

Introduction Telepsychiatry is increasingly utilized to evaluate and treat diagnostically and geographically diverse youth. (Szeftel et al., 2012; Hilty et al., 2013). Important public health implications arise for US psychiatrically ill youth, most of whom receive no treatment, others depend on pediatricians without input from a child psychiatrist (Goldstein and Myers, 2014). Potential advantages of telepsychiatry include increased access to care from child psychiatrists directly, and through collaborations with pediatricians, and uniquely positive response in patients more communicative in this setting (Pakyrek et al., 2010).

Objectives – To present the effectiveness of Telepsychiatry in psychiatrically ill youth, and specific subgroups who especially benefit.

– To show increased access to psychiatric care occurs through collaborations between child psychiatrists and pediatricians.

Aims To present the advantages of telepsychiatry for child and adolescent mental health and clinicians.

Methods Review of selected published Telepsychiatric evidence-based research and best practice recommendations.

Results – Psychiatrically ill youth are effectively evaluated and treated using Telepsychiatry (Myers et al. (2011), Hilty et al., 2013).

– Very young children and youth with Autism Spectrum Disorders, or anxiety disorders respond particularly positively to Telepsychiatry (Szeftel et al., 2012; Pakyurek et al., 2010; Myers et al., 2010).

– Telepsychiatry provides increased access to care through collaborations between child psychiatrists and pediatricians (Goldstein and Myers, 2014; Myers et al., 2011).

Conclusion Telepsychiatry is a promising advantageous modality for youth based on effectiveness, broad administration and unique benefit for very young and socially impaired youth.

References not available.

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EV305

Feasibility of the stress and anger management program on children with high functioning autism spectrum disorder in a sample population from Karachi

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Introduction Research shows that individuals with Autism Spectrum Disorder, struggle with emotional competence as compared to their typically developing counterparts. This leads to internalizing (stress) and externalizing (anger management) problems in the affected population. The stress and anger management program (STAMP) designed by Scarpa et al. is a manualized treatment protocol with good clinical efficacy.

Objective The objective of the present study is to test the feasibility and suitability of STAMP as a systematized treatment protocol in Karachi and to enable the sample population, to become emotionally competent.

Aim The aim is to evaluate the effectiveness of STAMP on the reduction of symptoms in the sample population.

Method Ten children with high functioning autism spectrum disorder will be selected from various institutes in Karachi, and randomized to experimental and waitlist control group after pre-intervention assessment. Upon completion of the intervention with the experimental group, the waitlist control group will be offered the intervention. Both the groups will be assessed, immediately after the intervention, followed by a one-month follow up assessment.

Results It is expected that STAMP will significantly reduce the incidence of problem behaviours as measured by the standardized assessment questionnaires from the manual; as well as significantly reduce the severity of scores on the internalizing and externalizing components of the strength and difficulties questionnaire, in the experimental group as compared to the control group.

Conclusion It is expected that the results of the present study could be utilized to train mental health professionals in Karachi for systematized treatment of ASD and related problems.

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EV306

Temperament and resilience of children of alcohol dependent individuals

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Introduction Children of alcohol dependent individuals are affected by disturbed parent-child relationship and exhibit externalizing symptoms, arrhythmicity, negative mood and low persistence.

Objectives To assess the temperament and resilience of children of alcohol dependent individuals and to study their relationship with the father's severity and problems of alcohol intake.

Aims To assess the psychological profile of children of alcohol dependent individuals.

Methods Cross-sectional study conducted in a tertiary care centre from January to August 2015. Severity of alcohol dependence in father and problems related to it was assessed using 'short alcohol dependence data' and 'alcohol problems questionnaire'; the temperament and resilience of their children ($n = 31$) was assessed using 'temperament measurement schedule' and 'strengths and difficulties questionnaire' respectively.

Results The sample comprised of 48% boys and 52% girls with mean age (SD) of 9.32 (3.02) years. Eighty-one percent belonged to lower socioeconomic status. Their fathers' mean age (SD) was 37.13(4.9) years and duration of alcohol dependence being 16.32 (5.7) years, average use/day being 19.19 (14.9) units with moderate (45.2%) to high (41.9%) dependence. Significant association was observed between severity of alcohol dependence and temperamental domain-threshold of responsiveness ($\chi^2 = 17.272$, P value = 0.002) (Table 1). The average units of alcohol consumed/day were a significant predictor for the presence of emotional problems in the child (OR = 30.12; 95%CI 1.33–677.86).

Conclusion There's a significant association between father's alcohol use and child's psychopathology which indicates the need for preventive and curative mental health measures.

Table 1 Significant correlation between alcohol problems in father and child's temperament and resilience (* $P < 0.05$).

Alcohol problem	Temperament&Resilience	Pearson's correlation (r)	p value
Duration of alcohol intake	1.Externalising symptom	0.428	0.016*
	2.Approach- withdrawal	-0.445	0.012*
Average use of alcohol	*'Emotionality' factor	0.360	0.046*
Marital problems due to alcohol use	Peer relationship problems	0.487	0.005*