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POSTER ABSTRACTS BOOK

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Ps1

Clinical Features and Psychosis Risk Factors in Adolescence Psychosis

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ABSTRACT DESCRIPTION

Introduction: First time psychotic episodes require careful scrutiny of their possible causes especially diagnosing adolescent. Nowadays there is little information on clinical features of psychosis manifestation in young age.

Aim: To analyse clinical features and risk factors of first episode of psychosis in adolescence age.

Materials and methods: Retrospectively 38 case files of patients who experienced first psychotic episode (ICD-10 diagnosis F23) under age 18 from 2010 to 2014 were examined. After exclusion of patients whose diagnoses changed during hospitalisation, 27 patients case files were examined. Case histories were explored for sociodemographic data and clinical features.

Results: Analysis showed that there was 55.6% man, and 44.4% woman. Mean age 15.50 years. Associated diseases were investigated and comorbid mental disorders were found in 53.6% patients and somatic illness had 21.4% of patients. Mostly patients lived in urban environment 66.7%, in family with both parents 63.0%, and with single parent 37.0%. Mental disorder risk factors were evaluated such as complicated birth 18.5%, head injuries 11.1%, heredity of mental disorders in family 25.9%, psychotrauma 44.4%, past suicidal tendencies: thoughts 3.7%, attempts 11.1%, and present suicidal tendencies – thoughts 29.6%. Substance abuse was found in 37.0% of all patients of those nicotine use 22.2%, alcohol use 25.9%, cannabis use 18.5%. Clinical features were analysed: hallucinations were present at 35.7% of cases. Manifestation of following types of delusions was observed: dysmorphic delusions 7.4%, expansive delusions 11.1%, nihilistic delusion 3.7%, delusions of persecution: 44.4%, relationship delusion 55.6 %, poisoning delusion: 22.2%.

Conclusion: Adolescent patients with first episode of psychosis tend to have risk factors- substance abuse, psychotrauma, heredity, suicidal tendencies. Majority of patients presented with delusions of persecution and relationship as well as poisoning delusion. Hallucinations are less common.

Ps2

Intercorrelation among Anxiety and Depressive Symptoms, Personality Traits and Tinnitus Severity Perception

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ABSTRACT DESCRIPTION

Introduction: Tinnitus is a rather prevalent disorder that has a profound impact on quality of life, but its pathogenesis is not yet fully understood. Analysis that would incorporate such contributing factors as personality traits or psychiatric conditions like anxiety and depression is lacking.

Objective: To evaluate the interconnection among perceived tinnitus severity, personality traits, anxiety and depressive symptoms.

Methods: Cross-sectional study that involved 70 patients with the chief complaint of chronic tinnitus was performed at Vilnius University Hospital Santariskiu Clinics. Questionnaires consisting of Lithuanian version of Tinnitus Handicap Inventory (THI), Hospital Anxiety Depression Scale (HADS), Big Five personality dimensions and Visual Analogue Scale (VAS) were given. Linear regression, independent samples T-test and Factorial Anova were used.

Results: Mean THI score was 46.61 (SD 24.51). Mean VAS score 5.87 (SD 2.32). THI and VAS were strongly correlated ($R = .722$, $p < 0.01$). High THI scores were predicted by high anxiety, depression, and neuroticism scores ($p < 0.001$, standardized coefficients – anxiety 0.583, depression 0.571, neuroticism 0.569). Patients who scored high on neuroticism had significantly higher results in THI (59.48 vs. 40.32, $p < 0.05$), HADS anxiety (10.17 vs. 7.36 $p < 0.05$), depression (6.61 vs. 4.19 $p < 0.05$) subscales. Extroversion and consciousness correlated inversely with HADS depression subscale (4.14 vs. 5.94 and 4.30 vs. 7.71, $p < 0.05$) and THI (41.19 vs. 52.70, $p < 0.05$). VAS scores of patients who scored high on neuroticism were significantly higher in the same THI interval, $F(1, 63) 6.426$, $p < 0.05$.

Conclusions: Tinnitus severity could be predicted by anxiety, depressive symptoms, symptoms of anxiety and depressions, anxiety being the most important. Neuroticism was positive predictor of tinnitus severity, anxiety and depression, while extroversion and consciousness were protective traits. More neurotic patients with analogue THI score expressed their tinnitus severity as higher in VAS.

Ps3

The Link between Various Addictive Behaviours and Symptoms of Depression, Impulsiveness and Sensation Seeking: The Models of Self-Medication

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ABSTRACT DESCRIPTION

Pathological gambling and nicotine addiction has been clearly recognized as addictions in the DSM-IV and International Classification of Disease. Internet addiction has been proposed as an impulse control disorder for the DSM-V text revised. Previous research has demonstrated strong associations between the establishment of various addictive behaviours, comorbid psychopathology and impulsive personality traits. Total of 91 adults, 3 experimental groups with 21 smokers, 21 gamblers, 25 frequent Internet users, and 25 normal controls participated in a self-report survey assessing if symptoms of anxiety and depression with impulsive personality traits is linked to various addictive behaviours: Internet social networking (i.e., compulsive and excessive use associated with negative outcomes), pathological gambling and smoking. Trait impulsivity, sensation seeking and depression were measured by self-report questionnaires: Barratt Impulsiveness Scale-11, Sensation Seeking Score, Hospital anxiety and depression scale. To assess addictive behaviours Young's Internet Addiction Test, the South Oaks Gambling Screen were used respectively. Nicotine dependence was assessed using the Fragerstrom questionnaire. Findings of this study revealed that target group participants were significantly higher burdened with depressive symptoms, impulsiveness and sensation seeking traits than the healthy controls. Although present study did not undertake to evaluate whether those traits led to addictions or is a cause of addiction, but rather the results implies that addiction itself may well be a method of self-medicating or dealing with these psychological issues. The current study presents the models of self-medication addressing each category of addictive behaviours and its combination with specific personality characteristics. The models of self-medicating adds profoundly to better understanding of complex mechanisms underlying addictive behaviour.

Ps4

Is There a Relationship Between Acne and Anxiety in Dermatological Patients?

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ABSTRACT DESCRIPTION

Background and objective: Acne is a disease that affects a person not only physically but also emotionally. So the aim of this study was to investigate the co-occurrence of anxiety in patients with acne.

Methods: An observational study was conducted to evaluate the mental health of patients with acne using an adapted Hospital Anxiety and Depression Scale, questions about demography (sex, age) and characteristics of acne (duration, severity). Patients with acne were asked to complete a questionnaire at outpatient dermatovenereology clinics in Vilnius in 2016.

Results: A total of 255 respondents were assessed, 199 (78%) of whom were females and 56 (22%) were males. Acne severity was evaluated in two ways: subjectively and objectively by a dermatovenereologist. When evaluating their skin condition, patients considered their acne to be less severe compared to the objective dermatological assessment. 38.4% of respondents (40.2% of females vs. 32.1% of males) had anxiety disorder: this being mild in 15.6% of females, moderate in 15.6% and severe in 9%, while the respective figures for males were 12.5% mild, 15.1% moderate and 3.6% severe. As a result, a statistically significant moderate positive correlation was found between anxiety disorder and objectively evaluated acne severity ($\rho = 0.423$, $p < 0.001$). Likewise, a similar correlation was found comparing the severity of anxiety disorder and subjectively assessed acne severity ($\rho = 0.476$, $p < 0.001$).

Conclusions: Acne is a chronic disease that can have an association and provoke anxiety symptomatology in some patients. It is important to denote that patients tended to classify their acne as less severe relative to the objective evaluation carried out by a dermatovenereologist.

Ps5

Depression and Suicidal Ideation in Dermatological Patients with Acne: A Worrying Trend

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ABSTRACT DESCRIPTION

Background and objective: Acne is the eighth most prevalent disease in the world with 9.4% of the global population being affected by it. This acne “epidemic” is well described and recent investigations have shown a direct link between acne and depression.

Methods: An observational study was conducted to evaluate the mental health of patients with acne using an adapted Hospital Anxiety and Depression Scale. Patients with acne were asked to complete a questionnaire at outpatient dermatovenereology clinics in Vilnius in 2016.

Results: A total of 255 respondents were assessed, 199 (78%) of whom were females and 56 (22%) were males. Acne severity was evaluated in two ways: subjectively and objectively by a dermatovenereologist. When evaluating their skin condition, patients considered their acne to be less severe compared to the objective dermatological assessment. 23.1% of respondents (22.6% of females vs. 25% of males) had depression disorder: this being mild in 11.6% of females, moderate in 8% and severe in 3%, while the respective figures for males were 10.7% mild and 14.3% moderate. Furthermore, a statistically significant moderate positive correlation was found between depression disorder and objectively evaluated acne severity ($p = 0.526$, $p < 0.001$). Likewise, a similar correlation was found comparing the severity of depression disorder and subjectively assessed acne severity ($p = 0.570$, $p < 0.001$). Notably, acne was considered the cause of suicidal thoughts for 12.9% of patients: 13.1%

Conclusions: Acne is a chronic disease that actually can be associated with emotional mental health. Depression was prevalent in more than every fourth respondent. It is important to denote that patients tended to classify their acne as less severe relative to the objective evaluation carried out by a dermatovenereologist.

Ps6

Severe Mental Disorders Are Sometimes the First and Only Symptoms of Cancer or Atypical Paraneoplastic Syndrome without Neurological Symptoms

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ABSTRACT DESCRIPTION

Purpose: We present a clinical case which illustrates diagnostic difficulties and a tragic outcome, in which a severe mental disorder had developed for a 70 year old man. This man suffered from vermiform appendix adenocarcinoma.

Method: Clinical case.

Clinic: Paranoia symptoms persisted for 10 years; the patient was constantly afraid of getting cancer. Years before hospitalization paranoid – hallucinatory symptoms were observed. Moreover, episodic state of delirium frequently recurred. He was afraid of thieves, which he believed would take away bank cards and codes. The patient suspected that his neighbor was entering his home while he was away. He acquired an alarm system, and noticed that his floor and other items were oily. He saw worms with shiny eyes, insects, and flying bats in his room, and heard them shrieking. The patient saw people without heads sitting, and that is why he slept with a lit lamp. He had an impression that things painted his hands in different colours. Orange painted hand, cakes – yellow, bed – blue. He explained that „there is such a new technology”. In dynamics, the delirium became more frequent, carfologic symptoms emerged. He was treated by tiapride 400 mg/d., haloperidol 1.5 mg/d.

Results: The delirium gradually disappeared after 50 days leaving asthenic depressive symptoms. Later on, the mood improved, and he was discharged from hospital, MMSE – 24 points. Cancer was not found. After 2 months delirium reoccurred, and after 3 months in total, ileus clinic appeared. After emergency surgical intervention, the patient died. After dissection, infiltrating adenocarcinoma of vermiform appendix and surrounding tissues and organs was found.

Conclusions: It is very difficult to say, that follow retrospective assessment has suggested that the severe mental disorders were immune mediated without neurological symptoms and somatic complaints. However, PNS can occur without an onconeural antibodies, and the antibodies can occur without neurological signs. Therefore severe organic mental disorders is sometimes the first and only symptoms of cancer.

Ps7

Autoimmune Damage Relation to Treatment Resistance Psychoses and the Effectiveness of the ECT

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ABSTRACT DESCRIPTION

Purpose: We present three successful clinical cases which illustrate the difficulties of treatment when severe resistance psychoses had developed. Treatment with various combinations of antipsychotics was ineffective; response to treatment was achieved when ECT was added. All three patients had positive synaptic anti-GAD antibodies and in one case, had low positive channel antibodies (Anti – VGKC) in blood. Antineuronal antibodies were negative.

Method: Clinical cases.

Clinic: All three patients were in severe psychotic state with prominent catatonic symptoms, in which fluctuations persisted for more than a year. Two of them (man, age 23 and women, age 31) were ill with paranoid schizophrenia. Former psychotic episodes were treated with antipsychotic combinations, and partial remission in both was achieved. One of them had concomitant diagnose of epilepsy, which established during current psychotic episode. The third one (woman, age 34) was ill with organic catatonia, epilepsy and moderate mental retardation. She was treated with dexametazone unsuccessfully. The EEG showed the epileptic activity. Both were treated with lamotrigine up to 300 mg/d. To each of the patients through inpatient treatment (which lasted 1 – 1.5 years) was administered 46 – 77 acute and maintenance ECT. Interruption of the procedures longer than week resulted in a return of catatonic symptoms.

Results: All patients were discharged significantly improved: catatonia disappeared, only mild psychotic symptoms persisted.

Conclusions: a number of factors determine treatment resistance: genetic factors, medical comorbidities, brain structure and functionalities etc. We cannot speculate with only three cases, but our results show, that autoimmune damage might be the cause of treatment resistance. It is known that spontaneous remissions might also occur, but in our cases, a good outcome was achieved after long term treatment with ECT. That is why we claim, that the ECT is effective in cases when resistance to treatment is determined by channelopathies.

Ps8

Delirium and Stevens – Johnson Syndrome after Intentional Taking of Clonasepam and Lamictal – There Is No Golden Treatment Standard

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ABSTRACT DESCRIPTION

Purpose: We present a successful clinical case which illustrates the difficulties of treatment when severe delirium had developed for a 58 year old man together with Stevens-Johnson syndrome after he intentionally took clonasepam 60 mg and lamictal 150 mg. This man suffers from symptomatic epilepsy, depression, and alcohol abuse.

Method: Clinical case.

Clinic: After poisoning, redness developed in the groin, armpits and on the back of the thighs, calves and bottoms of his feet. Later, there appeared extensive wounds with subcutaneous necrosis, hemorrhage and blisters with purulent content. Severe delirium with euphoria was observed, and continued for 6 days. After that, the symptoms of depression remained. Delirium was treated with haloperidol 1.6 mg/d, because it is the safest antipsychotic when suffering from epilepsy. Depression was treated with coaxil 37.5 mg/d., because it doesn't decrease the threshold of seizures. Necrosis and wounds were treated with dexametason 16 mg/d., as well as diclofenac and ciprinol. The epilepsy was treated with topamax up to 200 mg/d.

Results: The delirium gradually disappeared after 6 days and the wounds after 22 days. Also the mood improved. After 30 days, he was discharged from the hospital, MMSE – 30 points.

Conclusions: There is no golden treatment standard when there is delirium in co-occurrence with depression and some other life-threatening conditions. The interaction of the medicines and adverse events is very important, because choice of treatment is controversial. The treatment outcome depends on appropriate treatment, sequence of prescribing medicine, physical health of the patient, and intensive nurse care.

Ps9

Dandy–Walker Syndrome (DWS)

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ABSTRACT DESCRIPTION

Objective: The authors review a clinical case of Dandy-Walker syndrome variant subtype. DWS is a rare group of congenital human brain malformations which affects the cerebellum (cerebellar vermis aplasia or hypoplasia), fourth ventricle enlargement, cyst formation near the internal base of the skull. There are three subtypes of this syndrome – DWS malformation, DWS mega cisterna magna, and DWS variant. While the first two types are considered a severe presentation of the syndrome, the variant type can be silent for years as in this clinical case.

Method: A clinical case description.

Clinic: A seventy nine year old man was hospitalized to the Republican Vilnius Psychiatric hospital in 2013 due to a severe delirium. Hallucinatory behavior, psychomotor agitation was present. Family members reported that the patient for all of his life worked as a tractor driver. In 2006, the patient had several episodes of seizures and after one of them, the patient was examined in the neurology center. An EEG showed waves close to epileptiformic. The head CT showed vascular leukoencephalopathy, cerebellum porencephalic formation (rated as of injuring); brain and cerebellum atrophy. Until late 2012, the patient was able to care for himself – there were no signs of dementia. Dementia appeared and progressed quickly until delirium developed and the patient was hospitalized in the psychiatric hospital.

Results: Delirium was treated and the patient was discharged from the hospital after 9 days of intensive care and treatment. A head CT scan showed Dandy-Walker variant, vascular leukoencephalopathy. MMSE – 14. After treatment, the patient showed signs of dysarthria.

Conclusions: DWS is a rare group congenital brain malformations which manifests with various symptoms according to subtype but usually diagnosed early. This case illustrates DWS variant type which has been silent for years, has not been diagnosed even after head CT was made at neurology center because of symptomatic seizures which occurred and were diagnosed only accidentally when dementia evolved.

Ps10

Relationship of ADHD Symptoms with Severity Dissociative Experiences in a Sample of Inpatients with Alcohol Use Disorder

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ABSTRACT DESCRIPTION

Aim: The aim of the present study was to evaluate relationship of ADHD symptoms with severity of dissociative experiences, while controlling the effects of anxiety, depression and childhood traumas in a sample of inpatients with alcohol use disorder (AUD).

Materials and Methods: Participants included 190 inpatients with AUD. Participants were evaluated with the State-Trait Anxiety Inventory (STAI), Beck Depression Inventory (BDI), the Adult ADHD Self-Report Scale (ASRS), and Dissociative Experiences Scale (DES).

Results: The ratio of those who receive 10 points or less from DES was 26.8%, those who receive points between 11 and 30 was 45.3% and those who receive more than 30 points was 27.9%. The latter group considered as a group with high risk of dissociative disorder. This group had higher scores from anxiety, depression, childhood trauma and ADHD scores than the other groups. Age, education, marital status and employment did not differ between the groups. ASRS total score and inattentive (IN) subscale scores were moderately correlated with DES score ($r=0.552$ and $r=0.547$ respectively), whereas hyperactive/impulsive (HI) subscale was mildly correlated with DES score ($r=0.430$). Severity of ADHD (particularly HI dimension) predicted the severity of dissociative symptoms even after controlling the state anxiety, depressive symptoms and childhood trauma.

Conclusions: These findings suggest that the severity of ADHD symptoms, particularly IN dimension, may be related with the severity of dissociative experiences, together with the depression and physical abuse among inpatients with AUD.

Ps11

Psychometric Properties of the Adult Cannabis Problems Questionnaire (CPQ) Turkish Version in Adult Male Outpatients with Cannabis or Synthetic Cannabinoid Use Disorder

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ABSTRACT DESCRIPTION

Objective: Cannabis and synthetic cannabinoid are the most widely used illicit substances in Turkey, particularly among young adults. Previous studies report a range of physical, psychological, social and legal concerns among treatment seekers. The Cannabis Problems Questionnaire (CPQ) was developed from the Alcohol Problems Questionnaire to measure cannabis treatment outcome (Copeland et al., 2005). The aim of the present study was to evaluate the psychometric properties of the CPQ among Turkish male outpatients with cannabis or synthetic cannabinoid use disorder.

Methods: We examined the psychometric characteristics of this instrument in a population of outpatients with cannabis (n=52) or synthetic cannabinoid use disorder (n=45). The participants were evaluated with the CPQ, the Cannabis Use Problems Identification Test (CUPIT), and the Cannabis Withdrawal Symptoms Scale (CWSS).

Results: Three items were deleted because they had low corrected item-total correlation (Item-2, $r=0.12$, Item-7, $r=0.10$, Item-10, $r=0.22$). Cronbach's alpha was 0.84 for CPQ-A factor, 0.71 for CPQ-B factor and 0.87 for CPQ when considered as unidimensional scale. Principal components analysis supported two factor construct validity for CPQ. CPQ was moderately correlated with the CUBIT ($r=0.76$) and the CWSS ($r=0.74$). Items 9, 13, 17 discriminated outpatients with synthetic cannabinoid use disorder from the outpatients with cannabis use disorder.

Conclusions: The findings show that the Turkish version of CPQ can effectively identify cannabis use problems among outpatients with cannabis or synthetic cannabinoid use disorder.

Reference Copeland J, Gilmour S, Gates P, Swift W. The Cannabis Problems Questionnaire: factor structure, reliability, and validity. *Drug Alcohol Depend* 2005;80(3):313-9.

Ps12

Ischaemic Heart Disease and Mental Health: Is There a Direct Link?

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ABSTRACT DESCRIPTION

Background and objective: There are many theories regarding the reasons why there is such a wide diversity of incidence rates of both cardiovascular and mental health disease across Europe and the world. Although both topics have been widely studied as separate issues, the possible existence of a direct link between the two demands more attention.

Methods: An observational study encompassed data from 30 (EU28, Norway, Switzerland) European countries covering the years 1994 – 2013 and included annual standardized death rates due to intentional self-harm (X60-X84, ICD-10AM) and ischaemic heart disease (I20-I25, ICD-10AM).

Results: The correlation coefficient between suicide and ischaemic heart disease incidence rates revealed a statistically significant positive correlation in 21 countries: 9 – very strong; 8 – strong and 4 – moderate. The same correlation analysis amongst men alone revealed a statistically significant positive correlation in 22 countries: 8 – very strong; 8 – strong and 6 – moderate. The analysis amongst women alone showed a statistically significant positive correlation in 19 countries: 6 – very strong; 8 – strong and 5 – moderate. Only in Portugal and Cyprus did suicides and ischaemic heart disease correlate negatively, this correlation was statistically significant and also presented in males when analysed separately. By contrast, such a strong positive correlation was not found between death rates due to suicide and other heart diseases (I30-I51, ICD-10AM).

Conclusions: Our study confirms that there is a strong link between ischaemic heart disease and suicides in European countries. We hypothesise that our findings potentially show that more stressogenic environment is associated with more frequent cardiac events. This correlation is also statistically significant and strong when analysed separately by gender. However, this does not confirm there being a clear causal relationship between the suicidal behaviour and cardiovascular diseases. Moreover, this was an observational study and there is a possibility of many confounding factors and the presented causal relationship should be considered critically.

Ps13

Profile of the Patient in Aripiprazol Treatment - Clinical Experiences from Child and Adolescent Psychiatry

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ABSTRACT DESCRIPTION

Objective: The aim of this study is to share clinical experience with Aripiprazol (Abilify) in treatment of children and adolescents.

Method: The sample (n=33) consists of children and adolescent patients (age 9-18) in treatment with Aripiprazol at the Child and Adolescent Psychiatric Clinic 1 (Roskilde, Denmark) in June 2013. All diagnoses were included and covered severe conduct problems (high impulsivity, aggression, outward reaction, and physical cross-border behavior), high restlessness with ADHD, psychotic and psychosis-like symptoms with autistic disorders, psychosis, and intensive tics with Tourette's syndrome. The study was conducted as a Cross-sectional study with detailed description of all patients included.

Results: Indications for the treatment and effectiveness of Aripiprazol, Aripiprazol's common doses used in children and adolescents, and the most commonly observed adverse effects of Abilify are presented. Statistical analysis found that in cases of complex diagnoses, dosage does not depend on age but on other factors. Statistical analysis furthermore found that the effect of treatment is better for those who did experience weight gain.

Conclusions: The findings suggest Aripiprazol to be effective, well tolerated and safe for children and adolescents. Furthermore the dose depends on the complexity of diagnosis (higher doses used in cases of complex diagnosis), on the age (higher doses used in older children, but only in the case of noncomplex diagnoses). Larger studies preferably with RCT design is needed to confirm these findings.

Ps14

How to Integrate Addiction Medicine in Psychiatry Training: Results of an Experiment with Two Educational Methods

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ABSTRACT DESCRIPTION

In Lithuania psychiatry residents spend most of the time of their studies on general psychiatry and there is lack of knowledge, skills and attitudes in treating patients with comorbid substance related disorders (SUD). Addiction becomes more and more integrated in the training of psychiatric residents in Lithuania. Nevertheless, there is strong need for more competent doctors to cope with the large number of addicted patients.

Methods: Concerning knowledge enhancement the residents had to read recent articles on the definition of addiction, assessment and diagnosis of substance related disorders, epidemiology, burden of the disease, stigmatisation, pathophysiology including genetics and neurobiology, treatment including recovery and psychiatric comorbidity. Four seminars with all residents on relevant and actual knowledge on substance related disorders and a small group experience of five sessions on improving skills and attitudes in dealing with patients were performed and evaluated quantitatively and qualitatively.

Conclusions: Both groups appreciated the experience and considered to be useful for emphatic understanding of the patient and further learning of clinical skills. It brought more knowledge on SUD's, more caring about patients, improvement of presentation skills. Both learning methods had different positive impact and proved to additional.

Ps15

Health Consequences of Intimate Partner Violence against Married Women: A Population-Based Study in Northern Iran

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ABSTRACT DESCRIPTION

The effects of different types of intimate partner violence (IPV) on mental health are understudied. The aim of this study was to analyse the association between women's mental health and physical, psychological and sexual IPV. We invited subjects of a population – intimate partner violence; based survey conducted in 2015 in Rasht, Iran, on IPV against women domestic violence; iran; to complete the General Health Questionnaire (GHQ-28). The present mental health; risk factors research study is a secondary study based on these data and archival data from the 2015 study. For analysis, multivariate analysis of covariance was used. Additionally, predictors of IPV were evaluated using linear regression. A total of 2091 married women were surveyed. The participants were divided into abused women (n = 512, 24.5%) and non-abused women (n = 1579, 75.5%). The pattern of IPV among our patients showed more instances of psychological aggression than physical assault, sexual coercion or injury. Our results show that the non-psychotic psychiatric disorders of the victims were significantly impaired in all aspects, including somatic symptoms, anxiety/insomnia, social dysfunction, and depression. Except social dysfunction, the psychological and sexual abuse were significant predictors of other aspects of mental health. Our findings suggest that risk of IPV is high in this population. They also indicate that various forms of abuse are different from each other in terms of predicting a victim's mental health. Different strategies may be required to reduce and prevent this violence. Additional research is needed to confirm and expand upon our findings.

Ps16

Twelve Steps Faith Teaching Program for the Patients with Chronic Psychiatric Disorders

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ABSTRACT DESCRIPTION

Introduction: Patients with chronic psychiatric disorders along with specific clinical symptoms have in common that they become egocentric, intolerant, full of fear, guilt and shame. They experience the feelings of uselessness, alienation; they lose faith and hope. These are the symptoms of their ailing souls and the cure is the faith (not in the religious sense of the word). It is necessary to revive and to restore their feeling of self-assurance and the faith in their selves as well as other people. The faith is not a single act, but the evolving process and its main feature is that you cannot to restore faith being in solitude, but only with other people and among them. One of the most effective methods, which prove itself in practice, is 12 steps program, used by patients with dependence disorders.

Methods: In the Center of Psychological Counseling and Psychotherapy of Republican Vilnius Psychiatric Hospital patients with chronic psychiatric disorders were taught the faith in 12 steps program. 75 patients (45 women and 30 men) participated in this program. They gathered for group therapy once a week and were psychotherapeutically counseled individually. **Results:** The results for the 75 patients taking part in this program are: no patient had exacerbation of psychic state, which required hospitalization; several patients had mild exacerbation, but this was corrected in out-patient service; 40 patients were able to diminish the use of psychoactive medication by 1/3; there was enhancement of the cognitive functions and behavior; their faith and self-assurance have remarkably improved; they remain in families, keep working and studying.

Conclusions: The results of 5 years of work with chronically ill psychiatric patients using 12 steps program has proved, that this program deserves its place along with other psychiatric and psychotherapeutic forms of their treatment and rehabilitation.

Ps17

The Beginning of Pharmacogenetic Research with Psychiatric Drugs in Lithuania

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ABSTRACT DESCRIPTION

Background: Finding the right medication in psychiatry can be very demanding both for the doctor and for the patient. Genetic testing is successfully applied in various medical fields. Yet clinical application in psychiatry is still awaited. Individualized treatment decisions in psychiatry may be important, since substantial part of drugs are metabolized by CYP450 enzymes. Most important of them in psychiatry are CYP2D6, CYP2C19 and CYP2C9. Genotypes that determine function of these enzymes are very polymorphic, and phenotypes are classified as poor, intermediate, normal and ultrarapid metabolizer. That can strongly contribute to personal differences in response to psychotropic drugs.

Aim of the study: Determine whether pharmacogenetic testing of CYP2D6, CYP2C19 and CYP2C9 polymorphism would have had influence on 6 patients' treatment courses, which were unsuccessful.

Methods: Six patients that were diagnosed for treatment-resistant psychiatric disorders in Vilnius University Hospital Santariskiu Clinics Centre of Neurology, Department of Psychiatry were invited to give blood samples for genetic testing retrospectively. Patients' CYP2C19, CYP2D6 and CYP2C9 enzymes genetic polymorphism results were compared with previous empirical pharmacological treatment courses of these patients.

Results: In four cases significant polymorphism of CYP2C19 enzyme allele was detected. In all of these cases 1*/2* genetic variant, that conditions intermediate metabolizer phenotype, was identified. In the fifth case CYP2C19 ultrarapid (1/*17) and CYP2D6 poor metabolizer (4/*5) profile was discovered. Only in one case CYP2C19 (1*/1*) variant, that conditions normal metabolizer phenotype, was detected.

Conclusions: Pharmacogenetic testing could have had influence on treatment choices for 5 out of 6 selected patients leading to less side effects and rehospitalizations. More extensive studies on pharmacologic testing that would include comparison between objective clinical efficacy of treatment, measured drug concentration in serum and genetic testing results are needed.

Ps18

Equine-Assisted Therapy Application Possibilities in a Complex Improvement of Child Mental Health

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ABSTRACT DESCRIPTION

Introduction: Equine assisted psychotherapy (EAP) is experiential form of psychotherapy that incorporates horses into therapeutic process. EAP is a goal-directed method that is implemented by qualified mental health and equine professionals using carefully selected horses.

Aim of the study was to overview the literature on EAP, its basic principles, therapeutic mechanisms, application possibilities and to describe one clinical case report.

Methods: Literature on both animal and equine-assisted therapy was analyzed. A case report on a fourteen year old girl suffering from emotional disturbances and low motivation for the counseling is was described. **Results.** During the course of EAP improvement in emotional regulation and social skills was observed. The anxiety levels decreased and strong therapeutic bond was formed allowing the client to continue counseling in a traditional setting without a horse.

Conclusions: The horse-client bond together with client-specialist relationship helps to process painful emotions and experiences and to develop lacking psychosocial skills especially when working with unmotivated clients with a history of intra-familial violence, eating disorders, resistance to traditional counseling.

Ps19

The Prestige of Primary Health Care Institution Is an Important Factor Influencing Patient Satisfaction with Primary Care in Lithuania

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ABSTRACT DESCRIPTION

After regaining independency and implementing primary healthcare reform, it was important to find out which factors had an impact on patient satisfaction with healthcare services. Employees of psychiatric clinic started a series of researches that included an evaluation of psychosocial and demographic factors influence on patient satisfaction as well as finding out if there was a difference in evaluation of healthcare services between Lithuanians and Western Europeans. For every stage of this research we have chosen to use a patient satisfaction questionnaire, the short version (PSQ-18, Marshall and Hays). Pilot research was conducted in 2009 and contained 164 participants from some of Vilnius family healthcare centers. Second stage was conducted in 2013 and contained 444 participants from family healthcare centers of Vilnius, Vilnius region and Telšiai region. Findings of both stages showed that healthcare consumers evaluated healthcare services mostly high. However, one finding was especially peculiar – main factor that was linked to the higher evaluation of healthcare was belonging to a Vilnius University Hospital Santariskiu Clinics family healthcare center. We named this phenomenon “the reputation of a healthcare center”. It could have been determined by several factors. One of them is the “legacy” of the Soviet Union Nomenklatura system, when belonging to “special” shops, clinics and hospitals guaranteed far better services. However, we can't rule out an important factor – the centralization of healthcare services politics, when all of the best services are being provided in only two of Lithuania's healthcare centers: Vilnius University Hospital Santariskiu Clinics and Lithuanian University of health sciences hospital in Kaunas. Patients of family healthcare centres that belong to these hospitals can access healthcare services more easily and receive higher quality services.

Ps20

Pediatric Bipolar Disorder Continues to Be a Difficult Diagnostic Challenge: A Case Report

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ABSTRACT DESCRIPTION

Pediatric bipolar disorder causes diagnostic challenges due to having similarities to signs of a normal child development as well as due to occurring clinical features of mania episodes in adolescence and finally because of a frequent overlap of symptoms together with other comorbid disorders that occur within this age group. The authors of the research present a follow-up case report which emphasises the challenges of differential diagnoses between pediatric bipolar disorder and schizophrenia spectrum disorders where during the first episode psychotic features prevail. The research describes the case of a 15-year-old boy where due to the occurring psychotic symptoms manic symptoms revealed themselves because of an insufficient antipsychotic treatment. One year later once the maintenance treatment had been ended the psychosis episode reoccurred together with rapid mood swings. As a result, a mixed type schizoaffective disorder had been diagnosed.

Ps21

Psychological – Psychiatric Help for Cancer Patients

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ABSTRACT DESCRIPTION

Background: Cancer prevalence in Lithuania has increased 2.2 times from 2001 until 2015 (final data from 2016 is not yet available). Meanwhile, relative part of deaths from cancer from 2001 to 2015 decreased 2 times (respectively, 22.5% and 10.3% of all diagnosed with malignant cancer). Since number of people living with cancer continuously increases, questions of life quality of such patients are gaining more relevance.

Objectives: Based on published data available, to review (a) the prevalence and peculiarities of psychological distress among cancer patients; (b) the need and effectiveness of distress screening among cancer patients; (c) the need of psychological – psychiatric help among cancer patients; (d) methods of psychological – psychiatric help and their effectiveness for cancer patients.

Methods: Targeted literature review was performed. Published literature was identified through searches in PubMed/MEDLINE.

Results: Prevalence of significant distress among patients with newly diagnosed cancer or cancer recurrence ranges from 20% to 47% and may fluctuate during the course of disease. Half or less of such patients are referred to adequate psychooncological help if distress screening tools are not employed. Most widely used is Distress Thermometer and Problem List. Minority of oncological patients are willing to actively seek psychooncological help and would prefer oncologist to take care of their emotional state, however majority would accept psychooncological help if suggested. Cognitive behavioural therapy (CBT), psycho-educational programs are effective for early stage cancer patients and supportive psychotherapy, meaning-centered psychotherapy, dignity therapy – for advanced cancer patients. Effectiveness of therapy employed is influenced by patient's preference.

Conclusions: Psychological distress screening is effective in finding patients undergoing severe distress. There are various effective ways of psychological – psychiatric help for cancer patients. It is important to consider patient's preference for help.

Ps22

Violence Experienced by Workers in Mental Institutions and Its Consequences

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ABSTRACT DESCRIPTION

Introduction: aggression and violence are common undesirable incidents in clinical practice. Experienced violence and plans to leave current jobs may be related.

The aim of the study: evaluate how often workers in mental institutions experience violence, their expectations regarding prevention. Find connections between experienced violence, working factors and quality of life.

Methods: 208 people employed in the mental institutions took part in the study (172 females, 36 males). Mean age 41.35±13 years. A questionnaire made by the researches was used as well as the WHO Quality of Life-HIV BREF questionnaire. Statistical analysis was done with SPSS 21.0 software.

Results: 127 (61.1%) employees do feel unsafe while at workplace, 143 (68.8%) have experienced violence at work. 134 (64.4%) experienced violence from patients, 65 (31.3%) from their relatives. The most common type of violence was verbal 119 (57.2%), psychological 85 (40.9%), physical 77 (37%). 67 (32.2%) didn't react when experiencing aggression. 51 (24.5%) employees have considered leaving their job because of experienced violence. 141 (67.8%) think that increasing the number of security guards would reduce unsafe conditions at work. 165 (79.3%) would attend free self-defence courses organized by the employer. Working in enclosed wards and frequent night shifts are associated with more frequent violence experience ($p < 0.5$). 82.2% of people who have ≥ 6 shifts per month answered that they had experienced violence. There were no significant differences comparing quality of life between people who have experienced violence, and those who haven't ($p > 0.5$).

Conclusions: 1) More than half of the workers in mental institutions have experienced violence. 2) The most common form of violence is verbal and is experienced from the patients. 3) About one fourth of the employees have considered leaving their job because of experienced violence. 4) Increasing the number of security guards would decrease the feeling of unsafety in the workplace.

Ps23

High Frequency of Maternal and Child Insecure Attachment Representations in an ADHD Population – Clinical Implications

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ABSTRACT DESCRIPTION

Background: It is widely held that ADHD is associated with poor prognosis in adulthood. Whilst a growing body of evidence suggests an association between a diagnosis of ADHD and problematic family functioning, the developmental trajectories of individuals with ADHD as well as the factors determining their long-term prognosis are poorly understood. However, current research findings have found substantial overlaps in symptomatology between ADHD and insecure attachment suggesting potential importance of relational factors for long-term prognosis in ADHD.

Objective: The aims of the study were twofold; to assess child and maternal attachment representations in a sample of children diagnosed with ADHD and to evaluate the impact of maternal and child attachment representations on treatment response.

Method: The sample consisted of 60 mother-child dyads with offspring ADHD. Maternal and child attachment representations were assessed using the Adult Attachment Interview and the Child Attachment Interview. Alongside an assessment of ADHD symptoms were continuously evaluated on the ADHD-RS for a period of one year following the baseline assessment.

Results: Of the 60 children, 18% were found to be securely attached compared to 62% in the general population. Among mothers, 26% were securely attached (Autonomous) compared to 55% in reported non-clinical samples. Furthermore, preliminary results in the follow-up period show a more moderate treatment response in insecurely attached children as well as in children of insecurely attached mothers.

Conclusions: We found the rate of insecure attachment to be significantly higher among children with ADHD as well as in their mothers compared to the normal population. Moreover, preliminary results suggest a correlation between attachment quality and treatment response highlighting the importance of future studies studying the role of relational factors such as attachment in treatment response and outcome.

Ps24

The Relationship between Childhood Attention-Deficit Hyperactivity Disorder and Long-Term Outcome of Criminal Behaviour Studies Review

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ABSTRACT DESCRIPTION

Attention deficit hyperactivity disorder (ADHD) is one of the most frequent neurodevelopmental disorder in children. Often ADHD symptoms start in early childhood and continue into adulthood. People with ADHD may have an increased risk of criminal and antisocial behaviour. The aim of this review was to examine studies that investigate relationship between childhood ADHD and criminal behaviour in adulthood. The Pubmed, PsycINFO and Embase databases were searched for controlled studies that included children and adolescents with ADHD and their criminal records as adults. Eight studies that were published since 2008 and have met the criteria were selected. In all eight selected studies the same tendency appeared – the diagnosis of ADHD in childhood was a significant predictor of an adult criminal and antisocial behaviour. Individuals with early ADHD symptoms had an increased risk of criminal recidivism. The most frequently committed criminal offenses were theft, assault, drug- and weapon-related crime. ADHD increases the risk for developing antisocial and substance use disorders in adolescence, which, in turn, increases the risk for criminal behaviour in adolescence and adulthood. Early antisocial problems were identified as potentially relevant predictor for later antisocial involvement. These findings suggest, that diagnosis of ADHD in childhood increases the risk of antisocial and criminal behaviour in adulthood.

Ps25

Essence of Suicide Article Highlighted the Social Determinants that Contribute to Risks of Suicidal Behavior

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ABSTRACT DESCRIPTION

The article analyzed the problems contributing to the risk of suicidal behavior. The article touched diagnose the problem and to identify factors that could increase the risk of suicidal activity. Examines the state of suicide which is one of the major reasons of death among women. Offer to take into account the implementation of the program to ensure safe conditions in detention in prisons need to be revised to prevent suicide and self-harm.

Pathological Care for the Child. Case Reports. Diagnostic and Management Challenges

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ABSTRACT DESCRIPTION

Keywords: Pathological child care, abnormal illness behavior, Munchausen syndrome by proxy, hyper-protection, symbiotic relationship, parentectomy.

Pathological care for the child is a psychosocial risk factor, which can lead to various temporary or permanent mental health disorders for the child. It includes a wide spectrum of caregiver's behavior forms: from hyper-protection to child abuse. More specific forms are those with abnormal illness behavior. Here we present two cases illustrating two different types of it. The first case is Munchausen syndrome by proxy, also known as factitious disorder imposed on other (DSM-V). It is a form of a child abuse, in which a caregiver, typically a mother, fabricates, exaggerates, or induces health problems in her own child. The second case is a milder form of pathological care, which includes hyper-protection and hyper-control, related to symbiotic mother – daughter relationship and complex family anamnesis with schizophrenia spectrum disorder. Cases above represent differential diagnosis and management challenges of abnormal illness behavior. This demonstrates, that in order to give a better care for the child, it is significant to evaluate mother – child relationship, as well as caregiver's attachment style together with family anamnesis. Team work with adult psychiatrists would be beneficial and of great importance. In cases of hyper-protection and mother's mental disease, it is recommended to provide a multidisciplinary help in mother – child unit. Advantages of this kind of approach include treatment of mother's psychiatric disorder, direct observation of mother – child interaction, promotion of a healthy maternal habits and provision of social support. In such environment it would be possible to create appropriate conditions for the development of child's autonomy. If child abuse is detected during the treatment, child protection service should be included and a possibility of parentectomy might be considered as an extreme mean of child defense.

Ps27

The Relationship Between GRACE Risk Score and Delirium Peculiarities in ICCU Patients with Myocardial Infarction

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ABSTRACT DESCRIPTION

Background and objective: GRACE risk score (GRS) is a scoring system which has a prognostic significance in patients with myocardial infarction. Since more than every second patient with delirium in the cardiac intensive care unit (ICCU) setting are admitted due to myocardial infarction, we aimed to determine whether GRS is associated with delirium onset time, length of stay (LOS) and mortality.

Methods: Patients with ACS who were admitted to the ICCU of Vilnius University Hospital Santariškių Clinics were retrospectively evaluated. From a sample of 11,599 ICCU admissions, 157 (1.4%) had documented delirium diagnosed through liaison and consultation with a psychiatrist and were included in the final analysis. The GRS was calculated on admission using specified variables and a Spearman correlation analysis was used for the relation between GRS and delirium onset time, LOS and mortality.

Results: From a total of 157 patients 85 were males and 72 – females. The average GRS was 191 ± 3.915 , 95% Confidence Interval (CI) 183.25 – 198.72 (equating to an average of 14% intra-hospital death probability). The score did not statistically differ between genders. Additionally, the GRS amongst those with lethal outcomes was statistically higher compared to those with positive outcomes (243.13 ± 10.334 vs. 188.19 ± 3.964 , $p = <0.001$). However, the actual intra-hospital mortality was considerably lower than presumed by the GRS and accounted for 5.1%. Although there was a significant positive correlation between the LOS in the ICCU and GRS (Rho 0.18573, $p = 0.01987$), there was no correlation with the overall hospitalization length (Rho - 0.05538, $p = 0.491$) and delirium onset time (Rho 0.18573, $p = 0.01987$).

Conclusions: Higher GRACE risk score was associated with intra-hospital mortality but was not very effective predicting it. Also the study showed that GRACE risk score poorly predicts length of stay and it does not predict delirium onset time. Further investigation is needed to determine whether GRS could be used to predict the development of delirium.

Ps28

Changes of Event-Related Potential P300 after ECT in Patients with Treatment-Resistant Psychiatric Disorders

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ABSTRACT DESCRIPTION

Objectives: Recording and analysis of event-related potentials (ERP) can reflect a range of different cognitive processes. ERP P300 is a sensitive indicator of disturbances of attentional and working memory processes. As the study of effect of electroconvulsive therapy (ECT) on non-memory cognitive functions has been relatively neglected, aim of this work was to examine the effect of course of ECT on auditory ERP P300.

Methods: Auditory “oddball” paradigm was applied to elicit P300 potential in 32 patients. 20 patients had schizophrenia spectrum disorders and 12 patients had various mood disorders. Mean age of patients was 42±12 years (from 22 to 72 years). ERPs were recorded before the first ECT procedure and the next day after the last ECT. Recordings were made at Fz, Cz and Pz electrode sites. Peak-to-peak (N2-P3) amplitude and latency of P300 wave were analysed. Correlation between P300 parameters, clinical symptoms (measured using PANSS, MADRS, HAM-D scales) and parameters of ECT procedure – delivered energy, seizure energy index (SEI) and duration of seizure – were evaluated.

Results: There was statistically significant increase in P300 amplitude after the course of ECT. Increase was greater in the young patients (20–39 years old) group. Decrease in P300 latency was insignificant. Correlation between P300 latency and amplitude and qualitative parameters of evoked seizures was more reliable in the mood disorders group. After ECT main clinical symptoms have improved. According to HAM-D the improvement of depression symptoms correlates with the decreased latency and increased amplitude of the P300 potential.

Conclusions: ECT may have beneficial effect on some non-memory cognitive functions in patients with treatment-resistant schizophrenia spectrum disorders and mood disorders as assessed by event-related potential P300.

Ps29

Effects of Clozapine on Gamma Auditory Steady-State Response in Schizophrenia

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ABSTRACT DESCRIPTION

Auditory steady-state responses (ASSR) provide a non-invasive technique to assess neural synchrony at a particular frequency. Attenuated phase-locking (PLI) of ASSRs in gamma frequency range is observed in schizophrenia and in animal models for psychosis. The effect of clozapine, which is prescribed in cases of treatment-resistant schizophrenia, on ASSR in humans is not clear. The aim of this study was to evaluate the effect of clozapine use on phase-locking of 40Hz ASSR and state-sensitivity in schizophrenia patients. 48 male patients with schizophrenia (according to ICD-10 criteria) were recruited from the in-patients of Republican Vilnius Psychiatric Hospital. Patients were divided into two groups: (1) resistant to standard antipsychotic medication and treated with clozapine (Cloz, n=23); and (2) responsive to standard antipsychotic treatment (NCloz, n=25). ASSRs to click stimuli at 40Hz were recorded using 9 channels in eyes open and eyes closed conditions, with 60 stimuli presented binaurally per condition. After conventional cleaning procedures, epochs of 700 ms were created starting at 100 ms prior to the stimulus onset and lasting for 600 ms post-stimulus. ASSRs were analyzed from Cz location, showing maximal activity. Mean phase-locking index (PLI) within 38-42Hz window was calculated for 100 ms bins and subjected to RM-ANOVA with time bin and task as within-subjects factors and group as a between-subjects factor. Significant interaction of condition (eyes open vs eyes closed) and group (Cloz vs NCloz) factors ($p=0.038$) was observed, suggesting that in Cloz group subjects tended to have lower PLIs in open eyes ($p=0.08$), which increased with eyes closure ($p<0.001$). In NCloz group, PLIs did not change with eyes closure ($p>0.05$). Our data propose that state-sensitivity of 40 Hz ASSRs vary depending on the treatment in patients with schizophrenia and subject receiving clozapine showing response increase with eyes closure in contrast to those on standard antipsychotic treatment.

Ps30

Sleep Peculiarities of Autistic Children

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ABSTRACT DESCRIPTION

Introduction: Sleep related problems are more common in autism spectrum disorder (ASD) as compared with typically developing children, prevalence ranging from 40 – 80 %. Studies show that the more common sleep issues in ASD children are difficulty falling asleep, frequent night waking, reduced sleep duration, lack of sleep routine, frequent night time fears and nightmares. There are various factors associated with sleep problems in children with ASD. Research has proved that sleep disturbances in ASD children have been associated with abnormal circadian rhythm, precisely with lower nocturnal level of melatonin due to abnormal secretion and aberrant expression of the sleep regulating neurotransmitter GABA (γ -Amino butyric acid). Aim of study was to investigate the sleep peculiarities of preschool ASD children.

Methods: The questioning of parents of ASD children was conducted by the means of semi-structured interview. During the interview Sleep Disturbance Scale for Children (SDSG) in preschool age was used to identify the sleep problems. Literature on sleep problems in ASD children was analyzed.

Results: 25 parents of ASD children were interviewed. The more common sleep issues parents reported during the interview were behavioral insomnia (sleep difficulties that result from inappropriate sleep associations or inadequate parental limit setting) and frequent waking during the night. Despite the relevance of the problem, the parents hadn't report their child having a sleep problem before and hadn't receive advice or treatment for the problem.

Conclusions: Sleep problems are common in ASD children. Some of the parents simply do not recognize the issue. Others consider the problem is a part of the child's developmental disorder. It is important that specialists systematically inquire, identify and help to treat the sleep problems in ASD children, thus improving the quality of life for both the child and the family.

Ps31

Survey of Bullying, Self-Harming Behavior and Attempted Suicide among Adolescents in Lithuania

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ABSTRACT DESCRIPTION

Objective: To estimate the prevalence and causation of deliberate self-harm, attempted suicide, bullying and cyber-bullying and to assess bullying association with suicidal and self-harm behavior among adolescents in Lithuania.

Methods: Data come from large adolescent health research, which was conducted during 2012 spring in Lithuania. The sample included 44 public middle and high schools in four randomly selected geographic regions of Lithuania. All pupils of 7-10 grades in every school were interviewed. Administrational judgement towards the aims and intentions of the study was positive and all originally selected schools agreed to participate. Anonymous questionnaire was completed by 3858 participants. Duly completed and used for data analysis were 3126 (81%) questionnaires.

Results: Data showed that 38.6% of students were bullied in at least one place. 28.7% of respondents reported being bullied in school environment, 10.7% – outside the school and 12.2% – in cyberspace. 40.3% of respondents bullied others in at least one place. 34.4% of respondents bullied others in school, 21.9% – outside the school, 9.9% – in cyberspace. Girls were bullied more often than boys but boys tended to bully others. 37.0% of respondents indicated that they thought about committing suicide, 12.9% indicated that they thought about it seriously and 5.8% noted that they tried to commit suicide. 12.9% of respondents harmed themselves. The most common forms of direct self-harm were self-cutting and self-beating (55.0% and 28.0%). 43.7% of respondents used alcohol and 24.9% smoked. Bullying is statistically significantly associated with suicidal thoughts, suicidal attempt, self-harm, alcohol use and smoking.

Conclusions: Specialists who work with children should be able to detect self-harming behavior, assess suicide risk and arrange treatment strategies. Community education on youth mental health issues together with implementation of systematic long-term prevention and early intervention should be more actively implemented and made a priority in our country.

P32

Can Resilience Improve Outcomes for Patients in Acute Psychosis? A Pilot Study

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ABSTRACT DESCRIPTION

Background: Higher level of resilience has shown to predict better outcomes for healthy subjects after distress and patients with chronic mental problems after treatment, however it is unclear whether patients in acute psychosis could benefit from higher resilience. In this study we used resilience scale for adults (RSA) to evaluate the impact of resilience on psychiatric symptoms measured by brief psychiatric rating scale (BPRS).

Objectives: To examine if resilience increases significantly during the treatment. To measure if patients with higher resilience have better outcomes (less psychiatric symptoms).

Method: A longitudinal quantitative study was conducted in women acute psychosis unit in Vilnius city mental health center. 18 patients (17 diagnosed with schizophrenia and 1 schizoaffective disorder) were enrolled. Subjects were rated on BPRS and asked to complete RSA questionnaire two times: 1) during the first 3 days of treatment; 2) one month from admission or before leaving the unit if discharged earlier, but no less than 2 weeks. Participation was voluntary.

Results: Resilience score has increased significantly during the treatment (4.3 vs. 4.8; $p < 0.001$). At the beginning of the treatment resilience and BPRS results correlated significantly with negative medium strength ($p < 0.05$, $r = -0.518$). There were no significant differences in change of BPRS score between group with high RSA scores and group with lower RSA scores.

Conclusions: Treatment in acute psychosis unit significantly increased patient's resilience even after first 2 – 4 weeks. The patients with higher resilience scored less on BPRS and thus it may suggest that resilience could help to cope with psychosis symptoms. However, the relief of psychiatric symptoms during the treatment was not affected by resilience.

Ps33

Anxiety Sensitivity Links with Coronary Heart Disease and Inflammatory Markers: Interleukin 6 and Interleukin 8

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ABSTRACT DESCRIPTION

Background: The aim of the study was to investigate and compare anxiety sensitivity among participants diagnosed with panic disorder, general anxiety disorder and diagnosed with coronary heart disease. IL-6 and IL-8 were measured for male participants to assess an inflammation role in anxiety and the results compared with ASI-R-36 scores and between the participant groups (diagnosed with coronary heart disease and anxiety disorders).

Method: 232 participants were investigated, 119 women and 113 men. The participants were divided into three groups: (i) a control (healthy) group, (ii) patients diagnosed with anxiety disorders and (iii) patients diagnosed with coronary heart disease. The inflammatory markers, such as the levels of Interleukins 6 and 8 were measured in male participants.

Results: The ASI-36-R score in the anxiety group was 62.70, while in the control group the score was 34.16 (SN = 23.44). For participants diagnosed with coronary heart disease no increase in the ASI-R-36 scores compared with the control group, $p=0.005$. The subscale score of fear of cardiovascular symptoms (1.55 and 1.81, $p=0.306$) between participants diagnosed with anxiety disorder and coronary heart disease groups showed expressed fear of cardiovascular symptoms in both groups. Women were more likely to have higher scores in the ASI-R-36 than men. Step-wise linear regression showed that the participants with moderate and intense physical activity had lower ASI-R-36 scores than those with low physical activity. IL-8 levels were increased in those with an increased ASI-R-36 score and the subscale for fear of loss of cognitive control was associated with an increase in IL-8.

Conclusions: Anxiety Sensitivity was higher for participants diagnosed with anxiety disorders, but fear of cardiovascular symptoms was expressed in both groups. The increased IL-8 levels were measured for participants diagnosed with anxiety. The ASI-R-36 score was lower in the groups with moderate and high physical activity.

Ps34

Abstract title: Comparison of Psychotropic Use in the Baltic Countries

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ABSTRACT DESCRIPTION

Since the emergence of modern antipsychotic, antidepressant and anxiolytic drugs in 1950ies the use of psychotropic medicines has profoundly changed psychiatric practice worldwide. While the pivotal role of pharmacotherapy in psychiatry is universal, significant regional differences exist in drug use patterns. The drug regulatory authorities of Estonia, Latvia and Lithuania use the Anatomical Therapeutic Chemical (ATC) classification system and the Defined Daily Dose (DDD) as a measuring unit (see the website of the WHO Collaborating Centre for Drug Statistics Methodology; www.whocc.no) that supports drug use statistics at national level and international comparisons. Herewith we compare the use of ATC psychotropic drugs (N05, psycholeptics) in 2010-2015. During this period the use of antipsychotics, anxiolytics, hypnotics and sedatives, and antidepressants, as expressed in DDD per 1000 inhabitants per day, steadily increased, while the growth in use of anxiolytics stagnated in the more recent years. Antipsychotic use was the largest in Lithuania and the lowest in Estonia. The N05AH group (diazepines, oxazepines, thiazepines and oxepines) was prescribed in Estonia almost at the level of Lithuania, but lower was the prescription of butyrophenones and benzamides. The use on anxiolytics in Lithuania was more than twice of that in Estonia and Latvia; to a large extent this difference was made by prescription of lorazepam while other drugs also contributed. Conversely, the use of hypnotics and sedatives was about three times higher in Estonia than in Latvia or Lithuania, mostly owing to the extensive use of zopiclone in Estonia. Antidepressant use was dominated by the selective serotonin reuptake inhibitors in all three countries, but overall was much lower in Latvia as compared to Lithuania and Estonia. Conclusively, while the health care expenditures in Estonia, Latvia and Lithuania are largely similar, as is the cultural and recent political background of these EU member countries, the extent and the pattern of psychotropic drug use is remarkably variable.

Ps35

Profile of the Patient in Aripiprazol Treatment - Clinical Experiences from Child and Adolescent Psychiatry

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ABSTRACT DESCRIPTION

Objective: The aim of this study is to share clinical experience with Aripiprazol (Abilify) in treatment of children and adolescents.

Method: The sample (n=33) consists of children and adolescent patients (age 9-18) in treatment with abilify at the Child and Adolescent Psychiatric Clinic 1 (Roskilde, Denmark) in June 2013. All diagnoses were included and covered severe conduct problems (high impulsivity, aggression, outward reaction, and physical cross-border behavior), high restlessness with ADHD, psychotic and psychosis-like symptoms with autistic disorders, psychosis, and intensive tics with Tourette's syndrome. The study was conducted as a Cross-sectional study with detailed description of all patients included.

Ps36

Influence of 10 Hz rTMS Treatment Site Selection on Physiological and Clinical Outcome

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ABSTRACT DESCRIPTION

10 Hz rTMS over the left dorsolateral prefrontal cortex (DLPFC) is one of the most popular treatment options for drug resistant depression. However measured efficacy between the studies do tend to vary greatly. With increasing efforts to standardize 10 Hz rTMS protocol most variability seems to arise from the stimulation site selection. That is because differences in patient head sizes lead to great dispersion of stimulation sites in previously standard 5 cm rule and there is still an ongoing debate over which exact coordinate for DLPFC to use in a neuronavigated rTMS. In order to clarify the possible choices for TMS coil placement we decided to study three homogenous groups of patients in the same setting using three neuronavigated DLPFC sites suggested by previous studies. Patients with diagnosed drug resistant depressive disorder selected for 10 Hz rTMS treatment were randomly assigned to 3 groups differing in sites of stimulation. To account both factors of clinical effectiveness and physiological impact before the treatment course and after it patients were evaluated using MADRS, HAM-D and BDI clinical tests as well as an analysis of resting state EEG power spectrum. A considerable physiological difference in effect to the resting state EEG power was found between the groups. One group of patients also showed a larger decrease in clinical test scores.

Müller – Lyer and Opperl – Kundt Illusion Manifestation among the People with Schizophrenia Spectrum Disorders

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ABSTRACT DESCRIPTION

Introduction: Various studies have reported differences in early visual processing, gain control and integration for patients with schizophrenia spectrum disorders (SSD). We investigated Müller-Lyer (ML) and Opperl-Kundt (OK) illusions to get insight in visual cognitive functions for patients with SSD.

Aim: To investigate the ML and OK illusions manifestation among the people with SSD.

Material and methods: in the prospective study were included 19 patients, diagnosed with SSD and matched comparison group (CG) without any mental, neurological diseases or visual impairment. Stimuli used in experiments consisted of three pairs of the ML wings arranged according to the Brentano pattern and OK figures of white spots presented horizontally against a black background. Using computerized equipment 40 ML stimuli were presented in monitor with various sizes (from 10° to 350°) of the inner corners. Subject's task was to place the central part of the figure in the middle between the outer ones. In OK figures the subjects were asked to adjust the unfilled part of the stimulus to be equal in length to the referential one. The number of the filling spots in the referential interval varied from 0 to 19. Participants repeated ML and OK experiments for 10 time.

Results: When comparing SSD group with CG for OK we found statistically significant difference when zero or one point were in referential line. For ML figures differences were found for 12 corner values. Patients tended to make larger mistakes for corners <90° and >330°.

Conclusions: Although we found that patients with SSD tended to make smaller mistakes when evaluating OK figures with no illusionary effect and larger susceptibility when one point is involved, but without any manifestation differences with 2 to 19 dots in referential line. For ML figures patients tended to make larger mistakes for more acute and obtuse corners.

Ps38

Burnout Syndrome among Residents and Its Relation with Work Characteristics, Personality Traits and Coping Strategies

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ABSTRACT DESCRIPTION

Aim of this study is to find out the intensity of burnout syndrome (BS) among residents.

Results: None of the participants met the criteria for BS. 55% N=101 met criteria for high level of emotional exhaustion and 31% N=57 for depersonalization. Emotional exhaustion results did not differ significantly among diagnostic, surgical, therapeutic and other specialities. Diagnostic specialities group had significantly lower results of depersonalization (13.80 N=10) compared with other (21.64 N=11), therapeutic (20.41 N=127) and surgical (19.78 N=37). We did not find any statistically significant correlation between BS or its subscales and gender, age, marital status, having children, duty or having extra job. We found statistically significant difference ($p < 0.01$) between emotional exhaustion (averaged) and working hours per day (6-8h 25.26 N=77; 8-10h 30.96 N=67; >10h 29.84 N=43) as well as overtime per week (never/rare 22.54 N=28; 1-2 times 24.29 N=42; 3-4 times 30.74 N=69; ≥ 5 31.88 N=47). Statistically significant negative correlation ($p < 0.01$) was found between depersonalization and behavioral disengagement (-0.408).

Conclusion: In our survey 55% of residents matched high level of emotional exhaustion which should be considered as a red flag for BS according to theory that occurrence of one dimension precipitates the development of another. We did not find statistically significant difference between BS or its subscales and individual factors such as age, gender, marital status or having children and between working characteristics such as extra job or duty.

Ps39

Prevalence of Burnout Syndrome among Medical Staff. A Link between Burnout Syndrome and Personal Resilience

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ABSTRACT DESCRIPTION

Introduction: Burnout syndrome is a long term reaction to the influence of factors causing chronic emotional stress. It is composed of three aspects: emotional exhaustion, depersonalization and diminished satisfaction with personal accomplishments. Personal resilience is a capability to use one's inner resources to find functional solutions in adverse circumstances.

Respondents and research methods: A questionnaire-based (demographical questions, Maslach Burnout Inventory – Human Services Survey and Resilience Scale for Adults) survey of 272 doctors and 117 nurses was performed between December, 2013 and April, 2016 in Tauragė and Jurbarkas hospitals, their consulting clinics, Vilnius University Hospital Santariskiu Klinikos, Republican Vilnius University Hospital, Clinical Hospital of Vilnius, the National Cancer Institute and Centro Polyclinic in Lithuania.

Results: Among survey participants, majority – 298 (76.6%) – were women; 280 (72.0%) persons held university higher education; 325 (84.0%) lived not alone. Levels of burnout syndrome in MBI scales of emotional exhaustion, depersonalisation and personal accomplishments were respectively: high: 117 (30.1%), 172 (44.2%), 106 (27.2%); medium: 139 (35.7%), 89 (22.9%), 103 (26.5%); low: 133 (34.2%), 128 (32.9%), 180 (46.3%) $p < 0.05$. Men, persons with university higher education and those working in their current position for less than 9 years were more prone to burnout: respectively 41%; 37% and 42%, $p < 0.05$. A higher level of burnout syndrome was more frequent among doctors (38%) rather than nurses (11%), $p < 0.05$. The mean of personal resilience was 169.4 points ± 25.1 . A reverse relation between psychological resilience and severity of burnout was determined, $p < 0.05$.

Conclusions: A high level of burnout syndrome was more common in men, staff members below 40 years of age, those working in their current position for less than 9 years and those with university higher education. Signs of emotional exhaustion and depersonalisation dominate. Symptoms of burnout are less frequent when psychological resilience is higher.

Ps40

What Could We Do to Improve Life Quality of Relatives of People Diagnosed with Schizophrenia?

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ABSTRACT DESCRIPTION

Aim: The aim of the research was to investigate stigmatizing experiences and requests for interventions in Lithuanian Health and Social system by interviewing relatives of people with schizophrenia.

Methods: Semi-structured interviews were held with 20 relatives of people diagnosed with schizophrenia at the Department for Acute Disorders located at Vilnius City Mental Health Center. Personal experiences facing mental health system and expectations for interventions to facilitate private and public life of the family members. Experiences of siblings, parents, grandparents, children and grandchildren of people living with schizophrenia were explored. Thematic analysis of interviews was used.

Results: Relatives of people with schizophrenia had diverse experience, they mostly feel abandonment, frustration, confusion, loneliness or even depressed. Participants of the study highlighted the importance and necessity of interventions for people with schizophrenia, such as mental health day centers, home visiting volunteers, social skills trainings for patients (personal care, cooking, laundry, paying bills), long-term special care facilities. Psychological support for relatives and children of schizophrenia patients was highlighted as high of importance. Relatives of elderly patients stressed out positive changes in Lithuania's mental health system after the Restoration of Independence of the country. However, legal system was still considered too complicated and problematic

Conclusions: In order to increase the quality of life for people whose relatives are diagnosed with schizophrenia, it is important to provide a better access to community care, family support services and other health and social facilities. The most important thing is to ensure the possibility of an independent living for people diagnosed with schizophrenia. Further details and recommendations of how to improve life quality of people whose relatives are diagnosed with schizophrenia will be presented.

Ps41

Optimization of Antidepressive Treatment with Actovegin® of Late-Life Unipolar and Bipolar Depression

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ABSTRACT DESCRIPTION

The prevalence of unipolar depression among geriatric in- and out-patients ranges from 10% to 38%. Bipolar depression occurs approximately in 4%-17% patients at psychogeriatric units. Both types of late-life depression are associated with comorbid metabolic and vascular cerebral dysfunction, cognitive decline, treatment resistance, drug hypersensitivity. Therefore, it is relevant to use a neuroprotective agent in a complex treatment of unipolar and bipolar depression in the elderly.

Aim: The aim was to compare effectiveness of a complex antidepressive treatment with Actovegin® of late-life unipolar and bipolar depression and a control group without neuroprotective augmentation.

Materials and methods: 21 depressive in-patients (33.3% male (n=7), 66.7% female (n=14)) of the geriatric units of MHRC aged 60 and older with unipolar depression (F32, F33 according to ICD-10; n=12; 57.1%) and bipolar depression (F31 according to ICD-10; n=9; 42.9%) were enrolled in the main group of an 8-week study. Main group received Actovegin® 200mg (5mL) intramuscularly in addition to antidepressive therapy (venlafaxine or fluvoxamine; combined with mood stabilizer for bipolar patients). The control group (n=21) received the same medications without augmentation. Hamilton Depression Rating Scale (HAM-D), Hamilton Anxiety Rating Scale (HARS), Clinical Global Impression Scale (CGI) and Mini-Mental State Examination (MMSE) were used for psychometrical assessment.

Results: A complex treatment with Actovegin® showed more rapid and significant reduction of depressive symptoms and more rapid therapeutic response compared to the control group without neuroprotective augmentation. No significant differences between unipolar and bipolar subgroups were found out. Patients, who received multimodal antidepressive treatment with Actovegin® showed marked cognitive improvement by contrast with the control group.

Ps42

Higher Rates of Depression among Huntington's Disease Gene Carriers

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ABSTRACT DESCRIPTION

Background: Depression is one of the most common psychiatric disturbances in Huntington disease (HD) affecting more than 40% of individuals at some point during their illness. It also contributes to significant morbidity and high risk of suicide. Identification and treatment of this condition is an essential part of clinical management in HD population.

Aim of the study: To assess depression and anxiety rates of individuals undergoing HD genetic testing and compare them with the general population.

Methods: The study involved a sample group of 33 individuals referred to Huntington Disease Coordinating Center at Vilnius University Hospital Santariskiu Clinics for genetic testing for HD mutation, and a control group of 42 individuals from the general population. The sample group was surveyed about previous depression episodes and undergone psychiatric examination. Both groups were assessed for depressive and anxiety symptoms using Beck Hopelessness Scale (BHS) and Hospital Depression and Anxiety Scale (HDAS). Student's t test for two independent samples was applied.

Results: 20 of 33 individuals were confirmed HD gene-positive. 3 of 20 gene-positive individuals met depression criteria and were diagnosed with depression after HD testing. Also, 10 of 20 gene-positive individuals had been diagnosed with depression and had started antidepressants before the survey. Gene-positive individuals scored significantly higher than the control group in HADS depression (5.9 vs. 3.38, $p \leq 0.05$) and anxiety (8 vs. 5.5, $p \leq 0.05$) subscales. Gene-positive individuals scored significantly higher than gene-negative individuals on the depression subscale (5.9 vs. 2, $p < 0.05$). Neither gene-positive individuals nor the control group scored high on BDS and no significant difference between these scores was found.

Conclusions: More than half of HD gene-positive individuals are diagnosed with depression. The prevalence of depressive symptoms is higher for gene-positive than for gene-negative individuals and the general population. Anxiety symptoms are more common among gene-positive individuals.

Ps43

Advantages of Art Therapy for Cancer Patients

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ABSTRACT DESCRIPTION

Art therapy is a form of psychotherapy. The therapy process is based on the fact that human thoughts, feelings which arise in the subconscious may be easier conveyed by images than words. Because of the longer life-expectancy, number of oncology patients living with diseases caused by psycho-emotional stress is increasing. Although, scientific studies have proved that art therapy positively affects various areas of cancer patients lives, therapy in Lithuania is poorly accessible.

Aim: Evaluate the influence of art therapy to cancer patients psycho-emotional state.

Methods: The art therapy sessions were organized at the Vilnius University Oncology Institute from September to December 2015. Women with cancer were involved in the study and HAD, Distress scales and semi-structured interview were used to evaluate their psycho-emotional state.

Results: 17 respondents were interviewed. HAD scale showed that 1 patient had depression, 5 – anxiety. Distress thermometer assessment after therapy, compared with assessment before therapy, significantly reduced. Distress scale assessment after therapy, between women who came more than once, was significantly lower than women who came once. In the questionnaire before therapy 2 women their physical well-being evaluated as good, 9 – satisfactory, 1 – bad and after therapy 9 named as good, 4 – satisfactory, 1 – bad. Before therapy 4 women their emotional well-being named as good, 5 – satisfactory, 3 – bad and after therapy 9 named as good, 3 – satisfactory, 2 – bad.

Conclusions: According to the distress thermometer, evaluation of the answers to the questionnaire before and after the therapy, it can be concluded that art therapy helps patients to reduce stress, improve their psycho-emotional, physical well-being.

Ps44

Art Therapy in Lithuania: Overview of 20 Years of Activities

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ABSTRACT DESCRIPTION

Introduction: Practical application of Art Therapy (AT) in Lithuania can be traced back to the 1980s, when psychiatrists and psychologists started showing interest in AT as an attractive and promising form of therapy in the field of mental health. Setting up of Art studies or classes in rehabilitation, clinical and special education establishments activated the application of AT with involvement of professional artists.

Aim of the survey is to analyse and present history of the specialty and review the development of the field in Lithuania.

Method: Literature and historical data of activities are overviewed and presented.

Results: In 1997 teachers art working with people with special needs set up to non-governmental organisation Lithuanian Association for Art Therapy Application (LDTTA- renamed to Lithuanian Art Therapy Association on 2017). The main tasks of the Association – organization and holding of qualification improvement programmes, contributing to the emergence of the Art Therapist profession in Lithuania. The main areas of LDTTAs activities included the following: 1. Application of AT techniques for different clients' groups. 2. The aim of the qualification improvement seminars is to bridge the gap of multidisciplinary knowledge in AT and collaboration with AT organisations in Europe. 3. In order to present AT for the society, the Seimas and the Government of the Republic of Lithuania with the initiative of the LDTTA organised round-table discussions in 2005, 2009. 4. On 30 October, 2014 the "Description of Professional Qualification Requirements for an Arts Therapists" was approved by the Order of the Minister of Health of the Republic of Lithuania. 5. From the 1st September 2013 the first joint Master study programme "Art Therapy" conducted by Lithuanian University of Health Sciences and Vilnius Art Academy Kaunas Faculty started.

Conclusions: Art therapy has long history and traditions in Lithuania, legal acknowledgement, is actively growing field seeking mutual cooperation with health, education, social affairs and culture sectors.

Ps45

Links between Failed Suicide Attempts and Mental Disorders

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ABSTRACT DESCRIPTION

Background: Suicide is a big global public health issue. According to the data available to the World Health Organization, about a million people commit suicide each year across the world. According to scientific literature, the number of suicide attempts is 20 to 40 times higher than the number of actual suicides.

Objective: To collect data on psychiatric anamnesis and manifestation of psychiatric disorders in suicide attempt survivors.

Methods: The research was carried out at the Psychiatric Clinic of Kaunas Clinics of the Lithuanian University of Health Sciences Hospital and the Psychiatric Hospital of the National Kaunas Hospital. The respondents were comprised of patients who survived their suicide attempts and were thus hospitalized at the Psychiatric Clinic of the LUHSH or the Psychiatric Hospital of the NKH. A failed suicide attempt is defined as a conscious action chosen of one's free will which was performed by a person who was unsure of the fatality of such action in an attempt to do self-harm or take his/her own life and which did not result in the said person's death.

Results: The study sample was comprised of 101 (42.1%) males and 139 (57.9%) females. According to the determined indicators, over half of the patients (63.8%) have been diagnosed with one mental disorder, around 30% of the respondents have had two disorders and 7.1% have been afflicted with three or more mental illnesses.

Conclusions: The respondents afflicted with schizophrenia and delusional disorders have higher odds to make repeated suicide attempts. The females suffering from organic, including symptomatic, mental disorders have lower odds to repeatedly attempt to commit suicide or to consume alcohol at the time of such actions.

Keywords: suicide attempt, mental disorder.

Ps46

Forensic Child and Adolescent Psychiatry in Lithuania: Past, Present and Future

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ABSTRACT DESCRIPTION

Forensic child and adolescent psychiatry is an important subspecialty of child and adolescent psychiatry. Child and Adolescent forensic assessment is the element of penal or civil court process, and play an important role in assisting the judiciary in many complicated cases, especially where expert child and adolescent psychiatry knowledge is needed. In Lithuania the main role of forensic psychiatrists is to carry out forensic psychiatry research, prepare expert conclusions and answer the questions raised in judiciary decision; in case of mental illness due to which court deems the person to be unsound or of diminished responsibility, expert forensic psychiatrist recommends the most suited compulsory inpatient and outpatient psychiatric treatment. Forensic patient treatment in Lithuania is separate from forensic evaluation and is carried out by psychiatrists working in the centres for psychological health located closest to the location of residence of the patient, or in the specialised Rokiskis Psychiatric Hospital. Lithuanian child and adolescent forensic psychiatry, as a subspecialty, can be traced to the establishment of a specialised department for child and adolescent forensic psychiatry under Governmental Forensic Psychiatry Centre in 2009. Until then all forensic psychiatry expert reports were delivered by forensic psychiatry experts (not specifically specialised in child forensic psychiatry). The present paper aims to briefly review the past (the creation of the law basis and the preparation of child psychiatrists and psychologists) and present situation (the review of the expert practice of forensic child and adolescent psychiatry), and to determine the main future directions.

Ps47

Forced Migration, Mental Health Needs and Guidelines for Support

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ABSTRACT DESCRIPTION

When leaving a country is not based in one's self-will, but in an attempt to avoid threats to himself/herself or his/her family live, this event is defined as forced migration. In this work we give a brief overview of the mental health needs of foreigners, who were forced to leave their country, and examine the guidelines for the organization of support systems. In Lithuania Mental Health care for foreigners is provided under the public network of institutions for mental health. Nowadays, difficulties in comprehension between physicians and patients are common. Challenges are rooted in the collision of cultural differences in the treatment of and behaviors associated with illness, linguistic isolation, restrictions of the patient explaining his/her needs and utilizing professional services. During the critical period of linguistic isolation, when the foreigner has poor levels of a native language in receiving country, cultural mediation professionals can help solve difficulties in accessing and utilising psychiatric services. In 2017 The Centre of Oriental Studies, Vilnius University has started a course of cultural mediation for its MA students. The course credits for practice of cultural mediation are planned to be delivered at the day centre of Caritas. Cultural particularities influence the behavior of the patient and his/her experience of illness, as well as the relation between the patient and the physician, and the acceptance of the proposed medical treatment. The growth of multicultural dimensions of society require mental health professionals (psychiatrists, psychologists, social workers) to continuously deepen their cultural awareness and to regularly improve their knowledge in cultural psychiatry. On these grounds, a new professional training course on cultural psychiatry was introduced in the Medicine Faculty of Vilnius University in 2015. Considering the current trends of migration to Eastern and Northern Europe, the course is aimed to discuss these in relation to Asian and Middle Eastern societies.

Ps48

Perceived Workplace Harassment, Anxiety and Depressive Symptoms amongst Medical Residents

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ABSTRACT DESCRIPTION

Introduction: Workplace harassment (verbal, physical and sexual abuse) is prominent in the medical field, with medical residents also being subjected to academic mistreatment. Various types of abuse affect the mental well-being of the receivers. Depression and anxiety among medical staff has been linked to increased medical errors and poor-quality patient care. Determination of prevalence of the phenomena is important for prevention and management.

Aim: To evaluate the extent of perceived verbal, physical, academic and sexual abuse and determine its relationship with anxiety and depressive symptoms amongst medical residents.

Materials and methods: An internet survey consisting of demographic questions, the Hospital Anxiety and Depression Scale (HADS) and abuse-related questions was distributed among resident doctors of Vilnius University. Residents from all years and specialties took part in the survey in February 2017. Results were considered to be statistically significant when $p < 0.05$.

Results: $N = 91$. Median age of respondents: 26 (min. 24; max. 33). 87.9% female, 12.1% male. 23.1% were surgical residents, 76.9% nonsurgical. HAD sub-scale scores for anxiety (HADS-A score > 8): 48.6%. HAD sub-scale scores for depression (HADS-D score > 8): 19.8%. Percentage of respondents who have never experienced verbal abuse – 4.4%, physical abuse – 82.4%, academic abuse – 7.7%, sexual abuse – 3%. Verbal, academic and sexual abuse was most often exerted by attending doctors (75.9%, 94.9% and 75.9% respectively), while physical abuse was most often exerted by patients (62.5%) A mild positive correlation between abuse scores and the HADS scores was found (HADS-A $r=0.369$, $p=0.000$; HADS-D $r=0.415$, $p=0.000$).

Conclusions: Perceived workplace harassment in the residency program is prevalent and might be one of the contributing factors for anxiety and depressive symptoms amongst medical residents. Seminars on proper communication between attending doctors and residents might be used as a preventive measure.

Twenty Years of Music Therapy Development in Lithuania

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ABSTRACT DESCRIPTION

In late 1970's Lithuania marked the beginning of music therapy on amateur basis in medical and psychotherapeutic areas of practice. Research into the role of music in treating psychosomatic diseases started in the Laboratory of Resort Treatment Research. In 1985 – 1990 music activities were being introduced in Republican Vilnius Psychiatric Hospital. However, in 1990's, funding of music therapy practice and research was discontinued because of political situation and financial restrictions in a period of restoration of Lithuania's Independence.

The law on Social Integration of Disabled (1991) forced the establishment of music classes "Credo" for people with disabilities and lately (1995) a PhD program at Vilnius Pedagogical University. Researchers investigated active music therapy methods for handicapped that had not been previously applied in Lithuania (Aleksiene, 2001; Kaciusyte Skramtai, 2002; Sinkuniene, 2001; Vilkeliene, 2000).

The Lithuanian Music Therapy Association was established in 1997 aimed to develop competencies of music therapy pioneers. The Association launched courses given by renowned music therapists from Europe and USA. Working relationship was established with the Norwegian music therapists, seven Lithuanians received grants of Nordic Council for music therapy studies in Norway (1998 – 2004).

From 2002 projects were fulfilled: PHARE 2000 ACCESS project "Social-interactive model of musical activities with cerebral palsy teenage" (2002 – 2003); Geneva Initiative in Psychiatry project "Artistic self-expression of persons with severe mental problems" (2004 – 2005); European Social Fund project "Music Therapy Model for Schools" (2011 – 2013).

In 2014 Ministry of Health approved an Order for professional qualification requirements of arts therapist. This document was necessary for accreditation of music therapy training program. A joint Music Therapy Master's program (Vilnius University – Lithuanian Academy of Music and Theatre) started in 2015. Therefore, 2017 the graduates of this program will continue music therapy development in Lithuania.

Ps50

Epidemiology of Deliberate Intoxications' in Children

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ABSTRACT DESCRIPTION

The aim of the study was to evaluate etiology and epidemiology of acute deliberate children poisonings: to find out the age of self-intoxicated children, the aim and the substance used for deliberate poisonings; the connection between acute deliberate intoxication and the economic circumstances of the country; to prove or deny the connection between acute deliberate children intoxication and lunar phases. The retrospective study was conducted in Vilnius City Clinical Hospital. 1021 acute deliberate poisonings were divided into two groups – inebriate poisonings and suicidal attempts. There were 69.5 % (n = 710) inebriate poisonings and 30.5 % (n = 311) suicidal attempts. According to our research the frequency of deliberate poisonings associated with better economic conditions of the country (correlation coefficient – 0.78). The average age of children hospitalized with suicidal attempts was 15.6 ± 1.5 years (297♀ and 32♂), and of hospitalized with inebriate intoxication – 14.8 ± 1.8 years (295♀ and 415♂). In accordance with the data of our research the rate of inebriate poisonings increases during the weekend (Friday, Saturday and Sunday) ($p < 0.001$). According to our research there's a frequency growth of suicidal attempts during full and waning moon ($p > 0.05$), inebriate poisonings – new and crescent moon ($p > 0.05$). Due to our results the most frequent substances used for suicidal poisonings were: medicaments (95.5 %), alcohol with medicaments (2.9 %), alcohol with drugs (1.6 %), for inebriate poisonings: alcohol (83.7 %), drugs (7.9 %), medicaments (5.5 %), alcohol with drugs (1.7 %), alcohol with medicaments (1.2 %). Conclusions: Frequency of deliberate poisonings associated with better economic circumstances. Girls dominate in suicidal intoxication attempts, boys – in inebriate cases. Medicaments are the most used substance in suicidal attempts, alcohol – in inebriate. The connection between acute deliberate children intoxication and lunar phases wasn't proved.

Ps51

The Impact of Delirium in the Cardiovascular Intensive Care Unit Setting: An Analysis of 19,007 Admissions

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ABSTRACT DESCRIPTION

Background and objective: Over the past two decades, delirium has become a widely investigated subject and recent studies that investigate delirium explicitly in the cardiovascular intensive care unit (ICCU) have filled a number of gaps in the questions concerning this complication. Nonetheless, due to limitations with existing studies, there are still a few obscurities yet to be interpreted. We therefore aimed to determine the approximate impact of delirium in a ICCU setting over a five-year period.

Methods: An observational study was carried out to investigate all patients who were admitted to the ICCU of Vilnius University Hospital Santariškių Clinics, Lithuania from 1 January 2011 to 31 December 2015. The retrospective analysis encompassed 19,007 ICCU admissions.

Results: Of the 19,007 admissions, 337 were diagnosed with delirium, while 18,670 patients were not diagnosed with the condition. Analysis of the time of onset of delirium showed that delirium developed on average after 4 days of hospitalization and did not statistically significantly differ between genders. The length of stay (LOS) in the ICCU was nearly threefold longer in patients with delirium (6.2 ± 0.341 days, 95% confidence interval [CI] 5.53 – 6.87) than those without delirium (2.2 ± 0.021 days, 95% CI 2.15 – 2.23, $p < 0.001$). The overall LOS in the hospital was also significantly more prolonged in patients with delirium than in the non-delirium group (14.8 ± 1.441 , 95% CI 12.01 – 17.68 vs. 7.5 ± 0.106 , 95% CI 7.33 – 7.75, $p < 0.001$).

Conclusions: Our analysis demonstrated that delirium has an immense impact on patients in the ICCU and also that the resources needed to manage this complication are high. Delirium was associated with worse outcomes and prolonged overall lengths of stay in both the ICCU and hospital overall. These findings were distinctly more marked in men than women.

Acne, Rosacea, Folliculitis, Perioral Dermatitis and Their Impact on Mental Health

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ABSTRACT DESCRIPTION

Aim: To determine the prevalence of anxiety, depression symptomatology, suicidal ideation and to evaluate the impact on quality of life among patients with facial dermatoses.

Methods: An observational study was conducted to evaluate the mental health and quality of life of patients with facial dermatoses using an adapted Hospital Anxiety and Depression Scale (HADS), the Dermatology Quality of Life Index (DLQI) and demography related questions.

Results: A total of 427 respondents (77.8% females, 22.2% males) participated. 255 of them had acne, 94 – rosacea, 38 – folliculitis, 40 – perioral dermatitis. 96.5% of acne patients had a reduced quality of life, similarly 92.6% – of rosacea patients, 84.2% – of folliculitis patients, 92.5% – of perioral dermatitis patients. Anxiety symptomatology was present in 38.4% patients with acne, 37.2% – with rosacea, 31.6% – with folliculitis, 32.5% – with perioral dermatitis. It was determined that 23.1% of patients with acne, 31.9% with rosacea, 18.4% with folliculitis had depression symptomatology and it was not present in the group of patients with perioral dermatitis. The skin lesion was considered the cause of suicidal ideation in 12.9% of patients with acne, 6.4% – with rosacea, 15.8% – with folliculitis, 2.5% – with perioral dermatitis. The most significant impairment to life quality and the most severe anxiety symptomatology was among acne patients – the average score was 10.6 (DLQI) and 6.68 (HADS-A). The most severe depression symptomatology was present among rosacea patients – the average score was 4.95 (HADS-D). A statistically significant mild positive correlation was found between the evaluation of rosacea severity and DLQI ($\rho=0.289$, $p=0.005$), anxiety severity ($\rho=0.262$, $p=0.01$), depression severity ($\rho=0.366$, $p<0.001$). There was a statistically significant correlation between DLQI and anxiety severity ($\rho=0.345 - 0.6$) and DLQI and depression severity ($\rho=0.302 - 0.602$) amongst all four dermatoses, except for correlation between perioral dermatitis and depression severity. Furthermore, there was a statistically significant correlation between anxiety and depression severity in all the skin lesions ($\rho=0.429 - 0.867$).

Conclusions: The most significant impairment to life quality and the most severe anxiety symptomatology presented among acne patients. The most severe depression symptomatology was presented amongst rosacea patients, while folliculitis was the most frequent cause of suicidal thoughts. The lowest prevalence of anxiety, depression symptomatology, impaired life quality and suicidal thoughts was amongst perioral dermatitis patients.

Ps53

The Prevalence of Burnout among Oncology Professionals

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ABSTRACT DESCRIPTION

Objective: Burnout is a work-related mental condition consisting of emotional exhaustion, depersonalization, and diminished feelings of personal accomplishment. International research shows that oncologists suffer more from burnout than other healthcare professionals. This survey evaluates the prevalence of burnout among men and women oncologists in Vilnius National Cancer Institute. Detecting burnout is highly relevant, because it affects the personal well-being and quality of life of the healthcare professional.

Methods: Lithuanian version of standardized Maslach questionnaire– MBI-HSS (Maslach Burnout Inventory-Human Services Survey), which is designed for professionals in the human services were used. The questionnaire contains 22 propositions that measure three dimensions of burnout syndrome (emotional exhaustion, depersonalisation and personal achievements) and gender.

Results: One hundred and five female (n=60) and male (n=45) oncologists responded to the survey. Thirty-eight percent of oncologists had high levels of burnout on the MBI, while 72% had at least moderate levels of burnout. Women (47% vs. 32%, $P < 0.004$) significantly higher rates of burnout. Female oncologists are more likely to experience burnout than male oncologists, revealing instead that women are slightly more emotionally exhausted than men ($\delta = .10$), while men are more depersonalized than women ($\delta = -.19$).

The results indicated satisfactory reliability through internal consistency for all three scales of the MBI-HSS. The Cronbach's alpha was satisfactory for PA (alpha = .71) and EE (alpha = .85), and moderate for DP (alpha = .58).

Conclusions: The research showed a significantly increased level of burnout components in oncologists. Female oncologists are more likely to experience burnout than male oncologists and feel more emotionally exhausted whereas men are more depersonalized than women. These results should have an impact on the daily clinic of oncology, and could be guidance for further research.

Ps54

Links between Failed Suicide Attempts and Mental Disorders

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ABSTRACT DESCRIPTION

Background: Suicide is a big global public health issue. According to the data available to the World Health Organization, about a million people commit suicide each year across the world. According to scientific literature, the number of suicide attempts is 20 to 40 times higher than the number of actual suicides.

Objective: To collect data on psychiatric anamnesis and manifestation of psychiatric disorders in suicide attempt survivors.

Methods: The research was carried out at the Psychiatric Clinic of Kaunas Clinics of the Lithuanian University of Health Sciences Hospital and the Psychiatric Hospital of the National Kaunas Hospital. The respondents were comprised of patients who survived their suicide attempts and were thus hospitalized at the Psychiatric Clinic of the LUHSH or the Psychiatric Hospital of the NKH. A failed suicide attempt is defined as a conscious action chosen of one's free will which was performed by a person who was unsure of the fatality of such action in an attempt to do self-harm or take his/her own life and which did not result in the said person's death.

Results: The study sample was comprised of 101 (42.1%) males and 139 (57.9%) females. According to the determined indicators, over half of the patients (63.8%) have been diagnosed with one mental disorder, around 30% of the respondents have had two disorders and 7.1% have been afflicted with three or more mental illnesses.

Conclusions: The respondents afflicted with schizophrenia and delusional disorders have higher odds to make repeated suicide attempts. The females suffering from organic, including symptomatic, mental disorders have lower odds to repeatedly attempt to commit suicide or to consume alcohol at the time of such actions.

Keywords: suicide attempt, mental disorder.

Ps55

Relationship between the Use of Benzodiazepines and Cognitive Functions Impairment in the Elderly

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ABSTRACT DESCRIPTION

Introduction: Benzodiazepines are frequently prescribed to the patients with various psychiatric disorders. Some studies suggest, that benzodiazepines have effect on cognition and their long-term use can be associated with cognitive decline. The aim of our study was to evaluate the impact of benzodiazepines use on cognitive functions.

Materials and methods: 124 patients were interviewed with the age of seventy years and older, who, at some point from October 2016 till January 2017, were treated in Vilnius city clinical hospital's Internal Medicine, Cardiology and Nephrology departments. Patients were asked about their use of benzodiazepines including the duration and reasons for use. Their cognitive state was examined by using Mini-Mental State Examination (MMSE) with the following interpretation: 0-10 - severe cognitive impairment, 11-19 - moderate cognitive impairment, 20-24 - mild cognitive impairment, >25 - no cognitive impairment.

Results: 81 (65.3%) woman and 43 (34.7%) men were interviewed. The mean age was 79.07 ± 6.3 years. 62.1% (77) have used benzodiazepines – 67.9% (55) from interviewed woman and 51.2% (22) from interviewed men. 20.8% (16) have used lorazepam, 19.5% (15)-clonazepam, 28.5% (22) - bromazepam, 10.4% (8) - alprazolam, 20.8% (16) - diazepam. 37% (28) have used benzodiazepines because of anxiety disorders, 33% (25) - sleeping disorders, 30% (23) - anxiety and sleeping disorders. 18.2% (14) used benzodiazepines episodically, 9.1% (7) - less than 6 weeks, 26% (20) -1-5 years, 24.7% (19) - more than 5 years. From those who have used benzodiazepines 58.4% (45) had no cognitive impairment, 19.5% (15) had mild, 19.5% (15) had moderate and 2.6% (2) had severe cognitive impairment (comparing with those who haven't used benzodiazepines – 91.5% (43) had no cognitive impairment, 8.5% (4) had mild cognitive impairment, no one had moderate or severe cognitive impairment ($p = 0.001$).

Conclusion: Patients who have ever used benzodiazepines statistically significant more often had cognitive impairment comparing with those who haven't used benzodiazepines.

Ps56

An Exploration of Musical Features from Improvisation of Depressed Patients

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ABSTRACT DESCRIPTION

Introduction: Depression is one of the most common psychiatric diseases in the world, affecting people from all countries and social levels. Music therapy is one of the effective tools, which increases the health of depression patients and is also used as a treatment. However, the full working mechanism of music is not yet understood, therefore, in order to increase the music-based psychotherapeutic intervention effectiveness, it is important to find out the working mechanism of a music therapy.

The aim of this research project is to reveal how depression affects musical expression. The hypotheses of this research state that clinical improvisations of the depression patients will be significantly different from the control group: improvisations of the depression patients will have less notes per minute; pitch of the notes in improvisations of depression patients will be lower; notes' velocity in improvisations of depression patients will be higher; notes' duration in improvisations of depression patients will be lower.

Methods: This study had 20 depression patients and control group of 20 healthy participants that were matched with depressed group in terms of age and sex. The participants have no professional training in music. Data was collected and analyzed using computer technologies. Participants were asked to perform two improvisations on a keyboard as well as have completed Beck's depression inventory and Hospital anxiety and depression scale test to find the level of their depression. The study was completed in VŠĮ. Vilnius city psychical health center. The research is completed in three stages: review of depression; the review of music therapy possibilities in depression treatment; empirical study to find out the differences among music features in clinical improvisations of the depressed patients and the control group. MIDI improvisations' statistical analysis are used.

Results: Literature review shows that music therapy is an effective intervention however, there is a lack of deeper understanding how these interventions affect depression patients. Preliminary empirical study results show the differences between musical traits in patients' and control group, furthermore, pitch of notes in improvisations by depression patients group are significantly lower than the control group. Further results and discussion will be presented.

Ps57

Social Network Activity Relation to Facebook Abuse among University Students: Preliminary Findings

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ABSTRACT DESCRIPTION

Introduction. Facebook, counting with 1,86 billion active monthly users, is the most popular social networking site in the world. Active Facebook use (communicating to others) and passive Facebook use (content consumption) might have different effects on individual's well-being. Moreover, social network activity or passivity may play a role in Facebook addiction development.

Methods. In total, 1309 university students aged 17-31 filled in the questionnaire including Bergen Facebook Addiction Scale (BFAS) and questions regarding their online activity. Participants who did not use Facebook were excluded from the data set (n=7). Participants were divided into three groups according to social interaction: active Facebook users (AFU, N=411), passive Facebook users (PFU, N=847) and mixed Facebook users (MFU, N=33).

Results. 44.13% of the students claimed to use Facebook too often. According to answers on BFAS 3.76% of the students were addicted to Facebook. Problematic use of Facebook was more prevalent among passive Facebook users than active-users and mixed-users: 38.5% of PFU claimed themselves addicted to Facebook (vs. 24.6% and 27.3%, $p<0.001$), 4.1% of PFU were addicted to Facebook according to their BFAS results (vs. 2.9% and 3.0%, $p>0.05$), 48.5% of PFU said that they use Facebook too often (vs. 41.0% and 21.9%, $p=0,001$). There were no significant differences in social network activity regarding gender and study field. Only 1.2% of the students do not use Messenger or do it very rarely. 70.4% of the respondents never play games on Facebook. 1.6% of AFU, 0.6% of PFU and 6.3% of MFU sought help because of problems arising from excessive use of Facebook ($p<0.05$).

Conclusion. There are significant differences in problematic Facebook use between active-users, passive-users and mixed users. Further research on excessive social network behaviour is needed to better understand the development of Facebook abuse.

Ps58

Their Birthday Celebrations

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ABSTRACT DESCRIPTION

Aims: To investigate the self-esteem of medical students and the link between self-esteem and the various aspects of their birthday celebrations.

Methods: 309 Vilnius University Faculty of Medicine year 4 (n=146) and year 5 (n=163) students were interviewed by the means of an anonymous questionnaire. The self-esteem was measured using the Rosenberg self-esteem scale. The results were divided into three groups, corresponding to a low, medium and high self-esteem. The aspects of birthday celebrations were investigated by the means of 15 open-type questions. The statistical analysis of the results was performed using SPSS Statistics 22.0 and Windows Excel.

Results: 217 females and 92 males participated in the study. 61.5% of the participants have corresponded to the medium self-esteem group, 11% – the low self-esteem and 27.2% – the high self-esteem group. The mean self-esteem score was 20.93 for females and 22.36 for males. 12.4% of female participants have corresponded to the low self-esteem group, 64.5% – the medium self-esteem and 23% – the high self-esteem group. 7.6%, 54.3% and 37% of male participants have corresponded to the low, medium and high self-esteem groups respectively. Female respondents noted that they feel better ($p=0.016$) and more cared for ($p=0.002$) on their birthday rather than an average day when compared to the male respondents. The difference between the female and the male groups was statistically significant (Mann-Whitney U, $p<0.05$). Spearman's correlation coefficient revealed a weak correlation (0.2-0.4) between birthday anticipation and feeling better and more cared for on their birthday when compared to an average day.

Conclusions: Students with a higher self-esteem exhibit a stronger anticipation towards their birthdays. They also feel better and more cared for on their birthdays. Although further research is needed, the correlational results found in this study suggest that individuals with low self-esteem might benefit from spending their birthdays in a more joyful manner, as it might have a positive impact of their self-perception.

Possible Case of Munchausen Syndrome by Proxy

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ABSTRACT DESCRIPTION

A 43-year old female was admitted to a psychiatric hospital due to episodes of shouting and throwing medical documents from a balcony. Her mental state examination showed increased anxiety and suspiciousness, the patient was telling that her husband together with the doctors wants to take her daughter away. The patient's family history revealed that she was the older one of two children in the family and always felt unappreciated by her parents, who were showing more attention to her sister. Being sick played important role in her life because it helped her achieve otherwise unachievable parents' attention and care. She left home early, got married and worked as an illustrator and administrator. At first her relationship with her husband was good, but after their daughter was born he became distant and detached. Patient's daughter, who was six-year-old at that time, over a period of three years has been hospitalized six times and consulted 58 times by various doctors. Previously she had a disability due to unspecified genetic disorder and now her mother was suspecting Asperger's syndrome. The patient told her daughter that she was sick, restricted her interactions with other kids, took her to kindergarten for a limited time, helped her to dress up and to eat. When suspicion for psychological abuse was raised, the head of Children's hospital informed Child protective services, drawing attention to no signs of particular chronic disease, normal test results, and occurring symptoms due to acute diseases. Patient got involved with social media, claiming that the doctor's behavior was improper and they weren't able to help her sick child. After it doctor's treated her with hostility, organized various committees. The girl was examined at a child development center. It was noticed that her development is normal according to her age and there are marked disturbances in mother – child interaction. Following the court's order, the mother and child were separated and the child was put under the authority of the local child protection service. Once the father became capable of caring for the child, the girl was discharged. None of the previously reported symptoms recurred and it was decided that the girl is not eligible for disability. During her stay at a psychiatric hospital the mother remained calm, there were no observable psychotic symptoms, and the results of psychological assessment were unspecific. Patient's parents supported her husband and blamed her that she didn't know how to take care of her child. The patient denied harming the child and actively wrote complaints to different institutions, trying to prove her daughter's diagnosis and said that doctors were taking revenge on her. A diagnosis of delusional disorder was made. Patient's husband needed to change the place of living three times because the patient keeps finding them. Although during girl's multiple hospitalizations the doctors weren't able to prove that the mother causes all the symptoms, but positive separation test and reduction of symptoms lets to suspect Munchausen Syndrome by Proxy.

Ps60

Suicide of Forensic Medical Aspects in Lithuania

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ABSTRACT DESCRIPTION

Introduction: The results of forensic medical autopsies conducted in Lithuania comprise up to 98 percent of the data on the external causes of death provided to official statistics, including suicide.

Aim and methods: Several insights on suicide in Lithuania have been conducted based on the published forensic medical references of analysis on the causes of death.

Results: In Lithuania, the number of population having decreased by 20 percent since 1992, the rates of external causes of death and suicide have decreased as well. However, none essential factors determining the decrease in suicide rates have not been established. The persisting high suicide ratio among the external causes of death, as well as a high suicide ratio among the cases of alcohol intoxication shows that in Lithuania, the alcohol consumption reduction and suicide prevention measures have not been duly used and were ineffective. Suicide cases comprised more than one fourth of the total number of deaths due to external causes: in 1985 - 2012 – 26,8%. This ratio did not change much. In 1985 – 2014 the prevailing rate of suicide by hanging among the external causes of death was 24,1%.

A high correlation between consumption of alcohol and the suicide rate is observed; so the forecasting of specific suicide prevention strategies requires a detailed study on the effects of consumed alcohol on suicides. The improvement of the quality of pre-trial investigation requires the involvement of psychologists and psychiatrists, in order to define and assess the suicide causation and to establish appropriate suicide prevention strategies.

Conclusions: The forensic medical examination data of suicide cases and their assessment results can be significant for the suicide causation and prevention. Not all information on suicides is recorded in official statistics. Only the use of the pre-trial investigation data facilitates objectivisation of the suicide rate. Based on the data of forensic medical overview on suicides, it is not possible to connect a partial reduction in the suicide rate with particular prevention strategies implemented.

Ps61

Recommendations on How to Prevent Patients' Violence Against Nurses Working in Mental Healthcare Institutions

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ABSTRACT DESCRIPTION

In 2013-2014 Institute of Hygiene surveyed mental health nurses to assess psychosocial work factors (including violence at work) in psychiatric hospitals, psychiatric departments and mental health centers in Vilnius. Both quantitative and qualitative studies were carried out. According to the results, 64% of nurses surveyed had experienced at least one incident of psychological violence and half of participants – at least one incident of physical violence at work. The research data shows that considerable number of study participants are facing scarcity of resources to carry out appropriate violence prevention, including: adequate security measures, efficient team work, training in the management of violent behavior, sufficient follow-up review of incidents and victims' support.

The data reveals the need for improved measures to tackle patients' violence against nurses in mental health facilities. In 2014 Institute of Hygiene issued recommendations on how to improve psychosocial work environment and prevent patients' violence against nurses working in mental healthcare institutions. The recommendations are based on the research findings and good practices in various countries. It is recommended to implement measures of primary, secondary and tertiary violence prevention. To reduce risk of violence occurrence primary prevention should be carried out: it is recommended for mental health institutions to establish violence prevention policy, set principles of communication with patients, ensure appropriate environment (psychosocial, clinical, physical and environment that meets patients' needs), exercise threat assessment and management, and to organize regular training in the management of violent behavior. Secondary prevention should aid to ensure effective immediate response to violence. Tertiary prevention should mitigate damage of violent incident. This prevention includes appropriate reporting and recording of assault incident, comprehensive post-incident review and suitable victims' support.

Ps62

Psychopathological Structure and Clinic of Endogenous Depressions: Clinical Follow-Up Study

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ABSTRACT DESCRIPTION

Objective of the study: To analyze the psychopathological structure of endogenous depressions, to establish the associations of its structure with the course and prognosis of the disease.

Material: 124 inpatients with the diagnosis of recurrent depressive disorder (out of the annual total of 409 treated at the university clinical department in August 2014 – July 2015) – 92 females and 32 males, aged from 19 to 82 (average \pm SD 55.37 ± 13.11).

Methods. Mainly psychopathological clinical and clinical-catamnestic ones, in addition rating scales MADRS and CGI, psychological examination.

Results: 6 types of depression singled out: anxious (52.42%), anesthetic (4.03%), melancholic (13.71%), hypochondriac (22.58%), apathetic-adyynamic (4.84%), and dysphoric depression (2.42%). All cases of depression were of severe level, with MADRS fluctuating between 30–39 scores (35.6 ± 7.9), and CGI-S – 5.4 ± 0.9 . All types had long duration of episodes (from half to 3 years), some cases much longer. The clinical pictures and psychological peculiarities of separate types were analyzed, as well the diagnostic and prognostic significance of the established typology was discussed. The worst prognosis was found in anesthetic depression. Alcohol and benzodiazepines abuse was another negative factor.

Conclusions: Classic forms of depression were rare. In the most of cases complex polymorphic symptoms prevailed (senestopathic, hypochondriac symptoms, depersonalization, obsessions, phobias, various overvalued ideas). Long duration and severe course were characteristic. Our study showed the increasing complexity of endogenous depressions, frequent relapses and deteriorations, poor prognosis and growing resistance to antidepressants.

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