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The book “I conquered my fears” was created as a result of the clinical experience of the author. It is a therapeutic tale, which is valid as a resource to be used by health workers and parents so as to help children overcome their fears at bedtime.

Because experience is important for an adult so as to better reflect on the theme, the book also includes an appendix to help accordingly.

The adult is invited to express what he/she likes to hear the most and the least, when waking from a sleepless night, and is also invited to dynamically interact with the book, give answers and create hypothesis, with no fear of making mistakes.

The parents, after reading the book, refer a better stress management capacity at critical moments experienced with the children at bedtime.

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EV0135

### Children’s trilogy “LILI, from conflict to conflict Meditation” (“Lili, do Conflito à Mediação de Conflitos”)

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The author has devoted her life to matters relating to communication, whether in business contexts, or as a mediator, trainer and moderator.

The trilogy “Lili, do conflito à Mediação de Conflitos” aims to help create more informed citizens, starting from an early age, namely in terms of the new forms of solving conflicts.

In the first book: “Lili and the conflicts” (“Lili e os Conflitos”), we find the theme of conflicts; how to deal with them; respect for the different other; to put oneself in the place of the other.

In the second book: “Lili and Conflict Meditation” (“Lili e a Mediação de Conflitos”), we find the space created by conflict mediation so the parts in conflict can be heard; the enormous need to listen to the other; the needed empathy so as to know the reality of the other.

In the third and final book: “Lili and the Conflict Mediator” (“Lili e o Mediador de Conflitos”), we explain what it is to be a conflict mediator, this “new” profession, distinguishing it from other professions which also use the word “Mediator”.

The author makes presentations of the books and its topics, bringing these issues to debate and making them known to the school environment, both to students and teachers, as well as staff and parents.

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EV0136

### A study on adolescent suicide ideation consulting in emergency

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*Introduction* Suicide is one of the most leading cause of death for teenagers in the world. Suicide ideation is known risk factor for suicide completion. Suicidal adolescents rarely asked for help. The

contact with the health care system is an opportunities to screen for suicidal ideation.

*Aims* The aim of this study is to examine the prevalence and the risk factors of suicidal ideation among adolescents consulting in emergency.

*Methods* Our study was a transversal type, descriptive and analytic. It was conducted with 106 adolescents consulting in emergency for somatic complains. Each participant filled out demographic questionnaire and suicidal ideation questionnaire (SIQ). The SIQ is a self-report instrument for suicidal ideation, appropriate for adolescents. The SIQ has 30 items. The respondent is asked to choose from a 7-point continuum (6 = “Almost every day” to 0 = “I never had this thought”) to assess the frequency of that particular thought within the last month. Cut-off score for the SIQ is a sum of 41 and higher, indicating the presence of serious suicidal ideation.

*Results* Adolescents were aged between 12 and 19 years with an average age  $16.34 \pm 2.54$  years; 47.2% were boys. According to the SIQ, the prevalence of suicide ideation during the last month were 14.2%.

The risk factors for suicidal ideation among Tunisian adolescents were the female gender, middle school level, low family income, parents’ divorce, parental neglect, family conflicts and previous psychiatric disorder.

*Conclusion* General physicians should regularly screen for suicidal thoughts in their adolescent patients with these characteristics.

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

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EV0137

### Screening for depressive symptoms among adolescent consulting in emergency

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*Introduction* Amongst adolescents, depression is a common mental health problem. Adolescent depression is associated with distress, functional impairment and difficulties in relationships with peers and family members. Depressive symptoms, even if sub-threshold to meet diagnostic criteria for a depressive disorder, are also risk factors for these difficulties. Adolescents rarely consult for their psychological distress. Emergency departments, which are often used by adolescents in this context, constitute a privileged place to detect this suffering.

*Objectives* The objective of this study was to estimate the prevalence and correlates of psychological distress among adolescents seen in emergency department.

*Methods* Our study was a transversal type, descriptive and analytic. It was conducted with 106 adolescents consulting in emergency department. All adolescents completed a sociodemographic data and the Adolescent Depression Rating Scale (ADRS), a screening questionnaire for depression.

*Results* The study included 106 adolescents. All of them consult for a somatic complain and none of them goes to the emergency department for a psychiatric reason. The mean age was  $16.34 \pm 2.54$  (12→19 years). Sex ratio ( $\sigma/\varphi$ ) = 0.89. The ADRS score was considered normal (score < 4) for 54.7% of the sample ( $n = 58$ ) and 45.3% of adolescents ( $n = 48$ ) had depressive symptoms (score  $\geq 4$ ). Depression was significantly correlated to bad school results ( $P = 10^{-3}$ ), tobacco use ( $P = 0.014$ ), personal psychiatric history ( $P = 10^{-3}$ ) and family problems ( $P = 10^{-3}$ ).