

employment, socioeconomic state, psychological-emotional state, and family.

Objectives The purpose of this study was to identify influence of childbirth experience and postpartum depression on QOL.

Methods This is a descriptive cross-sectional study regarding 150 postpartum women receiving cares in the hospital of Sfax and examined during the first and the sixth week post-delivery. Data collection tools in this study were demographic questionnaire, Edinburgh Postnatal Depression Scale (EPDS), and world health organization quality of life-bref (WHOQOL-bref). Data were analyzed using SPSS.

Results The mean age of our sample ($n=150$) was 29.61 years. During the sixth week study period, 126 of 150 were examined. A personal psychiatric history of depression was found in 9.3% of cases.

The current pregnancy was undesired in 15.3% of cases.

The prevalence of postpartum depression in the first week was 14.7% and 19.8% in the sixth week after delivery.

The mean score of quality of life was 81.62 ± 9.09 .

Scores of quality of life and all its dimensions were significantly lower in depressive women.

Conclusion Because enormous changes develop in postpartum women, we suggest supportive measures for mother by her mother-in-law family, and caregivers to improve the QOL and health status of the mother and her child and to prevent postpartum depression.

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

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EV1515

The psychological effects of unmarried women “a field study on a sample of unmarried women in Algeria”

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Background The present research was designed to determine the psychological stress as experienced by unmarried women in the education sector, and how to help them to discover the meaning of their presence in the framework, innovation and achievement, art, science, comprehension, love and adaptation in life.

Aim This research aims to identify the various problems and mental disorders that unmarried women suffering from, and to determine the differences between unmarried women in terms of the psychological problems resulting from “unmarried” in: ages, kind and professional status.

Method The method used in this research is purely descriptive following the collected data from the sample of 200 unmarried women. The tools that were used in this research as follow: Self-Confidence Scale, Psychological Stress Scale, “List of Information Collection for unmarried women”; we proceeded with some statistical techniques.

Results The findings of this research were:

- emotional problems are the most common problems experienced by unmarried women;
- the present study indicates the presence of depressive symptoms in 17%, which can evolve toward psychotic depression as dysthymia (loss of interest in daily activities, hopelessness, low self-esteem, self-criticism, trouble concentrating and trouble making decisions, effectiveness and productivity, avoidance of social activities, feelings of guilt and worries over the past, insomnia. . .);
- the impact of unmarried on late stages have more negative impact, and psychological effect on them was more severe and the greatest harm.

Conclusion The advancement of women in the age without marriage or “unmarried women” is origin of psychological stress and low self-confidence.

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

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EV1516

Gender differences on mental health distress: Findings from the economic recession in Portugal

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Introduction Evidence from past economic recessions shows that increased risk of mental distress is likely to occur. Until now, little is known whether distress levels differ by gender in countries highly hit by the economic recession.

Objectives The aim of the study was to characterize and analyze the differences in mental health distress in men and women during the current economic recession in Portugal.

Methods A subsample of 911 participants from the 2008 national mental health survey, were re-interviewed in 2014/2015. Sociodemographic data was collected and mental health distress was evaluated using the 10-item Kessler's Psychological Distress Scale (K10). Chi-square statistics were used to investigate differences between men and women in mental distress as a categorical variable.

Results Mean mental distress differed significantly according to gender, $\chi^2(1) = 13.716, P = 0.001$. The results showed that a much higher proportion of women (18.5%) revealed to be under psychological distress compared to men (9.9%).

Conclusions Distress levels during the economic crisis in Portugal differ significantly by gender. More women reported to be distressed compared to men. There are several hypotheses for a differential expression of psychological distress between women and men during the recession, such as different gender roles which asserts that differences are due to gender and country based coping resources but also due to several determinants of mental health such as income, employment and social status. Further research is needed to better predict a variety of characteristics that are important for this outcome.

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

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EV1517

Complementary and integrative medicine approach for climacteric disorders

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Introduction Menopausal symptom clusters of vasomotor symptoms (VMS), sleep and mood symptoms may last for years and might lead to an increased risk of depression.

While hormone replacement therapy is still the most effective therapy for reducing VMS, which are the most prominent symptoms of menopause, the majority of women prefer to choose nonhormonal therapies, either because of medical contraindications or personal beliefs and turn to complementary and integrative medicine (CIM).

The objective of this presentation is to review the evidence on nonpharmacologic, nonherbal management treatments of CIM in climacteric disorders.

Methods A systematic review of PubMed database was performed using the key-words: acupuncture, hypnosis, yoga, massage, homeopathy and menopause.

Results The research of CIM modalities is evolving. The 2015 position statement of the North American menopause society (NAMS) recommended the use of CBT and hypnosis for the management of VMS. The most recent studies on the effect of acupuncture on VMS however yielded conflicting results: while NAMS concluded that acupuncture is not recommended for managing VMS, later studies produced a positive evidence both for managing of VMS and menopause-related sleep disturbances by this therapeutically modality. There is also some evidence that acupuncture, massage and yoga may alleviate symptoms of depression and that individualized homeopathic treatment may be more effective than placebo for depression in perimenopausal and postmenopausal women.

Conclusions These findings suggest that acupuncture, hypnosis, yoga, massage and homeopathy may be adopted as a part of multimodal approach in treatment of climacteric disorders.

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EV1518

Marital separation among some poor Bangladeshi women: Analysis of some cases

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Objective This paper intends to show the challenges faced by poor Bangladeshi Muslim women from lower socioeconomic status, in case of divorce or separation in marriage. Participants will also learn how they earn for their living and how they raise their children if any. This paper will also present the obligations of marriage in Islam, which may reduce the hazards in their life.

Method Some women were interviewed from lower socioeconomic status from slum area of Dhaka. Researcher took their consent before interview had started. They were asked about their age, educational status, duration of marriage, type of work they do for livelihood, whether they get any maintenance money from the husbands in case of separation, expenses for raising children if any, any criticize from the friends and relatives, etc. The answers were noted carefully.

Results After critical analysis of the interview it was revealed that they were leading their lives on their own, most of them were not aware of their rights relating to marriage in Islam. Two of the women had to pay dowry. Some of them were addicted to tobacco leaf taken with betel nut and PAN, a special form of leaf.

Conclusions In conclusion, it can be said that these women lead their lives with courage. They need to be educated about their marriage rights in Islam and legal help. At a time, men should be educated about the marriage rights of the wives and the evil effects of dowry in the society.

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EV1519

True story of Bangladeshi women with childhood trauma who heroically faced the trials of life

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Objectives At the conclusion of this presentation, the participants will be able to know how three women victim of childhood trauma; terribly suffered and tackled their situation. They were born in a developing Muslim country.

This paper also intends to aware people about victims of childhood trauma and their need for mental and social support.

Methods Personal interview with these three subjects who were close persons of the researcher. Description of their suffering and way of tackling it were noted. The words were carefully placed as a story.

Results Two of the subjects sexually abused by close relatives in their childhood. The third one was abused for as long time as 17 years. All the subjects suffered severely from headache and flatulence from childhood, insomnia and terrifying dreams, sense of insecurity, depression, PTSD.

Despite all the grief and pain, these three became highly educated, holding well position in the society and directly indirectly working for distressed women.

Conclusions The author concludes that childhood trauma can damage a victim in many ways in her entire life.

Social support, sharing the incidents with others, counseling may reduce her pain.

Religious acts like prayer, reading Holy Book, remembrance of Allah, serving humanity and helping distressed women may console the victim.

These three women's heroic lives may give motivation for women with childhood trauma. Even they may inspire others to act like heroes in hardship of life.

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EV1520

The comparison of mental health and marital satisfaction of fertile and infertile women referred to infertility center of Jahad Daneshgahi In Qom

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Introduction Infertility is a complex issue that affects individuals' mental health. Also marital satisfaction can be affected by fertility status of couples. Then, it is one of the most important features of life satisfaction. So, the study of mental health and marital satisfaction of infertile and fertile women is considerable.

Objectives This research has been done with the aim of study and comparison of marital satisfaction level and mental health of the women who have infertility problem with those who does not have this problem.

Method In total, 180 persons (90 infertile women and 90 fertile women) were participating in this study. Participants were comprised of those referring to infertility center of Jahad Daneshgahi in Qom. They filled the general health questionnaire (GHQ) and enrich marital satisfactions questionnaire have been used. Acquired information analyzed with the independent *t*-tests and one-way variance analysis.

Results Results showed infertile women have less mental health rather than fertile women and also according to results, there was significant difference in satisfaction level of the fertile and infertile women. The number of unsuccessful pregnancies whether in fertile women or infertile women didnot have considerable effect on the marital satisfaction, while, effect of this factor on marital satisfaction level of the infertile women was higher than that on the fertile women.