

of our patients developed depression, more in patients with major neurological deficits.

**Conclusions** Efforts must be done for primary prevention of stroke, early detection of risk factors and correct treatment, and for cessation of toxic habits. Treating associated depression may improve patients' quality of life and increase comfort for caregivers.

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

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#### EW0725

### Inflammatory bowel disease symptoms and cognitive fusion's impact on psychological health: An 18-month prospective study

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Although inflammatory bowel disease (IBD) is known to be associated with lower psychological health, research regarding which specific symptoms may lead to psychological dysfunction in IBD patients is inexistent. Further, the role played by emotion regulation, including the maladaptive process of cognitive fusion, in IBD patients' psychological functioning is also scarcely explored in this population. The present study aimed at filling these research gaps. Two hundred and sixteen patients diagnosed with IBD filled self-report instruments on an online platform in three times. These waves of assessment occurred at baseline, and 9 and 18 months later. Results revealed that of the 10 measured IBD symptoms, only fatigue, bloody stools and abdominal distension at baseline were negatively associated patients' level of psychological health at Wave 3. Nevertheless, a hierarchical regression analysis demonstrated that none of these symptoms were significant predictors of psychological health measured 18 months later. When cognitive fusion at baseline was added to the model, it became the only significant predictor of psychological health at Wave 3, with an effect of  $-0.34$  ( $P < 0.001$ ). These findings suggest that it is not the experience of physical symptomatology that directly leads to lower psychological health in IBD patients, but rather the way patients deal with adverse internal experiences, i.e., the type of emotion regulation involved. This study reveals cognitive fusion as a harmful process for the determination of IBD patients' psychological functioning. Future studies should thus explore the meditational effect of cognitive fusion in the association between IBD symptomatology and decreased psychological health.

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#### EW0726

### The presence of a subthreshold autism spectrum is associated with greater prevalence of mental disorders in parents of children with autism spectrum disorders

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**Introduction** Autism spectrum disorders (ASD) are highly heritable and first degree relatives (especially fathers) of autistic probands have been shown to often manifest a set of subthreshold

autistic features. It is not known, however, the clinical significance of this subthreshold autism spectrum.

**Objectives** – to evaluate the prevalence of a subthreshold autism spectrum respectively in fathers and mothers of children with ASD; – to describe clinical correlates of parents with and without a subthreshold autism spectrum respectively.

**Methods** 36 fathers and 39 mothers of preschoolers with ASD were administered the autism-spectrum quotient (AQ), the adult autism subthreshold spectrum (AdAS spectrum), the trauma and loss spectrum (TALS), the SCID-5 and the social and occupational functioning assessment scale (SOFAS).

**Results** Fathers and mothers did not differ for both AQ and AdAS spectrum total and subscale scores. Overall, 13 parents (17.3%) scored higher than 45 on the AdAS spectrum, as indicative of the presence of a subthreshold autism spectrum. This group showed greater prevalence of mood, anxiety and feeding/eating disorders, greater utilization of antidepressants and higher scores on the TALS and the SOFAS than the group scoring lower than 45 (all  $P < 0.05$ ).

**Conclusions** Fathers and mothers of children with ASD show autistic traits in equal measure. The presence of a subthreshold autism spectrum is associated to greater prevalence of mood, anxiety and feeding/eating disorders, to greater susceptibility to traumatic events and to lower levels of functioning.

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

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#### EW0727

### Developing a test to assess social cognition based on a real interaction

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**Introduction** Social cognition enables the processing of social information and is needed to adapt one's behaviour to the perceived social scene. Its assessment is a very controversial issue, tests currently available often use unhelpful stimuli from the ecological point of view.

**Aims** To develop a test based on genuine social stimuli—not on their representations—and to do so, a controlled social situation is created in which participants can be evaluated on their abilities to perceive and process such information.

**Method** A script was prepared, consisting of several interactions which are staged before the participants by two members of the research team. The sample comprises 50 subjects, being on average 22 years old (56% women), who took this test, the MSCEIT and the MASC.

**Results** The application showed no incidence, no one detected that it was a previously prepared situation and they were not upset when this fact was revealed. A final selection of 18 items obtained a reliability of 0.701. Multidimensional scaling, partly showed the subdomains taken into account. The correlation matrix confirms the validity of the instrument. ( $r = 0.465$  alpha  $< 0.001$  with MASC.  $r = 0.106$  alpha  $> 0.05$  with MSCEIT).

**Conclusions** The instrument is applicable and tolerated by participants being evaluated with it. It is feasible to use it as a test to assess social cognition. It is mid-high reliability allows its use for research purposes. The correlation matrix confirmed validity, showing a significant and moderate connection with MASC and no association with any of the scales of MSCEIT.