

P-1043 - SEASONALITY AND PSYCHOPATHOLOGY: ANY ASSOCIATION?

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Objective: To evaluate if individuals with seasonal changes in mood and behavior are more susceptible to present psychopathology than the general population.

Methods: We applied the Seasonal Pattern Assessment Questionnaire (SPAQ) and the Mental Health Screening Scale (ER-80) to 160 individuals. The variables studied were gender, age, marital status, education, SPAQ score index (SSI) and presence of psychopathology.

Results: The prevalence of individuals with seasonal changes in mood and behavior was very high, about 43.1 % of the total. Out of those, 23.1 % viewed seasonal changes as a moderate to severe problem. Individuals with seasonal profile ($SSI \geq 11$) had more psychiatric morbidity than those without seasonal profile. This difference is statistically significant ($t = 4.279$, $p < 0.001$), which corroborates the hypothesis that seasonality is associated with psychopathology.

Conclusions: The authors recognize that the study of seasonality may contribute to the prevention, identification and better characterization of psychopathology.