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**EV0497**

### The psychiatric emergency service in the Netherlands

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Every region in The Netherlands has got an emergency service. This is a team of people that immediately goes to see the psychiatric patient after an instruction of for instance the general practitioner or the police. This special team works 24 hours a day, 7 days a week. The patient is then visited by members of the team, a social worker accompanied by a psychiatrist, or the patient will go to the ambulant unit (the polyclinic) directly. This is a very effective procedure, because behind the two people that visit the psychiatric patient, is a whole team of people who have the opportunity to start an ambulant treatment the day after. Through this team we have the opportunity to treat patients intensively without a needed admission in the clinic. The basis of this team are social-nurse-therapists who are very skilled. These people take lead in the treatment and have a psychiatrist as a back-up. Suicidal patients are through a special procedure included in a clinic upon a juridical decision. If it is expected that the patient is dangerous, the police will accompany the emergency teams. If psychiatric medication is needed, the treatment will start directly. Other forms of treatment are psychotherapy, a short treatment by conducting 5 meetings with the patient, or intensive ambulant treatment. In my opinion it is a very good example of how ambulant treatment of psychiatric patients works and is effective for everybody involved.

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**EV0498**

### Algorithm-based protocol for the identification, management and treatment of psychiatric patients with acute psychomotor agitation

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**Introduction** Psychomotor agitation is the most common behavioural disorder observed in emergency and psychiatry departments. This syndrome is characterized by excessive or inappropriate motor or verbal activity and important emotional tension. Psychomotor agitation may be associated with medical conditions, substance intoxication/withdrawal and in a significant number of cases with schizophrenia or bipolar I disorder.

**Objectives** The objective of this protocol was to provide up-to-date guidance to identify, manage and treat patients with an episode of acute agitation, considering the consensus clinical knowledge, current ethical standards and available therapies. This protocol is aimed to be a patient-centric tool helping to anticipate and prevent the escalation of agitation symptoms.

**Methods** The method followed to elaborate this document was through a combination of comprehensive bibliographical review (compiled in the article "Assessment and management of agitation in psychiatry: expert consensus" by Garriga M. et al. (World J

Biol Psychiatry, 2016), interaction with patients, and the clinical experience in our centre.

**Results** The elaboration of this protocol resulted in a document that contains guidelines to identify, manage and treat patients efficiently, ethically and safely. One of the novelties of the protocol is the addition of dichotomies based on the patients' willingness to cooperate. The information is summarized in easy-to-use algorithms for non-specialized healthcare professionals.

**Conclusions** This protocol may provide the basis of a new standardized treatment paradigm for psychomotor agitation which may help improve the patient's experience and therapeutic alliance with the healthcare professional and optimize resources in healthcare centres.

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## e-Poster Viewing: Epidemiology and social psychiatry

**EV0499**

### Maladaptive and addictive Internet use in zagazig university students, Egypt

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**Background** Internet use has increased broadly worldwide. There are growing concerns about problematic Internet use (PIU) among youth. Among undergraduate students, excessive Internet use can adversely affect their interpersonal relations and academic achievements.

**Aim** To estimate the prevalence of PIU among Zagazig university students, and to identify the possible associations between sociodemographic and Internet-related factors and PIU.

**Methods** A cross-sectional study included a total of 732 undergraduate students, aged 17–34 years, from various colleges in Zagazig University. Participants were randomly selected and assessed for their internet use and abuse using the Internet Addiction Test (IAT), along with a semi-structured questionnaire for sociodemographic and Internet-related factors.

**Results** Maladaptive Internet use was found in 37.4% of respondents, and addictive Internet use was found in 4.1% of respondents. Logistic regression showed the predictors of PIU were: using the Internet throughout the day (OR 3.34, 95% CI: 1.75, 6.38), the number of hours spent daily using the Internet (OR 1.17, 95% CI: 1.10, 1.25), the number of days/week using the Internet (OR 1.28, 95% CI: 1.04, 1.58), accessing the Internet using multiple devices (OR 1.55, 95% CI: 1.21, 1.98), and accessing the Internet both indoors and outdoors (OR 1.57, 95% CI: 1.13, 2.19).

**Conclusion** This is the first prevalence study of PIU at an Egyptian university. PIU was common among university students.

Addressing this issue and its predictors could eventually help to enhance academic performance and achievement among those students.

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#### EV0500

### Social and economical impact about problems with therapeutical adherence

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**Introduction** Psychotic spectrum diseases are one of the most expensive illnesses in our society. Being able to recover as much social and laboral activity as possible has to be the goal. Trying to achieve this objective, we face different problems, as for example therapeutic adherence.

**Objectives** Show the importance of an adequate treatment and adherence in order to keep the patient as much integrated in the society as possible, and in order to reduce the economic and social cost of the psychotic spectrum diseases.

**Methods** Case report and bibliography review.

**Results** The patient of this case is a 34 year old woman with a schizophrenia diagnosis given after 4 hospitalizations in psychiatry units. She had 4 years of stabilization taking an injectable antipsychotic, in which she was able to study and keep adequate familiar and sentimental relationships. After being badly recommended to retire her medication for some who identified himself as member of the “new psychiatry”, she began with new delusions and hallucinations which had to be treated at the Hospital Psychiatry Unit. She was close to get a statal job related to her architecture studies, but she was not able to go to the exam due to the exacerbation of her illness. In the review we see that the average economic cost per schizophrenic patient in developed European countries such as Germany is, at least, 14000€ per patient.

**Conclusions** Adequate treatment adherence is highly important to keep an adequate control of the illness in order to sustain the better social live and job function.

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#### EV0501

### The impact of the economic crisis on mental health in Portugal: A qualitative approach

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**Introduction** Portugal is among the European countries with higher prevalence of mental disorders, associated with substantial unmet needs for treatment. Literature on the impact of the economic recession shows that an increased risk of mental health problems is likely to occur. Despite possible growing needs, the budget cuts at the health system level may have decreased the adequacy of care response. Understanding the impacts of the recession

in psychological distress and in access and quality of care is imperative to set public health priorities.

**Objectives** Resorting to a qualitative approach, this study aims to explore the perceptions and experiences of primary health care users and professionals during the recession in the Lisbon Metropolitan Area.

**Aims** Provide in depth information regarding the specific contexts and subjective experiences of key informants during the economic recession that started in 2008.

**Methods** This study design resorts to focus groups with primary health care users and semi-structured interviews with health professionals. All interviews were recorded and transcribed verbatim. Inductive approach and thematic analysis were performed, using NVivo 10.

**Results** This study explores the views and insights of users and health professionals regarding their socio-economic context, mental health needs, changes in health services and possible solutions to alleviate the impact of the economic recession.

**Conclusions** Being based on the perspectives of users and health professionals, this approach will complement epidemiological evidence for policy-making.

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#### EV0502

### Financial difficulties, economic hardship and psychological distress during the economic recession in Portugal

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**Introduction** Portugal is one of the European countries most affected by the Great Economic Recession. Mental health outcomes are likely to deteriorate during this period, with greater proportional impact among those more socially disadvantaged. Self-reported measures of financial difficulties and economic hardship are likely to be associated with psychological distress during this period.

**Objectives** To characterize the relationship between psychological distress and self-reported measures of financial difficulties and type of material deprivation during the Economic Recession in Portugal.

**Methods** A follow-up epidemiological survey was conducted in 2015, with a probability sub-sample of 911 respondents of the 2008 World Mental Health Survey Initiative Portugal. Psychological distress was evaluated by the Kessler-10 scale. Financial difficulties were assessed by asking the responds if they had enough money for their daily activities. Type of material deprivation considered difficulties in acquiring essential goods, paying debts or buying other goods (clothes or leisure activities). Chi-square analysis were used to evaluate the association between psychological distress, financial difficulties and type of material deprivation.

**Results** A statistically significant association ( $P < 0.05$ ) between psychological distress and financial difficulties was found. Among the respondents that reported not having enough money, 22% reported psychological distress. Regarding the type of material deprivation, a statistically significant association was only found for essential goods.

**Conclusions** During the economic crisis, financial difficulties and material deprivation in essential goods were associated with increased levels of psychological distress, potentially widening social and health inequalities across the Portuguese population.