

behavioral responses to provocation. Research on the social and cognitive processing in aggressive youth indicates that distorted interpretations, attributional biases, and deficiencies in problem solving can all influence the selection of aggressive behavior responses. Furthermore, cognitive processing patterns are likely to become more rigid over time, and as such the maladaptive aggressive behaviors prompted by dysfunctional cognitions will be maintained.

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EV0103

Association between depression and alexithymia in adolescents with *Acne vulgaris*

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Introduction *Acne vulgaris* is a common skin disease that affects the majority of adolescents. The physical changes of acne may have negative effects on the psychological structure of adolescents such as anxiety and depression. Alexithymia has been suggested to be an important symptom in psychodermatological patients.

Objective Our study aims to access depression in adolescents with *A. vulgaris* and to evaluate its relationship with alexithymia.

Methods This is a descriptive cross-sectional study regarding 50 adolescents followed in the outpatient dermatology unit of Hédi Chaker University hospital in Sfax (Tunisia). To assess depression, we used a psychometric tool: Beck Depression Inventory (BDI). The Toronto Alexithymia Scale (TAS-20) was used to evaluate alexithymia. The severity of acne was evaluated with the Global Acne Evaluation (GEA) Scale.

Results The mean age of adolescents was 15 years 9 months. Almost all of adolescents was female (82%), and live in urban area. The severity of *A. vulgaris* was mild in 50%, moderate in 32% and severe in 18%.

The prevalence of depression was 48%. Twenty-four percent of them have a major depression. Forty-six percent of patients scored positive for alexithymia.

The occurrence of depression was significantly associated to alexithymia ($P=0.003$).

Conclusion This study showed a positive correlation between alexithymia and depression.

These results can be useful in treatment based on processing of emotional information and regulation of emotions.

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

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EV0104

Mental health promotion and co-evolution appreciation of familiar history: Case study

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Introduction The developments of familiar therapy allows a systemic (collaborative) approach centered in what functions best in the system, integrating action plans which presupposes a family appreciation concept as a transformer system.

Objectives/aims Presentation of a family clinical case (X family) in which one of the members is diagnosed with “elective mutism”, this being labelled as a “a family problem” which led to familiar therapy.

Methods In the therapeutic process we use a number of resources centered in family strengths as strategies directed to the solution and system change. We incorporate an innovating strategy, which we call “differentiated spectularity”, trying to make something different based on therapy concepts centered on solutions. The presentation of exceptions and the use of scales allowed us to monitor the change process.

Results The strategy materialization, where family members in their family environment saw the film of their latest session in a favourable context for the enlargement of their own vision as a family, allowed change expansion amplifying its complexity. The family members perceive themselves as having a moderate cohesion level, increasing the levels of adaptability, which places the X family in a “balanced” class. The family member with a diagnosis of elective mutism, after six months of family therapy, showed changes in withdrawal, anxiety and shyness behaviour.

Conclusions Sharing family members different versions allows us to tell the story over and over again. The questioning emerging from the pro-active mirror effect is the core element of the change registered with incidence in the emotional and behaviour domains.

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EV0105

Evaluating the effectiveness of methylphenidate with a combination of magnesium, zinc and calcium for the treatment of patients with ADHD in the city of Zahedan

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Introduction This study aimed to investigate the therapeutic effect of a combination of magnesium, calcium and zinc as a complementary treatment in a population of the children with ADHD in Zahedan.

Material and method In this clinical trial, 40 patients with ADHD aged 6 to 12. The simple convenience sampling was done and the patients were randomly divided into two groups of receiving methylphenidate plus magnesium + zinc + calcium, and methylphenidate plus placebo.

Results The mean severities of the symptoms in the group treated with methylphenidate plus the supplements were $40/4 \pm 2/4$ before the treatment, and $19/5 \pm 6/1$ after 8 weeks of treatment ($P < 0.001$).

Conclusion This study shows that zinc, magnesium and calcium supplement is useful in the treatment of ADHD and can be used to treat patients.

Keywords Methylphenidate; Attention deficit hyperactivity disorder; Zinc; Magnesium; Calcium

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