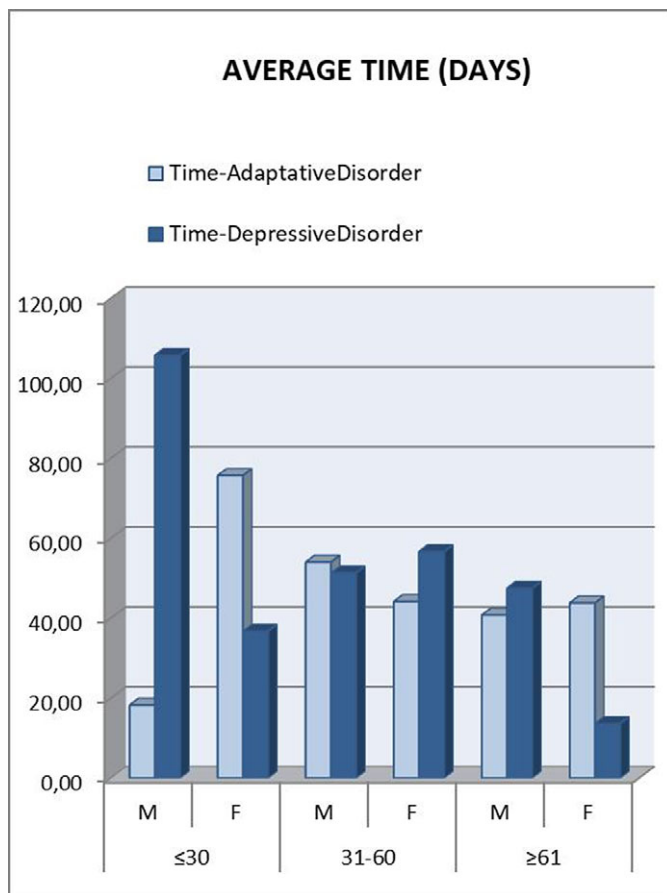


Image 3:



**Conclusions:** It is important that primary care physicians know how to take a complete history in those patients with symptoms of anxiety and depression.

In many cases, patients themselves have difficulties expressing their emotions and feelings (alexithymia), which may be another symptom of their discomfort.

This may lead to a delay in the time until referral to a psychiatry is requested, and therefore a worsening of symptoms.

**Disclosure of Interest:** None Declared

### EPP0713

#### Social cohesion in psychiatry training in the UK More than a number game? – a secondary review

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**Introduction:** With the growing mental health concerns in the United Kingdom, it is undisputable that there will be a need for more mental health professionals, particularly psychiatrists. It has been estimated that there is 1 consultant psychiatrist per 12,567 people in England. The Royal College of Psychiatrists continue to

call for a long term plan to address the mental health crisis by investing in psychiatric training and education.

**Objectives:** To analyze the socio-demographic profile of doctors in training in psychiatry and change in demand over the last decade (2012-2021)

**Methods:** We carried out secondary review of the state of medical education and practice in the UK in 2021 report. We analyzed reference tables in the report pertaining to doctors in training in psychiatry by age group; gender; by ethnicity; and by place of primary medical qualification. The report included data for the period 2012-13 to 2020-21, which was analyzed. In addition, 5-year (2017-2021) and 10-year (2012-2021) trends were also available and included in our analysis.

**Results:** While in 2012, there were 1,370 doctors in training in psychiatry, the number had dropped marginally to 1,352 in 2021. While there has been an overall decline of 1.3% in the decade (2012-21), there has been a 11.1% increase (2017-21) in the last 5 years. A big change was noticed with respect to gender. While there were 670 male doctors in training in psychiatry in 2012, the number dwindled to 522 in 2021 (22.1% decline). A deeper analysis of the decline in the male psychiatry trainees reveals that the steepest decline has happened among male international medical graduates (389 to 131 or 58.1% to 25.1%). However, the 5-year trend for male doctors has been more favorable with a 10.6% increase between 2017 and 2021. Among female doctors on the other hand, there was a 18.6% increase from a baseline of 700 in 2012 to 830 in 2021. From an ethnicity perspective, there has been a sharp decline in the proportion of Asian or Asian British trainees, down by 33.9% (555 to 367) between 2012 and 21, compensated largely by White trainees, where a 50.1% increase (511 to 767) has been seen. There has been a significant fall in the proportion of international medical graduates taking up psychiatry training (down 53.5% from 677 to 315) in the UK. This has been compensated by a 58.2% (607 to 960) increase in those who had primary qualification from the UK.

**Conclusions:** The theme of the 31ST European Congress of Psychiatry: 'social cohesion, a common goal of psychiatry' blends well with what is needed in today's psychiatry teaching and practice in the UK. With the role of culture and society well established in psychiatry, the pursuit for popularizing the profession should not be a 'one size fits all' approach but a more targeted approach to ensure that there is greater diversity among the available psychiatrists for patients to choose and benefit from.

**Disclosure of Interest:** None Declared

### EPP0714

#### Scoping review of the literature on factors and interventions to reduce repeat mental health admissions to hospital emergency departments

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**Introduction:** Patients with mental health issues visit the emergency department (ED) more often than those with other disorders. Frequently ED visiting not only adversely impacts patients and their families, but also burdens the healthcare system economically.

Identifying ways to minimize avoidable ED readmissions has become a hot research topic worldwide.

**Objectives:** The purpose of this scoping review was to identify influential factors and possible interventions to reduce psychiatric frequent ED visits.

**Methods:** This scoping review was conducted through a systematic search in major scientific databases, including PubMed, PsycINFO, MEDLINE, JSTOR, Scopus, and Web of Science, to identify factors and interventions contributing to decreasing repeat visits to the emergency department for mental health concerns up to January 2022.

**Results:** From 6951 publications, 31 articles met the inclusion criteria and were included in this review. This review showed six influential factors and 26 potential interventions were aimed to reduce the ED visits, such as receiving methadone & having a regular family physician, readiness for hospital discharge assessment & perceived coping skills and strategies; The High Alert Program (HAP) & the Patient-Centered Medical Home (PCMH), the Primary Behavioral Health Care Integration (PBHCI) & the Collaborative Care (CC) Program etc.

**Conclusions:** Worldwide, several initiatives have been taken to reduce ED visits and the associated burden on healthcare systems. Interventions involving comprehensive and multidisciplinary services, incorporating evidence-based behavioral and pharmacological strategies and emphasizing case management were found to be effective. Additionally, there were a marked consideration for diverse mental health groups, such as those with substance use disorder and of young age. This review highlights the greater need for addressing more influential factors, developing accessible interventions, as well as setting up a comprehensive community health care systems aiming to reduce frequent ED presentations.

**Disclosure of Interest:** None Declared

## Others 04

### EPP0716

#### Thyroid disorders in psychiatric patients: a descriptive study in a psychiatric hospital

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**Introduction:** Thyroid disorders can present with psychiatric symptoms similar to depression, and, at the same time, certain treatments, like lithium, can cause changes in thyroid function. Given, therefore, the importance for the treatment and care of patients, the study of thyroid function is one of the parameters that should be requested in patients with psychiatric pathology.

**Objectives:** To study the frequency of thyroid disorders in patients who were admitted to a psychiatric short stay unit.

**Methods:** Retrospective descriptive observational study is carried out in the acute stay unit of a psychiatric hospital. As a sample, all

patients admitted to the unit over a period of three months. During admission, their sociodemographic data, the treatment they receive and their diagnosis are recorded. Secondly, blood tests are performed with different parameters, including TSH values.

**Results:** In the total sample of 172 patients, 8 of them have TSH abnormalities. 7 of them, all women, present hypothyroidism values.

A single male patient presented values of hyperthyroidism.

**Conclusions:** According to the present study, 4.6% of the patients present alterations at the TSH at admission, although except in one case, the values were not markedly altered.

The thyroid study at admission allows detecting cases of altered TSH that are amenable to treatment and monitoring.

**Disclosure of Interest:** None Declared

### EPP0717

#### Repetitive behaviors and life-quality in adults with autism spectrum disorder

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**Introduction:** Autism spectrum disorder (ASD) is characterized by deficits in social communication skills and repetitive behavior patterns. Lower quality of life has been reported by adults with high functioning ASD (Barneveld et al. CP, 2015; 55, 302–310, Dijkhuis et al. Autism, 2017; 21, 896–906, Mason et al. AR, 2018; 11, 1138–1147). Less is however known about which autistic core symptoms are associated with lower life quality. One previous study found that quality of life was lower in adults with ASD who reported more repetitive symptoms during childhood (Moss et al. JADD, 2017; 47, 1830–1837). We therefore aimed to explore the relationship between repetitive symptoms and quality of life in adult ASD. **Objectives:** We present preliminary data on the relationship between self-reported repetitive behaviors and quality of life in a cohort of adults with a diagnosis of ASD. Our hypothesis is that higher levels of repetitive symptoms are associated with lower quality of life.

**Methods:** We recruited 87 individuals, with a diagnosis of ASD, from a psychiatric out-patient clinic in Stockholm County. Mean age was 39.2 years and 52 females, 34 males, and one non-binary participated. The patients were also included in the *Population-Based Autism Genetics and Environmental study* (Pages) in Sweden. The participants answered a survey with questions regarding socio-demographics. They also completed self-assessment forms on repetitive behavior; *The Adult Repetitive Behaviors Questionnaire-2* (RBQ-2A, Barrett et al. JADD, 2015; 45, 3680–3692), and quality of life; *Diener Satisfaction with Life scale (DSWLS), item 3 -5* (Diener et al. JPA, 1985; 2, 896–906). Depending on the results from the DSWLS, the participants were divided into two groups: High or low life quality and group differences were calculated for repetitive symptoms with Student's t-test. R-Studio (version 2022.07.2) was used for statistical analysis.