

and highlights the positive response seen in this case with psychotherapy.

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#### EV0039

### Social anxiety as a basic factor shaping anti-vital and suicidal behaviour among contemporary adolescents

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**Introduction** In adolescence, social anxiety (SA) and anti-vital and suicidal behavior (AB and SB) constitute a single syndrome.

**Aim** The aim is to define the role of SA and its components in shaping adolescent AB, with a subsequent risk of SB.

**Materials and methods** A total of 981 adolescents participated in the survey. The authors' proprietary Anti-vitality and Resilience Questionnaire and Social Anxiety and Social Phobia Questionnaire; statistic methods: ANOVA, Correlation analysis.

**Results and discussion** Twenty-four percent from the sample have high SA levels, and 21.8% have clinical SA levels connected with high risk of AB and SB. Adolescents find themselves in unstable conditions of the psychological field reorganization (crisis), and they are in need of actualization of means to satisfy their social motives. It makes them vulnerable to mental disorganization under evaluation conditions, and the situation is aggravated with the absence of internalized mental regulation tools. AB, SB is higher, the higher the SA in adolescents is. SA as a subjective perception of insufficient means to influence the surroundings in order to satisfy social needs can play one of the key roles in the accumulation of negative affect in the system of mental activity, and lead ultimately to its failure.

**Conclusion** Inability to satisfy their actual motives, lack of strategy for self-realization and dealing with failures, and inability to keep the targeted priority in evaluation situations lead to feeling loss of life purpose and negative evaluation of the future and shape AB, SB.

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#### EV0040

### Psychological treatment of trihotillomania: A case study

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This paper presents a clinical case of trichotillomania. Therefore, the aim of this study is to present in detail the procedure followed in a case of trichotillomania in a public health context, using cognitive-behavioral techniques, in order to deepen the knowledge of the efficacy of these treatment procedures and demonstrate the feasibility of implementation.

The results obtained show significant improvements in different clinical aspects: first, the hair pulling behavior disappeared completely; moreover, anxiety diminished significantly and mood normalized. All these results allow us to conclude that the intervention was successful.

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#### EV0041

### Factors associated with professional stress at the teachers

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**Introduction** Teaching, as a profession, is recognized as demanding and stressful.

**Objectives** (1) Evaluate the professional teacher stress, (2) Identify possible factors associated with it.

**Methods** This is a cross-sectional study, descriptive and analytical, conducted among teachers of high school Mahmoud Magdich in Sfax. (Tunisia). Participants were asked to complete the anonymous form detailing the socio-demographic, professional characteristics and any work stressors.

The evaluation of occupational stress was evaluated by the scale of "Karasek".

**Results** Thirty-six teachers replied to the questionnaires. The sex ratio (M/F) was 0.38. The mean age was 48.77 years. The average number of years of exercise was 23.20 years and the average number of hours worked per week was 16.25 hours. The participants stress profile according to the scale of "Karasek" was: 55.6% stressed, 27.8% assets, 11.1% liabilities, and 5.6% relaxed. The main stress factors mentioned were respectively: the inadequate salary (58.3%), difficult working conditions (52.8%), problems with students and parents (25%) and lack of organization at work (22.2%). Factors correlated with the profile "stressed" were: female gender ( $P=0.026$ ), lack of pastime practice ( $P=0.034$ ), teaching high school degree ( $P=0.04$ ), feeling that they work "too hard" in their work ( $P=0.005$ ), they are "the end" at the end of the working day ( $P=0.015$ ) and low social support ( $P=0.005$ ).

**Conclusion** The occupational stress among teachers was quite important. Knowing how to identify factors and taking action would be interesting for the guarantee development for teachers. Students would be the ultimate beneficiaries.

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#### EV0042

### Personal and pathopsychological features of patients with somatoform disorders in primary care

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**Introduction** Somatoform disorders are a therapeutic challenge for primary care physicians. Various studies show low efficacy of psychotherapy for these patients, and the need for differentiated approach to their treatment.

**Objective** Explore the differences between pathopsychological, personal characteristics of patients with somatoform disorders.

**Methods** It was carried out psychometric evaluation of 108 patients with different clinical variants of somatoform disorders, using SCL-90-r, Leonhard questionnaire.

**Results** Patient with somatization disorder (SD) had maximum values on the "somatization", "depression", "hostile", "paranoid" scales; a high level of anxiety. Singularity personality structure of these patients defining feature of exaltation, excitability, emotionality. Patients with undifferentiated somatoform disorder (USD) also showed high levels of somatization, anxiety and obsessive-compulsive, interpersonal sensitivity, phobic anxiety. Patients with stable somatoform pain disorder (SPD), had high levels of depression, obsessive-compulsive. SPD formed in individuals with