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The attitudes towards depression of general practitioners can be improved by an educational program

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Background Continuous education of physicians is critical for the quality of medical care.

Objectives To investigate the attitudes of general practitioners towards depression and to evaluate the short- and long-term impact of a specific designed postgraduate university program in depression.

Method In this prospective, interventional study participated 1322-certificated Family Practice specialist. They filled out the Depression Attitude Questionnaire (DAQ) Spanish validated version before starting the educational intervention; an official approved 12 ECTS postgraduate university program. The participant refilled the questionnaires at the end of the course and 6 months later.

Results A total of 885 females and 420 males (mean 48 years) and with a mean clinical experience of 25 years participated in this study. Short-term after training, PGs positively significant ($P < 0.05$) changed their attitudes in the management of depression in 18 out 20 items of the DAQ. There were not significant changes in only item 1 related to the number of patients presenting depressive symptoms seen in the last 5 years and the knowledge of the underlying biochemical abnormality. In the long-term, the positive effects observed in the short-term did not significantly change. However, in item 1 a significantly increase was observed. The effectiveness of the intervention was related nor to the to the age and sex of the physician nor to the years of medical practice.

Conclusions A specific designed educational program can improve the attitudes in depression of GPs. Years of clinical practice are not a limitation for improving the medical attitudes of General practitioners in mental health.

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What young adults know about the factors that affect fertility?

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Introduction The literature has shown that young adults reveal lack of knowledge about factors that influence fertility. Given this gap of knowledge regarding fertility, several authors indicate the need for awareness-raising and promotion of attitudes and behaviors that preserve fertility.

Objective This study aimed to assess the knowledge about factors that affect fertility as well as the impact of information transmission on this topic.

Materials and methods Five hundred and fifty-one subjects aged between 18 and 40 years old without children completed an online

questionnaire specifically developed for this study. Two assessment moments were considered and participants were randomly assigned to three groups:

- video group;
- website group;
- control group.

The video and website groups accessed information on fertility-related factors such as age, weight, exercise, substance abuse, irregular menstrual cycles, pollution, etc. The control group had no access to this information.

Results Male participants revealed more knowledge about the factors that affect fertility in both moments. Participants in the groups that had access to fertility information (video group and website group) improved their level of expertise. No significant differences were found in the control group.

Discussion/conclusion Groups that watched the video or visited the website where information on fertility-related lifestyle and other factors was available increased their level of knowledge, suggesting that education on this subject should be provided to general population. The means used for the information dissemination had no impact on the improvement of knowledge.

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Supervision of international medical graduates

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Introduction Doctors qualified outside the UK constitute >40% workforce in psychiatry. Differential examinations' attainment and poor career progression are key issues for International Medical Graduates (IMGs). Due to increased migration, this is transversal to many countries. Varying ethical standards and values in different countries can create difficulties in the workplace and impact quality of patient-care.

Objectives To understand current support available for IMGs across countries; identify areas of best practice.

Methods We ran a preliminary open consultation to establish which initiatives were available across Europe and worldwide to address IMGs' training abroad impact on their training/work in the host country and if any support exists for supervisors of IMGs. Representatives of European trainees were contacted through European Federation of Psychiatric Trainees network and early career psychiatrists through World Psychiatric Association network. Emphasis was given to identified host countries of IMGs.

Results No specific initiatives were identified in Europe. Out of the six main host countries – Denmark, Finland, Norway, Sweden, Switzerland, UK – one did not provide information. Many countries reported specific requirements for a doctor to be accepted to work. There are courses on language and medicolegal processes. Some support is available for doctors doing short clinical placements. However, once an IMG has been accepted to work in the host country, there is no special support given by way of supervision.

Conclusions Reports suggest IMGs welcome initiatives to help them gain skills related to the system, its culture, and appreciate feedback on their performance. There is a need to help host countries better support IMGs.

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