

## EW412

### The temporal evolution of life satisfaction in institutionalized elderly: A longitudinal study

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**Introduction** Research shows that variables, such as depression, less functionality and health, less contact with family and others, may have a negative impact on life satisfaction.

**Objectives** To verify which variables correlate with satisfaction with life (SWL) and analyse which of them predict the evolution of SWL.

**Aims** To examine correlates and predictors of SWL in institutionalized elderly.

**Methods** This study involved a subsidiary longitudinal analysis of cross-sectional data gathered at Phase I (2010–2012;  $n=493$  elderly) and after 36 months at Phase II (2013–2014;  $n=85$ ) of Aging Trajectories Project from Miguel Torga University College.

**Results** At Phase I, higher scores in SWL scale correlated with having visits ( $r=0.17$ ;  $P<0.01$ ), specially from family ( $r=0.20$ ;  $P<0.01$ ), less depressive ( $r=-0.42$ ;  $P<0.001$ ) and anxiety symptoms ( $r=-0.25$ ;  $P<0.001$ ), less loneliness feelings ( $r=-0.37$ ;  $P<0.001$ ), less functionality ( $r=0.15$ ;  $P<0.01$ ), and better general physical health ( $r=0.25$ ;  $P<0.001$ ). Age, sex, civil status, cognitive, and executive status did not correlate with SWL. SWL, depressive and anxiety symptoms, and loneliness feelings were stable through time, between assessment stages ( $P<0.01$ ). The worsening of depression and loneliness through time predicted the negative evolution of SWL (respectively,  $\beta=1.16$ ;  $P<0.01$ ;  $\beta=-0.69$ ;  $P<0.05$ ).

**Conclusions** These findings highlight the relevance of early detecting depressed mood and loneliness feelings in institutionalized elderly, and the importance of the treatment and the development of preventive interventions for this vulnerable population.

**Disclosure of interest** The authors have not supplied their declaration of competing interest.

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## EW413

### Attitudes toward psychiatry and psychiatric patients in medical students: Can real-world experiences reduce stigma?

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**Introduction** Stigma towards psychiatry and mental illness significantly worsens the quality of life of psychiatric patients. Negative prejudices in medical students make it difficult for future doctors to send patients to mental health services and promote an increased risk of premature death.

**Aims** Our aim is to assess stigma towards mental illness and psychiatry in medical students, and to study the influence of real-world experiences, such as having visited a psychiatric ward, having personally met a psychiatric patient or having friends and/or family members who suffer from a mental illness.

**Methods** One hundred and thirteen Italian medical students completed the following tests:

- Attitudes Towards Psychiatry (ATP-30);
- Community Attitudes Towards Mental Ill (CAMI);
- Perceived Discrimination Devaluation Scale (PDD);
- Baron-Cohen's Empathy Quotient (EQ).

**Results** Having visited a psychiatric ward correlates with a better attitude towards psychiatry ( $P=0.008$ ), rather than towards the mentally ill. Having personally known someone with mental disorders correlates with less stigmatizing scores in CAMI: total score ( $P=0.002$ ), authoritarianism ( $P<0.001$ ), benevolence ( $P=0.047$ ) and social restriction ( $P=0.001$ ). Similar results emerged in those who have close relationships with a psychiatric patient. There is no statistical significance as to empathy.

**Conclusions** The students who have visited a psychiatric ward have a less stigmatizing vision of psychiatry, while having personally known psychiatric patients favors a less stigmatizing attitude towards them. Those who have not had this experience, have a more hostile and intolerant vision of mental illness, and consider psychiatric patients as inferior subjects that require coercive attitudes and that would be better to avoid because socially dangerous.

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## EW414

### Differences in attitudes towards mental illness and psychiatry among medical students, before and after the academic course of psychiatry

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**Background** Stigma towards mental illness and psychiatry have a major impact on psychiatric patients' quality of life; in particular, prejudicial beliefs make it more difficult for future doctors to send patients to mental health services, leading to a delay of necessary care.

**Aims** Our aim is to evaluate the stigma towards mental illness and psychiatry, in a sample of Italian medical students. We studied the differences between the first-year students who have not attended the academic course in psychiatry, compared to the senior students who have attended the psychiatric lectures.

**Methods** We tested 113 medical students, using the following questionnaires:

- Attitudes Towards Psychiatry (ATP 30);
- Community Attitudes Towards Mental Ill (CAMI);
- Perceived Discrimination Devaluation Scale (PDD), to assess the discrimination towards mental illness perceived in society;
- Baron-Cohen's Empathy Quotient (EQ), to measure empathy.

**Results** Among the 113 students, 46 have already attended the academic course of psychiatry and CAMI scores were less stigmatizing as total score ( $P=0.014$ ) and in authoritarianism subscale ( $P=0.049$ ), social restriction ( $P=0.022$ ) and ideology of mental health in the community ( $P=0.017$ ). However, there were no statistically significant differences in empathy, perceived discrimination in the society and stigmatization of psychiatry.

**Conclusions** The 67 students who have not attended the academic course of psychiatry are more stigmatizing, considering psychiatric patients as inferior people that require coercive attitudes, socially dangerous and that should be treated faraway from the commu-

nity. Studying psychiatry is therefore useful to reduce, in the future doctors, these prejudices toward mentally ill patients.

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#### EW415

### Physical exercise and students' mental health

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**Introduction** Studies have shown that sport participation is connected with a more positive self-image and higher self-esteem in adolescents (Bowkers, 2006, Kirkcaldy et al., 2002), whereas sedentary behavior is associated with negative mental health characteristics (Primack et al., 2009).

**Purpose** The aim of this study was to investigate whether physical activity influences adolescents and young people's emotions, self-esteem and generally mental health.

**Material** Questionnaires were redacted by the research team investigating participants' habits, emotions and health benefits concerning physical activities.

**Method** Questionnaires were administered to 150 adolescents, aged 18–20 years old in Technological Educational Institutes, colleges and fitness centers in Patras, Southern Greece during 2015's spring.

**Results** Eighty-seven percent of the respondents worked out in fitness centers or in natural environment. Most of them answered that exercise contributed to revitalization and euphoria feelings (63%), stress relief (78%), better self-image, and better health (49%). According to 63% of the adolescents, exercise improved their school performance and 61% of them felt that exercise affected positively mental health.

**Conclusions** Present study's results underline physical activities' benefits in students' mental health, self-esteem, feelings and school performance being in line with other studies' results [Biddle et Asare (2011), Ekeland et al. (2005), Brown et al. (2013)]. Restrictions refer mainly to small size sample.

**Disclosure of interest** The authors have not supplied their declaration of competing interest.

**Further reading**

Biddle, SJ, Asare, M. Physical activity and mental health in children and adolescents: a review of reviews. *Br J Sports Med* 2011;45:886–95.

Kirkcaldy, BD, Shephard, RJ, Siefen, RG. The relationship between physical activity and self-image and problem behaviour among adolescents. *Soc Psychiatry Psychiatric Epidemiol* 2002;37(11):544–50.

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#### EW416

### Effects of implicit affect on emotional coping and school adjustment: A short-term longitudinal study with a school-based universal prevention program for enhancing emotional abilities

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In recent years, affect and emotions are hot research topics in the domains of psychology and brain science. Moreover, an increasing number of studies have started to investigate the effects of implicit affect on health and adjustment. The purpose of this study was to examine the effects of implicit affect on explicit emotional coping with others' emotions and school adjustment in children.

**Methods** Participants were 5th- and 6th-grade children in two public elementary schools in Japan. The final samples were fifty-six children (25 boys and 31 girls). Participants completed a battery of three questionnaires just before (T1) and after (T2) a school-based universal prevention program for enhancing emotional coping abilities with others' emotions, which was implemented in eight classes during one month. The questionnaires were utilized for assessing implicit positive and negative affect (IPA and INA), explicit emotional coping abilities to identify, understand, and regulate others' emotions, and the adaptive status of children at school.

**Results** Hierarchical regression analyses showed that higher IPA at T1 was associated with higher explicit emotional coping and motivation for learning at T2. Also, higher INA at T1 was related to better peer relationship at T2. Moreover, higher IPA and INA at T1 were concerned with higher scores of classroom climate and approval at T2.

**Conclusion** This study suggested that higher IPA leads to higher explicit emotional coping with others' emotions. Also, it suggested that higher implicit affectivity (i.e., both higher IPA and INA) causes more adaptive status of children at school.

**Disclosure of interest** The authors have not supplied their declaration of competing interest.

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## Psychoneuroimmunology

#### EW417

### Oxidative DNA damage is associated with antidepressant use, not depression or anxiety disorders

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**Introduction** Oxidative stress has been implicated in the pathophysiology of depression and anxiety disorders and may be influenced by antidepressant use.

**Objectives** This study investigated the association of oxidative stress, measured by plasma levels of F2-isoprostanes and 8-hydroxy-2'-deoxyguanosine (8-OHdG), reflecting oxidative lipid and DNA damage respectively, with major depressive disorder (MDD), generalized anxiety disorder, social phobia, panic disorder, agoraphobia and antidepressant use in a large cohort.

**Methods** Data was derived from the Netherlands Study of Depression and Anxiety including patients with current ( $n = 1641$ ) or remitted ( $n = 610$ ) MDD and/or anxiety disorder(s) (of which  $n = 709$  antidepressant users) and 633 controls. Diagnoses were established with the Composite Interview Diagnostic Instrument. Plasma 8-OHdG and F2-isoprostanes were measured using