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**0054**

### **Psychoeducational family intervention: Benefits and obstacles reported by mental health professionals**

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**Introduction** Despite several guidelines recommend the use of psychoeducational family interventions (PFIs) as add-on in the treatment of patients with bipolar I disorder (a), their implementation on a large scale remains limited (b).

**Objectives** To identify benefits and obstacles in implementing a PFI in the clinical routine care.

**Methods** This was a multicentre, real-world, controlled, outpatient trial, carried out in 11 randomly recruited Italian mental health centres. Mental health professionals received a training on PFI and provided the intervention to patients with bipolar I disorder and their relatives. Difficulties and benefits in performing PFI were collected through an ad-hoc schedule, which was administered at baseline and 5 times during the different stages of the intervention.

**Results** Mental health professionals report significant improvements in the intervention-related benefits over time ( $T_0 = 5.3 \pm 2.0$  vs.  $T_5 = 7.9 \pm 0.9$ ;  $P < .0001$ ), in particular in their professional skills ( $T_0 = 6.5 \pm 2.3$  vs.  $T_5 = 8.0 \pm 0.8$ ;  $P < .01$ ). They also report to be more satisfied with their own work ( $T_0 = 6.6 \pm 2.3$  vs.  $T_5 = 8.0 \pm 1.3$ ;  $P < .05$ ). The most relevant difficulties were related to the need to integrate the PFI with other work responsibilities and to the lack of time, which did not decrease overtime.

**Conclusions** PFIs are feasible in routine care for the treatment of patients with bipolar I disorder and their relatives, and main obstacles are related to the organization of mental health centres, and not to the characteristics of the intervention itself.

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**0055**

### **Aberrant salience and alexithymia in subthreshold psychotic experiences among adolescent migrants in Italy: A comparison with native Italian adolescents**

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**Introduction** In this decade in the Italian context, there has been a significant increase of the immigration phenomenon. Consistent data indicated higher risk of psychotic experiences among migrants. Poor work investigated clinical variables associated with stronger subthreshold psychotic experiences among this population of adolescents. Aberrant salience, the biased assignment of significance to otherwise innocuous stimuli, and alexithymia, the difficulty identifying/describing feelings are believed to have a role in the onset and maintenance of psychotic symptoms. No

study evaluated whether they could moderate the relation between migrant status and psychotic experiences among in adolescence.

**Objectives** The current study investigated whether salience and alexithymia predicted more intense subthreshold psychotic experiences and moderated the effect of migrant status among migrant and native Italian adolescents.

**Methods** Seventy-three adolescents born in other countries than Italy and 75 native Italian adolescents (mean age = 17.57, SD = 2.08, 47.30% females) completed the aberrant salience inventory, the Toronto Alexithymia Scale-20 and the screening for psychotic experiences.

**Results** Migrant adolescents had higher levels of subthreshold psychotic experiences ( $F = 10.65$ ,  $P < 0.01$ ), alexithymia ( $F = 8.93$ ,  $P < 0.01$ ) and salience ( $F = 4.38$ ,  $P < 0.05$ ) than native Italian adolescents. A main effect of aberrant salience and alexithymia on subthreshold psychotic experiences emerged. An interaction effect between migrant status and alexithymia was found: migrant adolescents with stronger alexithymia had more intense subthreshold psychotic experiences.

**Conclusions** Public health policies should consider migrant adolescents as a group at risk for stronger subthreshold psychotic experiences. Prevention programs could take into account alexithymia as a target of intervention for this population of adolescents.

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**0056**

### **Suicidal ideation amongst adolescent suffering from disordered eating: The Young-HUNT study**

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**Introduction** Suicide takes a great toll on both individuals and societies. Successful preventive measures would require a careful understanding of the scope of suicidal ideation as well as its associated factors. Amongst mental disorders, anorexia nervosa has the highest mortality rate due to suicide.

**Objective and aims** Studying the prevalence of suicidal ideation and its associated factors in adolescents (13–19 years old) affected by disordered eating (DE).

**Methods** Logistic regression was employed to study associations between suicidal ideation and age, gender and disordered eating in adolescents from a population-based prospective study, The Young-HUNT 3 cohort, 2006–8. DE cases were defined using the self-reported questionnaire (Eating Attitude Test-7) and then grouped into two subscales, poor appetite/under-eating and uncontrolled appetite/overeating.

**Results** A total of 3933 (boys 49% and 51% girls) were included. In total, 177 poor appetite/under-eating and 365 uncontrolled appetite/overeating cases were identified. Prevalence of suicidal ideation was 24.5% in total sample with girls being more affected (27.1%). Prevalence of suicidal ideation amongst poor appetite/under-eating case group and uncontrolled appetite/overeating cases was respectively 43.5 and 39.2%. The odds-ratio of suicidal ideation amongst poor appetite/under-eating

cases compared to control group was 2.56 (95% CI, 1.85 to 3.42,  $P$ -value  $< 0.001$ ) whilst the odds-ratio of suicidal ideation amongst uncontrolled appetite/overeating cases compared to control group was 2.19 (95% CI, 1.75 to 2.74,  $P$ -value  $< 0.001$ ). Results remained significant after adjusting for anxiety and depression symptoms.

**Conclusion** Focus on high risk groups such as DE seems important in taking suicide preventive measures.

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0057

### Are social networks useful to challenge stigma attached to mental disorders? Findings from the time to change social marketing campaign 2009–2014



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**Introduction** The new channels of communication as social media (e.g. Facebook and Twitter) and the social marketing campaign (i.e. campaign focused on enabling, encouraging and supporting behavioural changes among target audiences) can represent useful strategies to challenge stigma attached to mental disorders.

**Objectives** To evaluate the efficacy of the social marketing campaign of the time to change (SMC-TTC) anti-stigma programme on the target population in England during 2009–2014.

**Aims** To assess the impact of the SMC-TTC anti-stigma programme in terms of:

- use of the social media channels;
- levels of awareness of the SMC-TTC;
- changes in knowledge, attitude, and behaviour related to mental disorders.

**Methods** Participants completed the mental health knowledge schedule (MAKS), the community attitudes toward mental illness (CAMI) and the reported and intended behaviour scale (RIBS), together with an ad-hoc schedule on socio-demographic characteristics.

**Results** In total, 10526 people were interviewed, it was found a growing usage of the SMC-TTC media channels and of the level of awareness of the campaign ( $P < 0.001$ ). Being aware of the SMC-TTC was found to be associated with higher score at MAKS (OR = .95, CI = .68 to 1.21;  $P < .001$ ), at “tolerance and support” CAMI subscale (OR = .12, CI = .09 to .16;  $P < .001$ ) and RIBS (OR = .71, CI = .51 to .92;  $P < .001$ ), controlling for confounders.

**Discussion** In the general population, SMC-TTC has been found to be effective in improving attitudes and behaviours towards people with mental disorders.

**Conclusions** Considering these promising results obtained in England, social media can represent the possible way forward for challenging stigma. The future on-going evaluation of the SMC-TTC may further shed light on the essential role of social media in reducing of stigma and discrimination.

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0058

### A cross-correlation analysis of the cyclicity of Italian suicide rates and online suicide-related search volumes



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**Introduction** People seeking information and news regarding suicide are likely to use the Internet. There is contrasting evidence about the relationship between the cyclicity of suicide-related search volumes and national suicide-rates in different countries.

**Objectives** The objectives were to investigate first the cyclicity of Italian suicides and online suicide-related searches carried out by the Italian population in the same time frame (2008–2012) and analyze the correlation between the two cyclicities.

**Aims** The study aimed to gain further insights on suicide-related internet use and its relationships to completed suicides.

**Methods** Italian mortality database provided monthly national data concerning suicides (2008–2012). Google trends provided data of online monthly search-volumes of the term “suicide”; “commit suicide”; “how to commit suicide” in Google search (2008–2014).

**Results** Seasonal AR model suits the trend of Italian suicides with a periodic 1-year cycle. No specific cyclicity for Google search volumes for “how to commit suicide” and “to commit suicide” was found (ARIMA [0,1,1] and ARIMA [1,0,1] respectively). Google search time series for “suicide” performed with ARIMA (1,1,1) and the cross correlation analysis showed that it lags national suicides of three months ( $\rho = 0.482$ ,  $P$ -value  $< 0.001$ ).

**Conclusions** Online searches for suicide-related terms in Italy are more linked to factors other than suicidality such as personal interest and bereavement. To our knowledge, no previous study reported a lag of three months between online searches for “suicide” and national suicides. This may shed further light on the grieving process being of help in organizing effective supportive strategies for the survivors.

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0059

### The impact of mental factor as an indicator of the population state of health



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In the framework of biopsychosocial model of health and pathology that is nowadays widely recognized in the different fields of modern medicine the mind, building the core of personality and the brain as the central regulatory organ play an essential role in the interdisciplinary approach to somatic illnesses. It is a common knowledge that comorbid anxiety and depression disorders can influence the course of various somatic illnesses and worsen their prognosis. We