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EPV0175

problematic social media use among child and adolescent psychiatry consultants: family risk factors

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Introduction: the problematic use of social media (PUSM) is considered nowadays as a behavioural addiction. Social media seem to provide an ephemeral escape especially for children suffering from dysfunctional families and abuse.

Objectives: To study in a population of children and adolescents followed in outpatient child psychiatry unit, the prevalence, and family risk factors related to PUSM.

Methods: a descriptive study was conducted among child and adolescent psychiatry consultants. Parents were asked to provide answers for the BSMAS (Bergen Social Media Addiction Scale). We used a self-administered questionnaire and the BSMAS to assess patients' social media's use characteristics and the APGAR Family Test to assess their satisfaction with their family functioning.

Results: The prevalence of PUSM was estimated at 9.2% in our population according to the conservative approach, rising to 48.7% according to the liberal approach. APGAR Family Test scores were negatively correlated with BSMAS scores (Pearson's coefficient = -0.37; $p=0.002$). Significantly higher scores were found in cases of exposure to physical ($p=0.001$) or moral ($p=0.037$) abuse and among patients who witnessed spousal violence ($p=0.041$), and whose parents had a lower level of education. A positive and significant correlation was found between parents' and adolescents' BSMAS scores ($p=0.04$).

Conclusions: Psychopathological fragility triggered by poor family functioning expose to the risk of PUSM. The implementation of preventive strategies and a rigorous and global management of these adolescents are imperative to fight against this disorder.

Disclosure: No significant relationships.

Keywords: APGAR Family Test; social media; Child and adolescent; Bergen Social Media Addiction Scale

EPV0176

Mental health in children and adolescents during the pandemic year 2020: Results from a department of child and adolescent psychiatry in Romania

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Introduction: Infectious diseases can disrupt the environment in which children live and have negative consequences for the well-being, development and mental health of this population.

Objectives: Our aim is to compare the number and diagnoses of patients admitted during the first COVID-19 pandemic year to patients admitted during the same period in the previous year.

Methods: Retrospective observational study of patients admitted between March 1, 2020 and February 29, 2021 and the analogous period of 2019-2020 in a child psychiatry unit. Microsoft Excel was used for descriptive statistics.

Results: In our first pandemic year, there were 47.9% less admissions to our inpatient unit ($n=717$), comparing to the previous year ($n=1376$). Regarding the outpatient-type evaluations, there were 37.7% more admissions than the previous year ($n=1813$). Considering the fact that the number of inpatients was limited in 2020 due to the restrictive measures imposed, most of our patients were consulted on an outpatient basis. During the 5 weeks nationwide lockdown, 72 children were consulted, 42.8% representing psychiatry emergencies. Regarding the diagnoses made in the whole pandemic year, disorders of psychological development were the most common, with almost half of the total of admissions (44.4%). The number of autistic outpatients in the pandemic year ($n=1004$) was almost double than the one before ($n=572$).

Conclusions: Even though there was a reduction of admissions to the child psychiatry inpatient unit during the first pandemic year, we did not identify major differences regarding the discharge diagnoses comparing to the year before.

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Keywords: Covid-19; mental health; Children

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Type 1 diabetes and anxiety in adolescence. A case report.

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Introduction: Type 1 diabetes (T1D) incidence is increasing around the world, being the third chronic medical condition in childhood. It is characterized by pancreatic β -cell loss which leads to insulin deficiency. Treatment includes insulin medication and lifestyle changes. Youngsters with T1D are at a high risk of psychological comorbidity (depression, anxiety, eating disorders), and especially anxiety symptoms have been correlated with worse diabetes control.

Objectives: Our purpose is to examine the impact of T1D in adolescence regarding a case report and literature review.

Methods: We present the case of a 14-year-old female with T1D onset and no psychiatric history. She is referred to our service three months after the T1D onset. Both her parents and the patient were anxious about the diagnostic implications and the treatment. The patient sometimes refused to follow insulin treatment and was angry and labile. Both family and individual assessment interviews were accomplished.

Results: Regarding our assessment and after coordination with endocrine service (doctor and nurse) we diagnosed an [F43.23] Adjustment Disorder (acute, with mixed anxiety and depressed mood). Following recent evidence Acceptance and Commitment