

ences may make it more challenging for medical professionals and clinicians to identify potential early signs of the disorder in girls. Hence, there is a need to develop programs to mentor girls and women on the autism spectrum in schools, colleges and industry. And there should be an insistence on inclusion of females on the autism spectrum in pharmacological research and other research projects.

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EV262

Anxiety and loss experiences during pregnancy and postpartum and anxious children

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Anxiety disorders in children are very prevalent in youth. They are associated with poor psychosocial functioning and predict later psychopathology in individuals. Environmental and genetic factors and their interaction are involved in the genesis of anxiety disorders.

Stress, depression or anxiety during pregnancy are considered risk factors for development of psychopathology in children. We aimed to know its relationship with anxiety disorders in young people.

Patients recruited for this study were the participants of our CBT group based in the coping cat model of treatment. All of them were children between 8 and 13 years old and meet criteria for Generalized Anxiety Disorder, Separation Anxiety Disorder or Social Phobia. Children and their parents assessed different anxiety and socio-demographic questionnaires. For this study we only analyzed the risk factors of pregnancy, delivery and breastfeeding of the socio-demographic interview. SPSS v-21 was the statistical instrument.

We found out that mothers of our patients had reported anxiety symptoms, loss experiences or stress during pregnancy or postpartum period more than we expected.

Stress, anxiety or depression during pregnancy is related with anxiety disorders in children. Helping mothers to cope with stressors during pregnancy and postpartum period will contribute to a better mental health in their children. The findings of this study match with previous researches.

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Fears in anxious children

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Introduction Fear is a distressing emotion aroused by a risk or a damage, real or imaginary. Fears have a warning function against dangers. Nevertheless, fear can also become in one of the most limiting elements of a person's life.

Objectives To characterize the profile of fears presented in a sample of 19 children, aged between 8 and 13 years old, who had previously been diagnosed with one of the following: Generalized Anxiety Disorder, Separation Anxiety Disorder or Social Phobia.

Material and methods The sample was taken from patients who participated in a cognitive-behavioral group therapy. The Spanish

version of the Fear Survey Schedule for Children-Revised (FSSC-R) questionnaire was employed. The FSSC-R asks children to indicate on a 3-point scale ('none', 'some', 'a lot') how much they fear 80 specific stimuli or situations. Five basic categories of fears can be established: failure and criticism (17 items); the unknown (17 items); minor injury and small animals (13 items); danger and death (16 items); medical fears (5 items).

Results The sample includes 19 children: 12 boys (63.2%) and 7 girls (36.8%). The median age is 10.74 years. The sample shows 15 excessive fears on average (those scored as 'a lot'). Girls show higher rates of excessive fears than boys: 19 versus 13. The most common fears were 'being hit by a car or truck', 'bombing attacks. Being invaded', 'a burglar breaking into our house' and 'falling from high places'.

Conclusions Most common excessive fears belong to danger and death category. Females report more fears than males.

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EV266

Influence of fatigue on adolescents sleep habits in Nigeria

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Introduction Adolescents in Nigeria tend to report feelings of mental, physical and general fatigue without having correspondingly exerted themselves to trigger this. This tiredness has been observed to also affect their sleep habits.

Aim We set out to investigate how the report of tiredness by in-school adolescents tends to affect their sleep habits both on weekdays and weekends.

Methods The Tripartite Fatigue Scale (TFS) and a modified version of the School Sleep Habits Survey (SSHS) were administered on 606 (272 males and 334 females) secondary school adolescents in Lagos and Ogun states of Nigeria aged between 12–19 years ($\chi^2 = 15.24$; $SD = 1.42$) in their classrooms.

Results A multivariate analysis of variance (MANOVA) was used to analyse the effect of fatigue on the sleep habits of adolescents. The result shows that fatigue significantly affects the sleep habits of adolescents during weekends and weekdays, $F(3, 602) = 20.068$, $P \leq 0.01$; Pillai's Trace = 0.91, partial $\eta^2 = 0.91$. The adolescents also reported general inadequate sleep ($\chi^2 = 6.29$ $SD = 2.32$), less than the required amount of adequate sleep their age. Additional Analysis of Variance (ANOVA) result showed that fatigue significantly affected the students self-reported grade $F(3, 605) = 5.32$, $P = 0.01$.

Conclusions The present study has empirically highlighted that the consistent complaint of tiredness by secondary school adolescents in Nigeria emanates from fatigue marked mostly by insufficient sleep.

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