

P01-195 - ALEXITHYMIA, SOMATIC COMPLAINTS AND DEPRESSIVE SYMPTOMS IN A SAMPLE OF ITALIAN ADOLESCENTS: PRELIMINARY RESULTS OF A ONE-YEAR LONGITUDINAL STUDY

**D. De Berardis**<sup>1,2</sup>, N. Serroni<sup>2</sup>, D. Campanella<sup>2</sup>, F.S. Moschetta<sup>2</sup>, C. Ranalli<sup>2</sup>, L. Olivieri<sup>2</sup>, M. Caltabiano<sup>2</sup>, M. Farano<sup>1</sup>, M.C. Di Filippo<sup>1</sup>, C. Silvestrini<sup>1</sup>, V. Russo<sup>1</sup>, E. Totaro<sup>1</sup>, A. Carano<sup>1,3</sup>, R.M. Salerno<sup>1</sup>, M. Cavuto<sup>4</sup>, G. Martinotti<sup>5</sup>, L. Janiri<sup>5</sup>, G. Di Iorio<sup>1</sup>, M. Alessandrini<sup>1</sup>, M. Di Giannantonio<sup>1</sup>

<sup>1</sup>University 'G. D'Annunzio', Chieti, <sup>2</sup>NHS, Department of Mental Health, Teramo, <sup>3</sup>NHS, Department of Mental Health, Civitanova Marche, <sup>4</sup>Istituto Abruzzese di Storia Musicale, L'Aquila, <sup>5</sup>Catholic University of Sacred Heart, Rome, Italy

**Objective:** To evaluate relationships between alexithymia, somatic complaints and depressive symptoms in a non-clinical sample of school-aged Italian adolescents.

**Methods:** A mixed male-female sample of 168 school-aged adolescents with a mean age of 15.8 years was investigated with self-reported rating scales. Scales were: Toronto Alexithymia Scale (TAS-20), Beck Depression Inventory (BDI), Symptom Checklist 90 - Somatization Subscale (SCL-90-SOM), State-Trait Anxiety Inventory (STAI), Rosenberg Self Esteem Scale (RSES). Subjects were evaluated at three times: at the beginning (T0), at the middle (T1) and at the end (T2) of the scholastic year.

**Results:** 30 subjects (17.9%) were categorized as alexithymics and, overall, showed greater psychological distress than non-alexithymics. Alexithymia levels remained stable during the time as well as the number of alexithymics. Alexithymics were more suitable to develop more severe depressive symptoms. Results of a linear regression supported the notion that depressive symptoms at endpoint were significantly associated with female sex, DIF subscale of TAS-20 and higher SCL-90-SOM scores.

**Conclusions:** Alexithymia, depressive symptoms and somatic complaints appeared to be highly correlated in adolescence.

## References

1. Sepede G, Gambi F, De Berardis D et al. Il fenomeno della somatizzazione ed il vissuto depressivo in adolescenza. *Ital J Psychopathol* 2004;10:343-8.
2. De Berardis D, Campanella D, Gambi F et al. Alexithymia, fear of bodily sensations, and somatosensory amplification in young outpatients with panic disorder. *Psychosomatics* 2007;48:239-46.
3. De Berardis D, Carano A, Gambi F et al. Alexithymia and its relationships with body checking and body image in a non-clinical female sample. *Eat Behav* 2007;8:296-304.