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This article describes the ethnotherapeutic approach in psychosocial assistance to adolescents of 14–18 years who had left Chechnya and lived in the refugee camps in neighbour Ingushetia during wartime 1999–2004. The group ethnotherapy based on the Chechen customs, traditions, myths and symbols was used.

In traditional Chechen family children grow in the atmosphere of values where norms of behavior, cultural traditions and customs are developed. Being in hard and unusual conditions of refugee camps, the part of adolescents had problems with adaptation and refused from habitual norms of cultural traditions and customs. As a result they lost their identity, had a mental health problems and deviating forms of behaviour. On the other hand, many adolescents felt guilty that they were in safety while people back at home were suffering from war hardships.

During the ethnotherapeutic sessions different life situations in a context of the Chechen norms of traditions and customs were discussed as well as examples from a life of mythical and real Chechen heroes of the past and how could they cope with difficult life situations they faced. Well-known Chechen actors, writers, scientists were invited to the therapeutic sessions, which life situations showed to adolescents how it needed to work and served to the own people.

Using the ethnotherapeutic approach returns adolescents in habitual system of values, raises their self-estimation and improves adaptation on a new place.

P189

The quality of life of the patients who underwent surgical treatment on oncological pathology of thyroid gland

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Backgrounds and aims: We examined 56 patients, who were operated on oncological pathology of thyroid (operation was performed from 1 to 10 years ago). The patients took the course of radioiodine therapy and obtained life-time substitutional therapy with L-thyroxine.

Methods: To assess the quality of life during the after operation period we used the Russian language version of the questionnaire SF 36 (Medical Outcomes Study Short Form) (Ware J.E., 1993).

Results: The quality of life in case of cancer of thyroid gland, as compared to the sample group, appeared to be significantly decreased in all the scales of the questionnaire SF-36. With reliability of $P < 0.05$, as compared to the sample group, the following indices decreased: physical functioning (69,1±2,8 и 92,1±2,4); the role of physical problems in the restriction of vital activity (22,3±4,0 и 70,2±6,8); social functioning (42,0±1,6 и 52,8±2,3); the role of emotional problems in the restriction of vital activity (19,6±5,4 и 73,1±8,9).

Conclusions: These data indicate to the prolonged effect of the psychotraumatic experience and the changes of subjective perception of one's social status. The data obtained show the significant influence of psychological aspects of the perception of the case of cancer of thyroid gland on the level of subjective assessment of vital activity and, as a result, social adaptation.

P190

Type of trauma in posttraumatic stress disorder female patients

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Gender-based perspective is not systematically included across trauma studies and deeper insight into women's response to trauma is required. We explored how the type of trauma (military vs. civilian) is related to clinical characteristics of post-traumatic stress disorder (PTSD) female patients.

Out of 55 PTSD patients included in the study, 34 were military trauma victims (combat experience, witnessing family members being killed) and 21 experienced civilian trauma (rape, robbery, traffic accident). All patients were hospitalized at the Zagreb University Hospital. Data were gathered retrospectively from the medical charts.

Regardless to the type of trauma, examination of clinical characteristics indicate high rate of comorbid psychiatric disorders among PTSD patients with major depressive disorder being the most prominent one; others are personality disorder, anorexia nervosa and somatoform disorder. We found no significant inter-group differences in PTSD symptoms according to the DSM-IV criteria. Most pronounced PTSD symptoms in both groups were hyperarousal and social avoidance symptoms. Late first contact with psychiatrist was found to be a risk factor for PTSD diagnosis among the military group. Those patients were more likely to present first with somatic symptoms such as arterial hypertension, rheumatic pain and gastritis.

Study results suggest that both military and civilian traumas left polymorphous psychological consequences on the mental health of the victims. There is a need for sensitive and coordinated care for traumatized people in order to recognize psychological symptoms and provide optimal psychiatric interventions.

P191

Prison psychosis or simulation: a case report

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The imprisonment is able to accelerate the declaration of some psychiatric problems until this latent or balanced.

The prison psychosis can be observed among new prisoners, and is charged to the conditions of imprisonment, and the difficulties of adaptations of the prisoner with his new medium.

The concept of prison psychosis is a much discussed concept whose limits with the other psychoses are very vague and thus posing a problem of diagnosis and pathogenesis, however one on simulation remains possible in front of the obviousness of the secondary benefit.

In this work, we will try to discuss, through a clinical observation, the nosographic place of this clinical entity.

P192

Indexes of alexithymia and psychopathology in patients with type II diabetes.

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Background and aims: Investigating the indexes of alexithymia and psychopathology, as well as their relation to each other, in patients with type II diabetes.

Methods: The study was conducted on a random sample of 60 patients with type II diabetes (Group 1), who were outpatients in two Diabetes Centers of Northern Greece, and in 30 healthy controls (Group 2) We used the translated and validated versions of: 1) the international neuropsychiatric interview questionnaire (M.I.N.I. screen/DSM-IV), 2) the M.M.S.E., 3) the TAS-20 questionnaire for alexithymia, 4) the SCL-90-R symptoms auto-questionnaire, 5) the Beck Depression Inventory (BDI) and 6) a protocol of demographic data.

Results: The statistical analysis of the data has yielded the following results: 1) in Group 1, there seems to be a high or very high statistical correlation between the rates of all 4 factors of alexithymia and all 11 sub-scales of SCL-90-R, 2) where alexithymia is concerned, in both Groups 1 and 2, the findings in all 4 factors are as follows: Total score $z(78)=-5.132$, $p<0.001$ / Factor 1 $z(78)=-5.553$, $p<0.001$ / Factor 2 $z(78)=-3.857$, $p<0.001$ / Factor 3 $t(78)=-3.825$, $p<0.001$.

Conclusions: The indexes of alexithymia in chronic patients with type II diabetes have a statistically significant higher frequency compared to healthy controls. The factors of alexithymia, as defined in the TAS-20 questionnaire, correlate in various ways with certain psychopathological conditions, as defined in the SCL-90-R questionnaire

P193

The role of early developmental and familial factors in the development of selective mutism: A case-control study

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Background and aims: The etiology of selective mutism (SM), a relatively rare psychiatric disorder of childhood characterized by consistent failure to speak in specific social situations despite having appropriate language skills has not been clarified. Although, number of biological and environmental factors have been identified as risk factors based on case studies or studies with small sample size, there were only few investigations with a case-control design. Our aim was to explore the role of several early developmental and psychosocial factors in the development of the disease by comparing patients with SM to a control group.

Methods: 37 children hospitalized due to SM between 1995 and 2005 were compared to 45 community controls in the same age range and similar sex ratio. Patients were evaluated by a comprehensive diagnostic assessment including an interview focusing on developmental history. In case of controls we used a self-rating version of the General Information Sheet a fully structured interview about the developmental history.

Results: Among the cases there were 24 (64.9%) girls and 13 (35.1%) boys. The mean age of the patients was 8.24 years. Among the 21 variables in 8 domains we found significant differences between the two groups in terms of speech development, frequency of divorce and moving, and education level of the parents.

Conclusions: Our case-control investigation with considerably large sample of children with SM confirmed those earlier findings that early neurodevelopmental problems along with environmental factors could render children vulnerable to development of SM.

P194

The stressors of nurses of critical care units

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Background: critical care units are the most sensitive professional units of hospital, and one of the stressors in nursing profession is

working in these units. Observing dying patients, doing more work, communicational problems and other environmental factors are the main stressors of these nurses. This study was performed to determine stressors of nurses working in critical care units of Ardabil hospitals.

Methods: This is a descriptive study. The study population was the all of nurses working in critical units of Ardabil hospitals, contains 48 nurses and all of them were selected for the sample. The mean for collecting data was questionnaire.

Results: in this study 46% of nurses mentioned that new experiences in profession is the first stressors and being not to able for decision-making about living and dying of patients is the second stressor.

Conclusion: of course knowing the stressors of nurses working directly with patient can decrease potential problems and increase quality and quantity of nursing care.

Keywords: critical care unit, nurses, stressor

P195

Pyridoxine (B6) for the treatment of premenstrual syndrome (PMS)

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Objective: A comparison between Pyridoxine (vitamin B6) and a placebo for the treatment of premenstrual syndrome (PMS).

Material and Methods: A double blind randomized clinical trial was performed on 160 university students who were suffering from PMS (according to the retrospective diagnostic criteria which had been recorded during the last 3 menstrual cycles). Then the patients were randomly assigned into two groups, and finally 94 patients who had finished the study were statistically analyzed.

In the Pyridoxine group (46 patients) vitamin B6 was prescribed at a dose of 40 mg twice daily (total 80 mg), and in the placebo group (48 patients) a tablet similar to vitamin B6 tablets in size, smell, shape and taste was prescribed 1 tablet twice daily. In both groups the tablets were started from the first day of the fourth menstrual cycle and continued for the next two cycles, and during these two cycles the symptoms were recorded.

Results: The severity of PMS in the second cycle of the treatment (in both groups) showed a statistically significant decrease ($p < 0.05$, Pair T test) and the comparison between the two groups showed that the severity of PMS in the Pyridoxine group decreased more than the placebo group, which was statistically significant ($p < 0.05$, Student T Test) and this was because of the reduction in the psychiatric rather than somatic symptoms of PMS.

Conclusion: Regarding the effect of Pyridoxine in reducing the severity of PMS, it can be suggested as a treatment for PMS.

P196

The evaluation of the effectiveness of pyridoxine (vitamin B6) for the treatment of premenstrual syndrome

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Material and Methods: A double blind randomized clinical trial was performed on 160 university students who were suffering from