

**Conclusions:** It could be speculated that the observed link between anxiety and oxytocin represents the biological basis of those processes resulting in positive emotions related to romantic attachment and, possibly, to all social bondings.

## P215

Prevalence of anxiety disorders in earthquake effected areas

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**Introduction:** Earthquake disaster of Pakistan caused massive destruction. Survivors have experienced several recurrent aftershocks since then. Many of them measured above 5. Data was collected from various agencies including WHO, Turkish Red Crescent, Canadian team of relief and some other NGOs working with earth quake hit communities in NWFP and Azad Kashmir. Diagnosis was made using semi-structured interviews. The objective of this paper is to measure the impact of neurobiological and socio cultural underpinnings.

**Result:** Data analyses of women (1056), men (281) and children (204) indicate high prevalence of anxiety disorders including PTSD (853 women, 153 men) and depression (73 women, 31 men). Results vary from the observations made from other disasters. Sex ratio shows huge difference in prevalence between males and females. The major factors responsible are loss of life and property and uncertainty regarding future, harsh weather and repeated tremors.

**Discussion:** Patients with PTSD have dysregulation of HPA axis response. This alteration is more pronounced in case of women. Studies show that estrogen plays important role in the genesis of disease. Dexamethasone suppression test also indicates greater dysregulation of glucocorticoid receptor. Studies reveal predisposition in women for PTSD and depression.

Women and children were affected most because most of them were at home and in schools. Hence, large number of women sustained more physical injuries and psychiatric consequences.

In our study depression came out to be more prevalent in females. This can be explained as comorbidity of PTSD and because of its own dynamics.

## P216

Burnout syndrome: A comparative study

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**Objectives:** Concerning the implications of Burnout Syndrome (BS) upon general health condition of health professionals, with subsequent diminution of their performance, the aim of our study is to evaluate the general aspects of BS within two groups of nurses from two clinical departments in risk for developing the syndrome - psychiatric and infectious diseases.

**Methods:** In order to fulfil our aims we selected two samples of nurses recruited among psychiatric and infectious diseases departments. All subjects were evaluated with a Social-Demographic Questionnaire, the Maslach Burnout Inventory (MBI), the 36-Item Short-Form Health Survey of Medical Outcomes Study (SF-36) and the Symptom-Check-List-90-Revised (SCL-90). Mann-Whitney non-parametric test was chose for statistical comparative purposes.

**Results:** Concerning the results obtained we found significant statistical differences between the groups. Nurses from the infectious diseases department presented worse results.

**Conclusions:** According to the literature this results suggest that we can describe BS using the general disease model where stress, vulnerability and protective factors have an important effect in the pathogenic mechanisms.

Psychopathology is connected with burnout and seems to be a risk factor to the syndrome. On the other hand, the presence of previous general psychopathology is a vulnerability factor. We think that the possible orthogonal profile of these dimensions deserves further studies.

## P217

Social anxiety and depersonalization

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The purpose of the lecture is firstly to give a review of the relationship between social anxiety disorder (SAD) and depersonalization (DP) and secondly to present empirical data on the association between SAD and DP. Already one of the first descriptions of the SAD form Paul Schilder (1938, 1942) highlighted a close relationship between SAD and DP. This close relationship between SAD and DP comprises the issue of co-occurrence, phenomenological overlaps and psychodynamic relationships between both disorders (Michal et al. 2005). In the second part of the lecture we will present data from a representative study on the association between social anxieties and DP in the German population and from a study of the co-occurrence of social anxieties and DP in outpatients. According to the preliminary analysis of the first 4 months of 2006 40% of the outpatients and consultation liaison patients exceeded the cut-off of the Liebowitz Social Anxiety Scale and 15% exceeded the cut-off of the short version of the Cambridge Depersonalization Scale. The Chi-Square test revealed a significant relationship between both conditions (Chi-Square =42.928, df = 1, p<0.001). The representative study of 1250 persons of the German population is performed at present and will be finished at 30th November 2006. Therefore the results on the relationship between DP and SAD and intervening variables (depression, substance abuse, childhood experiences) will be described not yet but on the congress. The results will be discussed with regard to etiological and therapeutic aspects of SAD.

## P218

Sleep disorders in children with learning difficulties

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The aim of this study is to investigate sleep disorders in children with learning difficulties. For this reason a specific sleep disorders' questionnaire was administered. In this pilot study 92 children took part after coming for a psychological consultation to the Outpatient Department of Psychology of the General Children's Hospital of Penteli. None of these children present organic pathology.

The results of the study indicate that 20,2% of our population has little or restless sleep. 22,8% wakes up during the night. Furthermore, several symptoms appear during children's sleep: 17,6% speak during their sleep, 14,1% have nightmares, 8,8% have nocturnal enuresis and 3,3% present somnambulism. It was also found that 45,5% is