

**Aims.** Perinatal Depression is a global issue, with several studies showing that it has detrimental effects on the development of children. The aim of this paper was to review these effects according to five domains of development: Cognitive, Motor, Behavioural and Social, Emotional, and Physical. These domains were then explored at four sub-categories of age: Neonate (0–30 days), Infant (1 month – 2 years), Young Child (2–6 years), and Child (6–12 years). This paper also aimed to examine how public health programs have been used to mitigate perinatal depression as a means of reducing child developmental issues.

**Methods.** We conducted a narrative review and searched PubMed and ScienceDirect for peer-reviewed articles, which explored perinatal depression and child development, as well as public health programs that attempted to challenge this problem. Articles were not limited by language or date.

**Results.** A total of 352 titles and abstracts were screened for eligibility, with a resultant 25 articles meeting the criteria to be included in this review. The studies examined were conducted in 14 countries across different continents, with sample sizes ranging from 13 dyads (mother-child pairs) to 6550 children. At the neonatal and infant levels, there were distinct effects in most domains, including low motor scores, increased risk of neuromuscular developmental delays, and issues with emotional regulation. However, at the older stages, there was a decrease in physical deficits, as social and emotional developmental issues became more prominent. These were displayed as anxiety, depression, attention deficit hyperactivity disorder, and increased likelihood of aggression and rule-breaking behaviour.

**Conclusion.** Perinatal depression has damaging effects on child development in all five domains and during all four stages of development. Public health programs that use alternative forms of treatment as opposed to interpersonal therapy should be emphasized. There is a need to conduct more research on children in the later stages of development in order to identify the potentially long-lasting effects of perinatal depression. There are also significant challenges in investigating perinatal depression, as the effects of antenatal depression and postnatal depression on child development are often explored separately.

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### Autistic Traits Among Adolescents and Young Adults Under Assessment for Psychiatric Conditions: An Experimental Analysis of Prevalence

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**Aims.** Autism spectrum disorders have recently encountered a change in how they are perceived, since what used to be a narrowly defined rare disorder of childhood is now recognized as a fairly common heterogeneous disorder, which may receive a first-diagnosis during adolescence and adulthood, yet, a common scenario within this age group is that either the diagnosis is missed or misdiagnosed with other psychiatric disorders. Nevertheless, relatively little has been published about the prevalence of autistic traits in adolescent and young adults, and specifically in those investigated for psychiatric conditions. In the present study, we explore the prevalence of autistic traits among 170 adolescents and young adults who were referred to the outpatient psychiatry clinic “Centro Giovani Ponti” in Milan, Italy between September 2021 and March 2022.

**Methods.** Socio-demographic information was collected and all participants completed the following questionnaires; (1) The Autism Quotient (AQ), (2) The Ritvo Autism Asperger Diagnostic Scale-Revised (RAADS-R), (3) The Sensory Perception Quotient (SPQ) and (4) The Empathy Quotient (EQ).

**Results.** Out of 170 participants, a striking 103 (60.6%) of the subjects scored above the cut-off in RAADS-R, and 31 (18.2%) of the subjects scored above the cut-off in AQ. Furthermore, 99 (58.2%) participants were in the medium range and 47 (27.6%) were in the low empathy category according to EQ results. A significant sensory sensitivity was measured with an SPQ total score of 55.25 (SD = 17.76). Finally, gender difference was of significance in the RAADS-R, EQ and SPQ, but not in the AQ. In the RAADS-R, non-binary subjects (128.60) scored higher than females (78.68). Whereas, in the SPQ female (57.39) participants scored higher than non-binary subjects (40.30). Furthermore, females scored significantly higher compared to males in the EQ total score with values of 42.56 and 35.89, respectively.

**Conclusion.** To conclude, we report that a significant proportion of adolescents and young adults seeking psychiatric care have unrecognized autistic traits and that an impact of gender is observed. This so called ‘lost generation’ is attributed to be created by the complex phenotypic presentations, changes in diagnostic criteria and associated diagnostic difficulties. It is of utmost importance to clarify the prevalence of autistic traits within this age range and to increase awareness among clinicians, since establishing the true diagnosis, which is commonly complicated by the high rates of psychiatric comorbidity or overlapping mental health symptoms, will reduce the burden on patients, their families, clinicians, and the society.

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### Qualitative Study of the Impact of Relationships With Other Patients During Inpatient Treatment for Anorexia Nervosa

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**Aims.** We aimed to interview people who had received inpatient treatment for anorexia nervosa, to explore their perspectives on the impact their interactions with other patients during their admission had on their recovery, including short term and longer term effects.

**Methods.** We recruited people who had experienced inpatient admission for treatment of anorexia nervosa, and who had been recovered from anorexia nervosa for at least 12 months. We conducted semi-structured, one-to-one interviews, with nine individuals specifically exploring the helpful and unhelpful aspects of peer relationships during inpatient treatment for anorexia nervosa. Interviews were transcribed and analysed using thematic analysis.

**Results.** We interviewed nine individuals. Five themes were identified: comparison and justification, learnt unhelpful behaviours, dealing with distress, new-found compassion, and role-modelling. All participants expressed conflicting feelings about their relationships with peers, but generally described more resilience in resisting negative effects as they got closer to recovery.

Positive effects, such a new-found compassion, appeared to hold significance long term in participants' 'recovered' lives.

**Conclusion.** The detailed exploration of themes in this study provides a deeper understanding of the complex nature of peer relationships amongst people experiencing inpatient treatment for anorexia nervosa. This could aid clinical decision making when choosing appropriate treatment settings for individual patients as well as informing clinical practice in inpatient units.

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## The Effects of Trait Extraversion on University Student Mental Health and Well-being During Lockdown: A Systematic Review

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**Aims.** Personality traits such as extraversion and neuroticism are associated with mental health and well-being with trait extraversion positively associated with resilience, and negatively associated with a plethora of mental disorders including depression. Resilience was likely a useful trait during the COVID-19 pandemic which studies have shown negatively impacted the mental health of several different population groups, particularly university students. Mental health may also have been impacted differentially based on trait extraversion, with some evidence finding the mental health of extraverts was negatively impacted by lockdown. This review aimed to investigate whether trait extraversion was protective to university student mental health and well-being, operationalised by different symptom domains including stress and anxiety, during lockdown. We hypothesised that due to an extravert's proclivity to seek out and enjoy social interaction and the restriction of these very activities during lockdown, trait extraversion would no longer have a protective effect on mental health and well-being.

**Methods.** Six databases (EMBASE, MEDLINE, PSYCHINFO, SCOPUS, Web of Science and Cardiff University Full Text Journals) were consulted, and forty-five studies identified. Briefly, the eligibility criteria were studies of university students that had trait extraversion measured using either the Big Five or Eysenck's Personality Questionnaire in addition to a measure of mental health or well-being. Furthermore, at least 50% of the study must have been conducted under lockdown conditions with cross-sectional and longitudinal studies eligible for inclusion. After data screening, three longitudinal and seven cross-sectional studies were identified as eligible for inclusion. Following data extraction, a qualitative narrative synthesis was applied to the extracted data.

**Results.** Significant results were found for positive affect, negative affect, life satisfaction, quality of life enjoyment and satisfaction, anxiety and depression which suggested extraversion was protective. Non-significant results were also found for anxiety, depression, mental health, global quality of life, perceived stress, COVID-19 student stress and coronavirus anxiety.

**Conclusion.** The hypothesis that extraversion would be protective for mental health and well-being was accepted unanimously for life satisfaction and tentatively for anxiety. Furthermore, the hypothesis was rejected for depression and stress whose relationship with trait extraversion differed from pre-pandemic findings. The review recommended that extraverted university

students should be mindful of the increased risk of depression and stress during lockdown. Additionally, further research should be carried out on extraversion's relationship with stress, an important factor in mental health, and also look at interactions of trait extraversion with other personality traits such as neuroticism.

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## Prevalence of Psychiatric Disorders in Adolescents With Epilepsy Attending a Tertiary Care Centre in South India

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**Aims.** Epilepsy is one of the most common neurological disorders characterized by an enduring predisposition to generate seizures, which can affect all age groups. Prevalence of overall psychiatric disorders among persons with epilepsy is significantly higher, and children and adolescents with epilepsy were found to have even higher rate of disorders ranging from 35% to 50%. Along with anxiety and depressive disorders, attention deficit hyperactivity disorder (ADHD) is also a common psychiatric disorder in children and adolescents. This study was primarily aimed to estimate the prevalence of psychiatric disorders among adolescents diagnosed with epilepsy. It also looked for any association between such disorders with various sociodemographic and epilepsy related factors.

**Methods.** A cross sectional study was conducted among 117 adolescents aged 11 to 18 years diagnosed with epilepsy. Patients with intellectual disability were excluded. After taking written informed consent and assent from parents and participants, relevant sociodemographic and clinical data were recorded. Prediction of having a psychiatric disorder was made using multi-informant type of Strength and Difficulties Questionnaire (SDQ), with a total score in borderline range suggestive of possible and score in abnormal range suggestive of probable psychiatric disorder. Data were analysed using Statistical Package for Social Sciences (SPSS) software version 22. Chi-square test was used to find association between categorical variables. For all statistical interpretations,  $p < 0.05$  was considered the threshold for statistical significance

**Results.** Assessment with multi-informant type of SDQ has predicted that 64.1% of adolescents with epilepsy has possible (23.9%) or probable (40.2%) psychiatric disorder.

Prevalence of abnormal scores for hyperactivity subscale was 29.9%, conduct subscale was 29.1%, emotional symptoms subscale was 40.2% and peer-problem subscale was 27.4%.

88 % had high pro-social score suggestive of good social behaviors.

An abnormal or borderline total difficulty score on SDQ was significantly associated with inadequate seizure control ( $p = 0.029$ ). No significant association was noted between a higher total difficulty score on SDQ with age, sex, sociodemographic status or disease related variables like age of onset, duration and