

**P01-167 - HELP SEEKING PROCESS FOR CHILDREN AND ADOLESCENTS ATTENDING CHILD ADOLESCENT PSYCHIATRY SERVICE IN TIRANA**

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In Albania there is a need for data to support services for children and adolescents mental health, a needs assessment and also need for epidemiological data relevant to local circumstances.

**Objective** of the help-seeking pathway study for children and adolescent mental health problems was to investigate all the potential routes to Child/Adolescent Psychiatry Clinic-University Hospital Center (CAPC-UHC) Tirana and to investigate factors influencing this process for children at risk.

**Method:** Participants were 5-18 years old, newly referred children/adolescents in CAMHS during 2006. Measures used were Strengths and Difficulties Questionnaire for parents/children, Pathways Encounter Form. Patterns of care seeking, durations and previous treatments for diagnosis within ICD-10 groups were prescribed. Analysis: Comparisons between groups, diagnosis and predictive factors influencing help seeking care.

**Results:** The child neurologist played an enormous role in referring the child to CAPC, followed by adult psychiatrist or GP. The most frequent diagnosis resulted to be pervasive developmental disorder (28.4%), phobic and anxiety disorders (19.1%), somatoform and dissociative disorders (17.3%), hyperkinetic and conduct disorder (15.4%).

**Conclusions:** This is the first study investigating the help seeking process to psychiatric care to CAPC Tirana-Albania. There is a need for further research on a general population level, including primary care settings, preschools and schools based services, because a clearer understanding is required about barriers to service use and also identifying children/adolescents with psychiatric disorders not referred to the specialist. These results could contribute to assisting a successful implementation of the National Service Framework for Children/Adolescents.