

## **P-633 - SELF-REPORTED CHRONIC INSOMNIA AND PSYCHIATRIC SYMPTOMS: PRELIMINARY RESULTS FROM AN ONLINE SURVEY IN ROMANIAN ADULTS**

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**Introduction:** According to various surveys, insomnia is found in 6-10% of the adults and more often when comorbid with a psychiatric disease.

**Aims:** To find out how many adults meet the ICSD-2 criteria for chronic insomnia and DSM-IV-TR ones for depressive, panic, anxiety disorder, somatoform or eating disorders, as well as alcohol abuse and adult ADHD.

**Objectives:** To measure prevalence of chronic insomnia and common psychiatric disorders with validated screeners.

**Methods:** Adults, recruited via online adverts, were invited to fill in a battery of surveys consisting in the Romanian translations of the Sleep Disorders Questionnaire, Patient Health Questionnaire and Adult ADHD Self-Report Scale 1.1. Completion was online on Surveygizmo and analysis was performed with Excel 2007.

**Results:** To date, one hundred sixty participants (114 females, 71%), aged  $39 \pm 13$  were recruited. Chronic insomnia, somatoform disorder and alcohol abuse were suspected in 15% of the total respondents. Depressive symptomatology was found in up to 20%, anxiety and adult ADHD in 10%. Bulimia was likely in 3% (all women). Alcohol abuse was significantly more frequent among males (35% vs. 7%), while adult ADHD amongst females (10% vs. 6%). Moreover, except of chronic insomnia, bulimia and alcohol abuse, all of the screened disorders were more likely to be found in adults aged under 45. Adult ADHD, somatoform and depressive disorders were more likely to be comorbid with chronic insomnia in 20-40%.

**Conclusions:** With the exception of eating disorders, all of the screened conditions were rather likely to be found in this population.