelihood that an individual would enter treatment and stay in treatment.

**Aims** To conduct a randomised control trial to evaluate whether treatment of social anxiety symptoms prior to treatment entry improves treatment entry and retention.

**Method** Treatment seeking substance users ( $n=105$ ) completed intake assessment interviews for entry into a residential rehabilitation program. Assessment comprised the Mini International Neuropsychiatric interview (Mini), the alcohol, smoking and substance involvement screening test (ASSIST), the Liebowitz Social Anxiety Scale (LSAS). Participants were randomised to either a four-session social anxiety intervention or treatment as usual (which was to remain on the waiting list until treatment entry). A survival analysis was conducted to examine whether the intervention impacted on treatment retention.

**Results** The treatment did not significantly impact on treatment but the intervention group were significantly more likely to remain in treatment and this effect was only found in women.

**Conclusion** For individuals with social anxiety disorder brief evidence based intervention focused on ameliorating social anxiety

symptoms (e.g., cognitive behavioural treatment) may improve the retention in treatment. This effect appears to be gender specific.

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#### EV1538

### Group art therapy for the management of fear of giving birth

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**Introduction** Fear of giving birth may affect many pregnant women. Fear of childbirth leads to an increase in C-section demands and the ratio of C-section births. Group therapy addresses at least 8 people at the same time, which both saves time and treatment expenses.

**Objectives** The objective of this study was to evaluate the impact of group art therapy for the management of fear of giving birth.

**Methods** Thirty women volunteers in the third trimester of pregnancy who were attending a public women's hospital and who had fear of giving birth were included in the study. They were randomly distributed to 2 groups. First group ( $n=15$ ) received 6 sessions of group art therapy. Second group ( $n=15$ ) received 6 sessions of psychoeducation regarding fear of giving birth. Each weekly psychotherapy session lasted 130 minutes.

**Results** By the end of the six weeks Beck depression scale (BDS) scores, Beck Anxiety Scale (BAS) scores and Wijma delivery expectancy/experience questionnaire version A (W-DEQ) scores decreased significantly in the group art therapy group ( $P<0.001$ ). In contrast, the psychoeducation group showed no significant changes in terms of BDS, BAS, W-DEQ scores.

**Conclusions** Our study shows that group art therapy may be a promising cost-effective treatment method to manage fear of giving birth in pregnant women. The study needs to be replicated in women coming from different cultures and socioeconomic statuses to establish group art therapy for the treatment of fear of giving birth.

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#### EV1539

### Early maladaptive schema domains in the first day of menses and 15 days after the menses in healthy volunteers

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**Introduction** Premenstrual syndrome (PMS) symptoms may affect the physical, psychological and social lives of many women of the reproductive age group. Most women report being extra-sensitive and have difficulties with emotional regulation and some patients report worsening of their psychiatric symptoms during the premenstrual period. Early maladaptive schemas (EMS) are developed early in childhood and may remain dormant until they are activated by situations relevant to the particular schema.

**Objective** We hypothesized that some of the psychological symptoms of PMS may be related to EMS activation and that this activation is due to the hormonal changes of the menstrual cycle.