

EV822

Sociocultural factors in mental illness: Biopsychosocial model

S. Rodríguez Vargas*, M.J. Navarro Clemente, A.R. Ivorra Mayoral
Complejo Hospitalario Torrecárdenas, Salud Mental, Almería, Spain
* Corresponding author.

Every human being needs to acquire by interacting with peers, learning and gradually adapted to their socio-cultural environment, attitudes, group, class, gender, provided it fits the circumstances of the environment, personal values to their They come again, a reference system which is considered to be “culture”. You cannot assess psychiatric disorders in isolation, so it is essential to study the socio-cultural context in which it occurs. It is dynamic, its historic time and not everyone integrates alike. Through a case we try to show how culture influences the expression of psychiatric pathology. Specifically, in this patient it is evident that we are beings bio-psycho-social. It is a continuation and must integrate these three areas when assessing a patient. Here we start with a family history unrelated to the Mental Health so that adherence to antipsychotic treatment is guaranteed with monthly administration depot preparation. These socio-cultural factors are the main trigger for the breakdown of the subject that cause the patient psicotización (exacerbations related to stressful situations).

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Portuguese junior doctors exchanging in the UK – Reflections from the experience

H. Salgado^{1,2,*}, M. Pinto da Costa^{1,3}, H. Walker⁴, J. Powell⁴, L. Potter⁴, H. Ryland⁵, A. Kjellstenius⁶, C. Feteanu⁷

¹ Hospital de Magalhães Lemos, Porto, Portugal

² University of Porto, Faculty of Medicine, Department of Neurosciences and Mental Health, Porto, Portugal

³ University of Porto, Institute of Biomedical Sciences Abel Salazar, Psychiatry Department, Porto, Portugal

⁴ South London and Maudsley NHS Foundation Trust, London, United Kingdom

⁵ Forensic Psychiatry Registrar, London, United Kingdom

⁶ Child and Adolescent Psychiatric Trainee, Gothenburg, Sweden

⁷ Psychiatric Trainee, Paris, France

* Corresponding author.

Introduction The interest in experiencing training abroad has grown and its benefits have been progressively recognized. For these reasons, several psychiatric trainees seek to extend their competencies, skills and knowledge through these exchange opportunities, such as the European Federation of Psychiatric Trainees (EFPT) Exchange Programme.

Objectives With this work we intend to describe these international experiences of being acquainted with a different health system and psychiatry training programme.

Aims Reflect on the impact of these experiences, considering on how these can be used to benefit the patient care provided across countries, further to the professional and personal individual benefits that colleagues gain.

Methods Presenting the testimonials of junior doctors from abroad that have had the opportunity to observe and collaborate in the current system of the United Kingdom.

Results The EFPT Exchange Programme is an excellent opportunity for psychiatry trainees to share experiences, knowledge and good practices. The cultural and social framework of psychiatry certainly has an impact on the approach to mental health problems, and being knowledgeable of these differences can provide benefits not only to the junior doctors who complete these exchanges

abroad, but also to their colleagues working at their hosting institutions that become acquainted with different realities through their presence and feedback.

Conclusions The benefits of these exchange mobility experiences are unequivocal. Therefore, it is fundamental to share these experiences and promote these opportunities.

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Where to be in 5 years? Brain drain of psychiatric trainees – Case of Albania

S. Tomori^{1,*},

M. Pinto da Costa², European Federation of Psychiatric Trainees³

¹ University Hospital Center “Mother Teresa”, Pediatric Service, Tirana, Albania

² Hospital de Magalhães Lemos, University of Porto, Porto, Portugal

³ European Federation of Psychiatric Trainees, European Federation of Psychiatric Trainees, Brussels, Belgium

* Corresponding author.

Introduction The brain drain of psychiatrists is considered as a mental health care damaging phenomenon in low- and middle-income countries. Albania currently has one of the world’s highest emigration rates, relative to its population and a total emigrant population of more than 1.25 millions in 2014. More than 50% of the lecturers and researchers in Albania left the country during 1991–2005. Nevertheless, the data on healthcare workers migration is very limited.

Objectives Assessing the migration profile and migratory trends of psychiatry trainees in Albania as part of EFPT Brain Drain study in Europe.

Methods Data collection was accomplished by an anonymous online survey and hard-copy questionnaire in University Hospital Center “Mother Teresa”, to all psychiatric residents in Psychiatric Clinic in Tirana, during May–October 2013.

Results More than 2/3 respondents are very dissatisfied with their income but the main reasons for leaving the country are personal and family composition. A minority did have a short term or long term experience abroad respectively 8.3% and 16.7% during which 50% of them considered to have the same opportunities as the locals. A total of 66% of residents consider leaving the country after the residency training.

Conclusions Losing large numbers of skilled psychiatrists contributes to decreasing of quality of mental health services. Since it can be considered “brain waste” in terms of a loss of investment into human resource development, Albania needs to establish policies to promote returnees.

Keywords Migration; Brain Drain; Psychiatry residents; Albania
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Neuroimaging

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Neuroimaging biomarker of major depressive disorder

N. Ichikawa^{1,*}, Y. Okamoto¹, G. Okada¹, G. Lisi², N. Yahata³, J. Morimoto², M. Kawato⁴, K. Matsuo⁵, H. Yamagata⁵, Y. Watanabe⁵, S. Yamawaki¹

¹ Hiroshima University Graduate School of Biomedical & Health Sciences, Psychiatry and Neurosciences, Hiroshima, Japan