

nity. Studying psychiatry is therefore useful to reduce, in the future doctors, these prejudices toward mentally ill patients.

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#### EW415

### Physical exercise and students' mental health

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**Introduction** Studies have shown that sport participation is connected with a more positive self-image and higher self-esteem in adolescents (Bowkers, 2006, Kirkcaldy et al., 2002), whereas sedentary behavior is associated with negative mental health characteristics (Primack et al., 2009).

**Purpose** The aim of this study was to investigate whether physical activity influences adolescents and young people's emotions, self-esteem and generally mental health.

**Material** Questionnaires were redacted by the research team investigating participants' habits, emotions and health benefits concerning physical activities.

**Method** Questionnaires were administered to 150 adolescents, aged 18–20 years old in Technological Educational Institutes, colleges and fitness centers in Patras, Southern Greece during 2015's spring.

**Results** Eighty-seven percent of the respondents worked out in fitness centers or in natural environment. Most of them answered that exercise contributed to revitalization and euphoria feelings (63%), stress relief (78%), better self-image, and better health (49%). According to 63% of the adolescents, exercise improved their school performance and 61% of them felt that exercise affected positively mental health.

**Conclusions** Present study's results underline physical activities' benefits in students' mental health, self-esteem, feelings and school performance being in line with other studies' results [Biddle et Asare (2011), Ekeland et al. (2005), Brown et al. (2013)]. Restrictions refer mainly to small size sample.

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

**Further reading**

Biddle, SJ, Asare, M. Physical activity and mental health in children and adolescents: a review of reviews. *Br J Sports Med* 2011;45:886–95.

Kirkcaldy, BD, Shephard, RJ, Siefen, RG. The relationship between physical activity and self-image and problem behaviour among adolescents. *Soc Psychiatry Psychiatric Epidemiol* 2002;37(11):544–50.

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#### EW416

### Effects of implicit affect on emotional coping and school adjustment: A short-term longitudinal study with a school-based universal prevention program for enhancing emotional abilities

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In recent years, affect and emotions are hot research topics in the domains of psychology and brain science. Moreover, an increasing number of studies have started to investigate the effects of implicit affect on health and adjustment. The purpose of this study was to examine the effects of implicit affect on explicit emotional coping with others' emotions and school adjustment in children.

**Methods** Participants were 5th- and 6th-grade children in two public elementary schools in Japan. The final samples were fifty-six children (25 boys and 31 girls). Participants completed a battery of three questionnaires just before (T1) and after (T2) a school-based universal prevention program for enhancing emotional coping abilities with others' emotions, which was implemented in eight classes during one month. The questionnaires were utilized for assessing implicit positive and negative affect (IPA and INA), explicit emotional coping abilities to identify, understand, and regulate others' emotions, and the adaptive status of children at school.

**Results** Hierarchical regression analyses showed that higher IPA at T1 was associated with higher explicit emotional coping and motivation for learning at T2. Also, higher INA at T1 was related to better peer relationship at T2. Moreover, higher IPA and INA at T1 were concerned with higher scores of classroom climate and approval at T2.

**Conclusion** This study suggested that higher IPA leads to higher explicit emotional coping with others' emotions. Also, it suggested that higher implicit affectivity (i.e., both higher IPA and INA) causes more adaptive status of children at school.

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## Psychoneuroimmunology

#### EW417

### Oxidative DNA damage is associated with antidepressant use, not depression or anxiety disorders

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**Introduction** Oxidative stress has been implicated in the pathophysiology of depression and anxiety disorders and may be influenced by antidepressant use.

**Objectives** This study investigated the association of oxidative stress, measured by plasma levels of F2-isoprostanes and 8-hydroxy-2'-deoxyguanosine (8-OHdG), reflecting oxidative lipid and DNA damage respectively, with major depressive disorder (MDD), generalized anxiety disorder, social phobia, panic disorder, agoraphobia and antidepressant use in a large cohort.

**Methods** Data was derived from the Netherlands Study of Depression and Anxiety including patients with current ( $n = 1641$ ) or remitted ( $n = 610$ ) MDD and/or anxiety disorder(s) (of which  $n = 709$  antidepressant users) and 633 controls. Diagnoses were established with the Composite Interview Diagnostic Instrument. Plasma 8-OHdG and F2-isoprostanes were measured using