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# Psychiatry and Mental Health

November 20-21, 2017 Melbourne, Australia

## Posters



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## PSYCHIATRY AND MENTAL HEALTH

November 20-21, 2017 Melbourne, Australia

**Associations between related factors and neurotransmitter pathway gene polymorphisms and child attention deficit hyperactivity disorder****Yu-Kai Du and Dan Hu**

Huazhong University of Science and Technology, China

**Objective:** Related social factors and neurotransmitter pathway gene polymorphism of child Attention Deficit-Hyperactivity Disorder (ADHD) was investigated to provide evidence for ADHD prevention and control and clue for further ADHD genetic study.

**Methodology:** In the case-control study, social information of 233 ADHD children and 711 health children were investigated by a self-designed questionnaire. Blood samples of 168 ADHD children and 233 health children were collected. 10 Single Nucleotide Polymorphisms (SNPs) of *SLC6A3*, *DRD4*, *SLC6A2* and *ADRA2A* were tested.

**Findings:** In multiple logistic regression, ADHD were related to male (OR=4.96, 95% CI: 3.28-7.49), 6-9 years old (OR=1.77, 95% CI: 1.24-2.53), family month income  $\leq$ 3000 yuan per capita (OR=1.85, 95% CI: 1.31-2.61), preterm birth (OR=3.09, 95% CI: 1.15-8.33), mother general or poor mood (OR=1.67, 95% CI: 1.18-2.36) and indirect smoking (OR=1.81, 95% CI: 1.20-2.72) during pregnancy, general or poor parents relationship (OR=1.92, 95% CI: 1.31-2.82), father accompany with child <4 hours a week (OR=1.80, 95% CI: 1.16-2.79), house decoration last year (OR=1.62, 95% CI: 1.03-2.55) and child indirect smoking (OR=1.77, 95% CI: 1.16-2.69). Adjusted for child sex and age, *DRD4 rs747302*, *DRD4 rs3758653* and *ADRA2A rs521674* polymorphisms were associated with ADHD, ADHD subtype and ADHD-ODD (all  $P < 0.05$ ). *SLC6A2 rs168924* and *DRD4 rs1800955* polymorphisms were related to ADHD and ADHD subtype (both  $P < 0.05$ ). There were significant associations between *ADRA2A rs2484516* polymorphisms and ADHD-Inattention ( $P < 0.05$ ), between *SLC6A2 rs40615* polymorphism and ADHD-Hyperactive+Combined and ADHD-ODD (both  $P < 0.05$ ), and between *rs28386840* polymorphism and ADHD-ODD ( $P < 0.05$ ).

**Conclusion:** Boy aged 6-9 years old and preterm children should be screened preferentially for ADHD in order to find ADHD susceptible children as early as possible. Effects of adverse factors during pregnancy, poor parents and parent-child relationship and adverse family environment on ADHD are recommended to health education. The polymorphisms of *DRD4 (rs747302, rs3758653, rs1800955)*, *ADRA2A (rs521674, rs2484516)* and *SLC6A2 (rs168924, rs40615, rs28386840)* may be the potential functional SNPs related to ADHD and further functional researches are needed.

**Recent Publications**

1. Du Y K (2016) Genetic variant in CXCL13 gene is associated with susceptibility to intrauterine infection of hepatitis B virus. *Sci Rep.*; 6: 26465.
2. Du Y K (2016) Relationships between plasma leptin levels, leptin G2548A, leptin receptor Gln223Arg polymorphisms and gestational diabetes mellitus in Chinese population. *Sci Rep.*; 6: 23948.

**Biography**

Yu-Kai Du has expertise in maternal and child healthcare. He is presently working in Department of Maternal and Child Health, Tongji Medical College, Huazhong University of Science and Technology. He has undertaken many national natural science funds projects on vertical transmission of hepatitis B virus in the Chinese population. He has also worked as the Director of Chinese Society of Rural Health, the Director of Standing of Hubei Society of Family Education and Hubei Society of Comprehensive Development of Children Secretary-General, the Committee of Chinese Maternal and Child Experts' Committee and the expert group of prevention of mother-to-child transmission of HIV, China's Ministry of Health.

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## PSYCHIATRY AND MENTAL HEALTH

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**Genetic variants in *OXTR* gene and childhood physical abuse collaborate to modify the risk of aggression in Chinese adolescents****Yizhen Yu, Yanmei Zhang, Chunxia Wu, Hongjuan Chang, Qiuge Yan, Linguo Wu, Shanshan Yuan, Jingjing Xiang, Wen Hao and Yanmei Zhang**  
Huazhong University of Science and Technology, China

**Introduction & Objective:** Accumulating evidence suggests that genetic and environmental factors may influence aggression susceptibility. Compared to some extensively studied candidate genes of aggression, very little is known about the *OXTR* gene. The objective of this study was to determine whether genetic variants in the *OXTR* gene were associated with aggression risk and whether the polymorphisms would show interactive effects with childhood maltreatment on aggressive behavior in Chinese adolescents.

**Methods:** A total of 996 participants including 488 cases and 488 controls were selected in our study. Aggression, childhood maltreatment was measured by self-reported questionnaire. Buccal cells of all subjects were collected. Genotyping was performed using SNPscan. We explored both main effects of *OXTR* polymorphisms, as well as interactive effects between the polymorphisms and childhood maltreatment on aggressive behavior.

**Results:** Participants who carried the rs237885 TT genotypes in *OXTR* gene had a higher risk of aggression compared to those who carried GG or GT genotypes under the recessive model (OR=1.40, 95% CI, 1.04-1.89) after controlling for potential confounders. In addition, we also found that the polymorphism had a synergic additive interaction with childhood physical abuse on the aggression risk. The synergy index (S), the Attributable Proportion due to interaction (AP) and the Relative Excess Risk due to Interaction (RERI) were 2.81 (95% CI, 1.37-5.77), 0.59 (95% CI, 0.33-0.84) and 6.69 (95% CI, 0.41-12.96), respectively.

**Conclusion:** The present study provides evidence that genetic variants of *OXTR* may contribute to the susceptibility of aggression. Moreover, this is the first study reporting significant interactive effects of *OXTR* polymorphism and childhood physical abuse on aggressive behavior in Chinese adolescents.

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**A study on the influence factors of children's psychological behavior and delivery week****Bin Zhang, Zhong Chen, Aifen Zhou and Zhongqiang Cao**

Wuhan Medical &amp; Healthcare Center for Women and Children, China

**Objective:** To understand the effects of different gestational weeks and delivery method on children's psychological and behavioral development.

**Methods:** 5222 children who were treated by Children's Health Care Center in Wuhan Medical & Healthcare Center for Women and Children from January 2013 to December 2013 were recruited as the study subjects. A retrospective investigation based on a self-made children's neuropsychological development questionnaire was carried out on subjects' mothers. 0 to 6 years old pediatric neuropsychological development checklist revised by the Beijing Institute of Pediatrics was used as standard in children's neuropsychological development test. Univariate analysis, spearman correlation analysis and multiple unconditional logistic regressions were applied.

**Results:** There was a positive correlation between gestational weeks and children's psychological behavior evaluation,  $r=0.170$ . The overall score of children's psychological and behavioral development showed a tendency to increase step by step in gestational age, even though there was no significant difference between 33W- 34W, but a rapid increase can be seen in the rest of the week. There was another rapid increase in 37W, 39W and continued to reach a peak at 40W. Fetal movement in 35W, 37W, 38W showed a rapid increase tendency till to 38W to reach the peak, for the fine action the booming growth periods were 35W, 37W, 38W; the adaptability was increased steadily except a swift change in 36W. The language ability suffered two rapid growth in 33W, 36W; the social behavior score showed a relatively stable trend in the 32W-40W but decline after 41W. There were significant differences in the overall development of psychological behavior between cesarean section and natural childbearing children and in evaluation distribution between cesarean and normal birth children.

**Conclusion:** There is a positive correlation between the gestational age of childbirth and the psychological behavior evaluation of children.

**Recent Publications**

1. Zhang B (2017) Association of pre-pregnancy body mass index, gestational weight gain with cesarean section in term deliveries of China. *Sci Rep.*; 6: 37168.
2. Zhang B (2016) Birthweight percentiles for twin birth neonates by gestational age in China. *Sci Rep.*; 6: 31290.

**Biography**

Bin Zhang has his expertise in maternal and children health care. He is the Dean of Wuhan Medical and Healthcare Center for Women and Children. He has achieved some awards in maternal and children health care field, such as the second prize of Wuhan Scientific, the third prize of Hubei Scientific and technological progress based on his research screening and epidemiology analysis of cervical cancer and breast cancer among 200 thousand rural women in Wuhan. He has also held many social positions, such as the Vice-Chairman of Hubei Women and Children Healthcare Association, the Vice-Chairman of Children Healthcare Special Committee of Hubei Preventive Medical Association, the Vice-Chairman of Hubei Children's Comprehensive Development Association, the Member of Committee of Clinical and Preventive Group of Hygiene Section of Chinese Medical Association (the Special Commission Group).

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**Prevalence and risk factors of non-compliance to medications in patients of schizophrenia in BPKIHS****Rinku Gautam Joshi, Sarkar V, Kumar R, Adhikari B R and Shakya D R**  
B.P. Koirala Institute of Health Sciences, Nepal

**Statement of the Problem:** Long term medication is required for proper management of schizophrenia. Noncompliance to prescribed drug treatments has been recognized as a problem worldwide and may be the most challenging aspect in treating schizophrenia. Knowing the prevalence and risk factors of non compliance would help formulate plans and policies to increase compliance.

**Aims:** To find out the prevalence and reasons of non-compliance in patients with schizophrenia and its association with socio-demographic variables.

**Methodology:** Patients attending psychiatric services, who are diagnosed as Schizophrenia as per ICD-10/DCR were enrolled and socio-demographic details obtained. Patients were evaluated using the PANSS to assess severity of illness. Subjective reasons of medication non-compliance were assessed using ROMI scale. The relation between non-compliance and socio-demographic profile was analyzed and reasons for non-compliance were studied.

**Findings:** In the study the mean age of patients was 30.78±12.53 years (mean±SD). It was observed that 46.3% were compliant and 53.8% were non-compliant. A significant association was found between duration of illness and mean negative score. The main reason for non-compliance identified in the present study was denial of illness followed by no current need for medications which may be due to the lack of knowledge about the illness.

**Conclusion & Significance:** More than half of the patients were non-compliant. The main reason for non-compliance was denial of illness and considering no current need for medications which may be because of lack of knowledge about the illness that signifies the importance of psychoeducation. Recommendations are made for starting support groups to tackle the problems of the family members in managing the patient effectively and developing standard protocol for providing consistent medication adherence counseling for the mental health professionals, which will improve the compliance to medication and treatment.

**Recent Publications**

1. Chandra I S, Kumar K L, Reddy M P and Reddy C M P K (2014) Attitudes toward medication and reasons for non-compliance in patients with schizophrenia. *Indian Journal of Psychological Medicine*; 36: 294.
2. Eticha T, Teklu A, Ali D, Solomon G and Alemayehu A (2015) Factors associated with medication adherence among patients with schizophrenia in Mekelle, Northern Ethiopia. *PloS one*; 10(3): 1-11. e0120560.
3. Galani V J, Patel J, Patel K and Patel D (2013) An epidemiological survey of patients suffering from schizophrenia in Gujarat. 2013. *Mintage J Pharmaceut Med Sci.*; 2: 15-7.
4. Higashi K, Medic G, Littlewood K J, Diez T, Granström O and De Hert M (2013) Medication adherence in schizophrenia: factors influencing adherence and consequences of nonadherence, a systematic literature review. *Therapeutic Advances in Psychopharmacology*; 3: 200-218.
5. Maan C, Hussain M, Heramani N and Lenin R (2015) Factors Affecting Non-Compliance among Psychiatric Patients in the Regional Institute of Medical Sciences, Imphal. *IOSR J Pharm*; 5: 1-7.

**Biography**

Rinku Gautam Joshi is an Associate Professor of Psychiatry in B.P. Koirala Institute of Health Sciences, Dharan, Nepal. Her research interest focuses in women's mental health.

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**Differences in the predictors of mental health between undergraduates in Nigeria and Japan****Utek Grace Ishaku and Mariko Matsumoto**  
Nagoya University, Japan

Mental health is an important component for academic and social adjustment in college. The present study examined differences in the factors predicting mental distress among University students in Nigeria and Japan, based on the ecological model. A total of 716 undergraduates (391 Nigerians, 325 Japanese) from four universities in both countries took part in the study. Average age of participants was 25.63 and 20.08 years in Nigeria and Japan, respectively. A self-report questionnaire assessed several predictors including individual characteristics via the BNSG scale; micro level factors via the UCLA Loneliness Scale and SPUSSS; exo-level factors via the MacArthur scale of subjective status and macro level factors via social participation on the outcome measure of mental health via the GHQ-12. A four-step hierarchical regression was computed on the data from both countries and the findings from the final model revealed that the predictors accounted for 16.1% (in Nigeria) and 31.8% (in Japan) of the variance in mental health. Furthermore, in Nigeria, competence and loneliness were statistically significant predictors of mental health while for Japan, autonomy, competence, relatedness, loneliness and club participation had significant regression weights. Further analyses to evaluate the structure of the final model from the two countries showed that autonomy ( $Z=-4.44$ ,  $p<0.01$ ), relatedness ( $Z=5.13$ ,  $p<0.01$ ) and loneliness ( $Z=2.57$ ,  $p<0.05$ ) had significantly different regression weights between the countries. These findings suggest cross-cultural differences in the influence of ecological factors on mental health of undergraduates with implications for the mental health of college students in both societies.

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**Is bipolar disorder a brain disease? Attitudes and opinions of people treated for bipolar disorder and their relatives****Rodrigo Chiavaro da Fonseca, Padoan C S, Martini M, Cardoso T A, Farias C A, Goi P, Sousa M H, Longaray V K and Magalhães P V S**  
Federal University of Rio Grande do Sul, Brazil

Mental disorders being considered brain diseases open new possibilities for research and treatment of psychiatric illnesses. This paradigmatic change in neurosciences and mental health care can affect directly the way patients perceive their diseases and are treated for them. It is necessary to assess attitudes and opinions of people suffering from these diseases to understand how this paradigm reflects the way patients recognize their condition. Patients were recruited from a tertiary care facility, specialized in the treatment of bipolar disorder in a University Hospital. Using qualitative based in-depth interviews, 13 patients and 6 family members were approached and were able to express their thoughts, impressions and what they did know about the relation between body organs and mental disorder. In general, the brain was the organ most cited to be related to Bipolar disorder, though not in isolation. Several other organs were also mentioned, including the kidneys, liver and blood. In addition, a strong association was made between the brain, mental diseases originating in the organ and the effects of poor brain function on other systems in the body. The proper functioning of the brain was associated with overall health, while poor brain function was related to general health problems and not only mental disorders. Bipolar disorder was considered by the participants a disease of the brain, but not only of the brain. In their view, brain diseases were systemic and could interfere in a complex way in health and sickness.

**Recent Publications**

1. Longaray V K, Padoan C S, Goi P D, da fonseca R C, Vieira D C, Oliveira F H, Kapczinski F and Magalhaes P V (2017) Frequency of brain tissue donation for research after suicide. *Rev Bras Psiquiatr*; 29(2): 180-182.
2. Martini M, Fonseca R C, Garbin H I, Bassols A M S (2016) Psychodynamic understanding of "Daenerys Targaryen's" life cycle, character from the series-Game of Thrones. *Rev. Bras. Psicoter*; 18(1): 55-67.

**Biography**

Rodrigo Chiavaro da Fonseca is a Medical student and currently working in multiple projects like "Evaluation of biochemical and molecular parameters of the brain and their clinical correlations in individuals who committed suicide", "Brazil's suicide rate from 2000 to 2014 stratified by genre and age" and "Hospital waste: Is it possible to minimize the environmental impact of a big university hospital?". He is also teaching as Monitor in Promotion and Protection of Elderly and Adults' Health class and was rewarded with the Award of Best Oral Presentation at the 36th Scientific Week of HCPA in 2016.

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**Psychodynamic understanding of Daenerys Targaryen's life cycle, character from the series, game of thrones****Martini M, da Fonseca R C, Garbin H I, Palazzo L B and Bassols A M S**  
Federal University of Rio Grande do Sul, Brazil

This article analyzes the psychological aspects of character Daenerys Targaryen, from Game of Thrones' series, seeking essentially to evaluate her cognitive, social and behavioral evolution, as well as the conflicts experienced to each stage of her life cycle and related adversity coping mechanisms. Through subjective interpretation of metaphoric symbols mentioned in the narrative, the literal reading of the story is extrapolated in order to comprehend representations of the character's unconscious domain. Daenerys goes through a troubled childhood due to her parents' death, fleeing from her home city, exile and mistreatment committed by her brother. Furthermore, events like marriage and early erotization are imposed to her, which disrespect her psychic development timing, causing shortening of her life cycle's stages and destabilization of the latency phase process and her pubertal development. Nevertheless, the experiences she goes through in this period, such as pregnancy and emancipation, associated to innate variants of her personality-docile temperament, high cognition and self-confidence in the ability of resolving difficulties, allow the expression of a resilient iconic figure, with the activation of mature defenses when facing vital or accidental crises. The study allows transpositions to contemporaneous reality of human development and observation of several mechanisms of psychic functions, besides the interaction between intrinsic and extrinsic variants, which modulate the expression of resilience when confronting distress. It contributes to the study of psychodynamic theory and may be of interest to doctors and psychologists, especially those directly involved in psychic development.

**Recent Publications**

1. Martini M, Fonseca R C, Garbin H I and Bassols A M S (2016) Psychodynamic understanding of Daenerys Targaryen's life cycle, character from the series-Game of Thrones. *Rev. Bras. Psicoter.*; 18(1): 55-67.

**Biography**

Martini M is a Medical student at UFRGS. Presently, he is working in multiple projects, such as evaluation of biochemical and molecular parameters of the brain and their clinical correlations in individuals who committed suicide, Brazil's Suicide Rate from 2000 to 2014 Stratified by Genre and Age and Hospital Waste: Is it possible to minimize the environmental impact of a big university hospital? He also taught as monitor in fundamentals of microbiology, medical histology and medical physiology classes.

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## PSYCHIATRY AND MENTAL HEALTH

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**Tacrolimus and psychosis in post-transplant recipients****Beeta Verma**

Santa Clara Valley Medical Center, USA

**Abstract:** Tacrolimus is a potent immunosuppressive agent used to prevent graft-versus-host disease after bone marrow and other organ transplantation. We report three patients with no prior psychiatry history with apparent Tacrolimus-induced psychosis. To our knowledge, there are few reports that describe psychosis induced by the immunosuppressant drug. It is imperative to quickly identify patients who develop a mental status change while on Tacrolimus, substituting with another immunosuppressant, and possible use of antipsychotics. We came to the conclusion that the symptoms of Tacrolimus-associated neurotoxicity may be reversed in most patients by substantially reducing the dosage of immunosuppressant or discontinuing these drugs. Sometimes Tacrolimus blood levels can be in normal range and patient can still have symptoms and symptoms can be improved dramatically when the Tacrolimus is stopped.

**Learning Objectives:** The symptoms of Tacrolimus-associated neurotoxicity may be reversed in most patients by substantially reducing the dosage of immunosuppressant or discontinuing these drugs (1). Sometimes Tacrolimus blood levels can be in normal range and patient can still have symptoms and symptoms can be improved dramatically when the Tacrolimus is stopped (5).

**Discussion:** Tacrolimus is erratically and incompletely absorbed. Further, the biological half-life can vary from 3.5 to 40.5 hours. Metabolic by-products of the drug retain activity. For these reasons, it is thought that there is a poor relationship between the emergence of neurologic side effects and plasma levels of the drug; rather, side effects of Tacrolimus are thought to be related to the total amount of drug in the body (2). In our CASE no: 3, the prograf dose was decreased to half and the patient tolerated it well with no psychosis symptoms or agitation. Tacrolimus used in renal transplantation also may predispose patients to an increased risk of psychosis (3). Sometimes Tacrolimus blood levels can be in normal range and patient can still have symptoms and symptoms can be improved dramatically when the Tacrolimus is stopped (5). In our CASE no: 2, patient had her kidney transplant. Prograf was stopped immediately on admission and her symptoms improved. For our CASE no. 1 Theprograf dose was initially decreased, and no improvement was shown so prograf was stopped completely with changed to different immunosuppressant. We came to the conclusion that the symptoms of Tacrolimus-associated neurotoxicity may be reversed in most patients by substantially reducing the dosage of immunosuppressant or discontinuing these drugs (1). Sometimes Tacrolimus blood levels can be in normal range and patient can still have symptoms and symptoms can be improved dramatically when the Tacrolimus is stopped (5).

**Biography**

Beeta Verma received her medical degree in Moscow, Russia and then completed her Adult Psychiatry Residency at Drexel University College of Medicine. She also completed a Fellowship in Child and Adolescent Psychiatry, at Penn State Hershey Medical Center. She also participated in a clinical research program sponsored by New Jersey Department of Education and Department of Labor. She favors a compassionate, person-centered approach to treatment focusing on establishing a therapeutic connection with her patients and colleagues.

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**Prevalence study of poststroke behavioral disinhibition in Hong Kong****Wai Kwong Tang**

The Chinese University of Hong Kong, Hong Kong

**Introduction:** Previous studies reported stroke patients exhibited Poststroke Behavioral Disinhibition (PSBD). The prevalence rates across studies were inconsistent and vary widely (ranged from 5 to 76%). Moreover, the clinical correlates of PSDB were unknown. Therefore, this study aimed to determine the prevalence of PSDB and its correlates with clinical variables i.e. functional dependence, cognitive functioning, anxiety and depressive symptoms after 3-month after stroke.

**Methods:** Stroke survivors who had ischemic stroke admitted to the Acute Stroke Unit of the Prince of Wales Hospital from September 2016 to April 2017 were recruited. PSBD was assessed by the disinhibition subscale of the Chinese version of the Neuropsychiatric Inventory (CNPI), which was responded by the caregivers. The stroke survivors' functional dependence, anxiety and depressive symptoms were assessed by Barthel Index, the anxiety subscale of the Hospital Anxiety Depression Scale, and the Beck Depression Inventory respectively.

**Results:** Twenty-eight stroke survivors were recruited, 9 were excluded due to the absence of caregivers (n =8) and history of schizophrenia (n =1). Thus, 19 stroke survivors and their caregivers were assessed. The mean age of the stroke survivors was 67.11 (SD=6.79) and 11 (57.9%) were male. The types of caregiver were spouse (63.2%), children (26.3%), and others (10.5%). None of the caregivers reported the presence of behavioral disinhibition of the corresponding stroke survivors.

**Conclusion:** PSBD is uncommon amongst ischemic stroke survivors in Hong Kong.

**Acknowledgement:** The project is supported by the Direct Grant for Research 2015/2016 (Round 1) Ref. No. 2015.1.061

**Biography**

Wai Kwong Tang was appointed as Professor in the Department of Psychiatry, the Chinese University of Hong Kong in 2011. His main research areas are Addictions and Neuropsychiatry in Stroke. WK Tang has published over 100 papers in renowned journals, and has also contributed to the peer review of 40 journals. He has secured over 20 major competitive research grants. He has served the editorial boards of five scientific journals. He was also a recipient of the Young Researcher Award in 2007, awarded by the Chinese University of Hong Kong.

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November 20-21, 2017 Melbourne, Australia

**Emotional distress of palliative cancer patient in Soetomo Hospitals Surabaya****Eka Yuni Nugrahayu and Agustina Konginan**

Psychiatrist at Mental hospital in Samarinda, Indonesia

**Background:** Cancer patients vulnerable of being emotional distress either due to treatment, physical weakness and financial problems. Emotional distress could reduce quality of life. Indeed, patients whom suffering extreme emotional distress will worsen their clinical prognosis.

**Aim:** To describe emotional distress of cancer patients at Palliative Policlinic of Soetomo Hospitals Surabaya.

**Method:** Descriptive research with survey method on 30 patients in Palliative Polyclinic of Soetomo Hospitals. We have used the questionnaire DT NCCN (Distress Thermometer National Comprehensive Cancer Network) that consists of 5 dimension problems: Practical problem, emotional, family, spiritual and physical conditions.

**Result:** From 30 cancer patients, it was found that 70% (21 patients) of them had emotional distress. From 21 patients that suffered distress, 61.9% (13 patients) had distress in practical problems, 57.15% (12 patients) of them had distress family problems, 95.2% (20 patients) had emotional distress, 9.5% (2 patients) had spiritual distress and all of them had physical distress too.

**Conclusion:** Most cancer patients experience emotional distress. The most common emotional distress in the patient is a physical condition.

**Biography**

Eka Yuni Nugrahayu, MD has done this research while she was being resident psychiatric at Airlangga University. The aim of the research is to evaluate the mental health of patient in Palliative Care. She hopes there would be another screening tool like DT NCCN, that's very simple for using and could be done for every profession. It could be for prevent the psychiatric illness among the patients. Now, she is a psychiatrist at mental hospital in Samarinda, that's concern of community health care, and psycho geriatric.

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**The prevalence and associations of psychological distress in Australian junior medical officers**Michelle W Lau, Wenlong Li, Anthony Llewellyn and Allan M Cyna  
Nepean Hospital in New South Wales, Australia

**Objective:** To determine the prevalence of psychological distress in Australian Junior Medical Officers (JMOs) and to investigate the determinants associated with psychological distress over a three-year (2014-2016) period.

**Methods:** JMOs were surveyed using the 2014-2016 JMO Census (n=220, 399 and 466 each year, response rate approximately 15%). Levels of psychological distress were assessed using the Kessler Psychological Distress Scale (K10). A K10 $\geq$ 25 was chosen to indicate high psychological distress and this determinant was compared to various demographic and work-related factors.

**Results:** Australian JMOs experience a high level of psychological distress (mean of 18.1, median 16.0). There were no differences in demographical variables such as age, sex, marital status, dependents and between PGY 1 and 2. Increasing hours worked per week was associated with a higher K10, with every hour worked increasing odds by 3%. Attitudinal items including feeling unwilling to study medicine again, feeling poorly trained and experiences of bullying were related to high psychological distress. Coping strategies like exercise and spending time with friends correlated positively with lower distress, whilst time off work, frequent alcohol use, smoking and drug use were associated with increased distress levels. 54.5% of those with a high K10 indicated that they did not use any form of professional support. 17.83% expressed that given their time again; they would not choose to study medicine.

**Conclusion:** A focused approach to JMO support and education regarding significant risk factors identified is likely to assist health policies that aim to improve the mental wellbeing of Australian JMOs.

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2. Antoniou A S, Davidson M J and Cooper C L (2003) Occupational stress, job satisfaction and health state in male and female junior hospital doctors in Greece. *Journal of Managerial Psychology*; 20(6): 592-621.
3. Tyssen R and Vaglum P (2002) Mental health problems among young doctors: an updated review of prospective studies. *Harv Rev Psychiatry*; 10: 154-165.
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5. Newbury-Birch D, Kamali F (2001) Psychological stress, anxiety, depression, job satisfaction, and personality characteristics in preregistration house officers. *Postgrad Med J*; 77: 109-111.

**Biography**

Michelle W Lau is a Resident Medical Officer and currently working at Nepean Hospital in New South Wales, Australia. She has keen interest in clinical governance and improvement in the welfare of junior doctors and doctors in training. Her area of interest is in the mental health and wellbeing of her fellow residents and interns, who are a high-risk group known for working long hours and manage high stress situations in the workplace.

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**Table-1: CRUFAD & GPcare score groupings and categorization**

K10 SCORE	LEVEL OF PSYCHOLOGICAL DISTRESS
10-19	Are likely to be well
20-24	Are likely to have a mild mental disorder
25-29	Are likely to have a moderate mental disorder
30-50	Are likely to have a severe mental disorder



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## **Accepted Abstracts**



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## PSYCHIATRY AND MENTAL HEALTH

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**Feature selection method of EEG biomarkers for unipolar Major Depressive Disorder (MDD)**

Aamir Saeed Malik, Wajid Mumtaz and Syed Saad Azhar Ali

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Major Depressive Disorder (MDD), a leading cause of functional disability worldwide, is a mental illness. The clinical management of MDD patients has been challenging that includes an early diagnosis. The Electroencephalography (EEG)-based studies for diagnosis have shown less clear clinical utilities and warrant further investigations. This research advocates the use of EEG as a biomarker for early diagnosis for unipolar MDD patients. More specifically, an improved feature selection and classification system involving pre-treatment EEG data termed as Intelligent Treatment Management System (ITMS) has been presented. The ITMS involved an integration of the most significant EEG features as input data. The study hypothesized that the MDD patients and healthy controls could be discriminated based on integrating the EEG alpha asymmetry and synchronization likelihood (the EEG measure to quantify the brain functional connectivity). The method helped during diagnosis of MDD patients and was termed as ITMS for diagnosis (ITMS-diagnosis). The proposed ITMS for depression includes a general Machine Learning (ML) framework for EEG feature extraction, the selection of most noteworthy features that could give high-performance classification models such as the Logistic Regression (LR), Support Vector Machine (SVM) and Naive Bayesian (NB) classifiers. Moreover, the proposed methods have been validated with EEG data involving 34 MDD patients (medication-free) with a confirmed diagnosis of depression and a group of 30 age-matched healthy controls. In addition, the proposed method was validated with 10-fold cross validation (10-CV). Consequently, the EEG features for diagnosis such as the power of alpha band, alpha interhemispheric asymmetry and synchronization likelihood were extracted from the frontal and temporal regions. The features were found significant for both the MDD diagnosis. Furthermore, the proposed SVM method exhibited diagnosis accuracy=98.8%, sensitivity=98.6%, specificity=99.4% and F1-score=0.98. In conclusion, the classification results have proven the proposed ITMS useful for diagnosis of unipolar MDD patients.

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28<sup>th</sup> International Conference on

# PSYCHIATRY AND MENTAL HEALTH

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## The socio-psychological study of Santhal tribes of West Bengal and the effect of smoking and drinking on their daily living

**Soumen Acharya**

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A survey of 100 households was conducted on Santhals of Ranibandh block of Bankura district of West Bengal, India. To gather information on the socioeconomic aspects, all the members of each household were interviewed. In addition, 100 randomly selected ever-married women were interviewed to collect information on their reproductive profile. Data were collected from 18 villages of Ranibandh block of Bankura district, West Bengal, using multistage random cluster sampling method. Household survey consist information about Primary occupation, Pattern of house, position of kitchen and sources of fuel. Subjects were interviewed to obtain information regarding their dietary intake, smoking and drinking habits and morbidity pattern. Interview technique was used to gather information from selected ever married women concerning their reproductive profile, consisting age at menarche, age at menopause (where applicable), age at first child, age at marriage, status of their children and number of total children. The drinking habits and smoking habits were seen in man and women. In statistical analysis, mean and standard deviation were estimated for age of drinking and smoking, age at menopause, age at first child and age at marriage using computerized statistical software, SPSS and MS Excel. Additionally, frequency distribution of primary occupation, various housing characteristics, dietary habits, smoking and drinking habits, morbidity pattern, age at first child, status of children and number of total children were calculated. The number of men and women who were having smoking and drinking problems were seen and the result will be presented at the time of conference.

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## PSYCHIATRY AND MENTAL HEALTH

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**Narrative exposure therapy as an intervention to promote resiliency in refugee children and youth with PTSD**Anne Mantini<sup>1</sup>, Nazilla Khanlou<sup>2</sup> and Morton Beiser<sup>1</sup><sup>1</sup>St. Michael's Hospital, Canada<sup>2</sup>York University, Canada

**Statement of the Problem:** Refugee children and youth have among the highest rates of PTSD in the world and they make up over half of the population of refugees. Growing evidence suggests that promotion of resiliency is an important component to improvement of symptoms and optimal adaptation.

**Purpose:** This study examined the efficacy of Narrative Exposure Therapy (NET) treatment, on symptom patterns and development of resiliency, for children and youth with Post-Traumatic Stress Disorder (PTSD) compared with untreated children in a Wait List Control group (WLC) participating in a Randomized Controlled Trial (RCT). Measures of behavior and adaptive development were also utilized. Follow up evaluations were repeated at 3, 6 and 12 months after completion of a course of NET.

**Methodology & Theoretical Orientation:** 300 refugee children and youth (7-25 years of age) with a DSM-V diagnosis of PTSD were randomly assigned to weekly NET sessions (8-12) or the WLC group. The UCLA-PTSD trauma history and reaction index were used to evaluate their symptoms and outcome while measures of behavior, resiliency, post-traumatic growth and adaptation are also administered at regular intervals.

**Findings:** Significant benefits were realized from the course of NET sessions. Scores from clinical symptoms declined immediately during the course of NET sessions while the PTSD growth and resiliency increased significantly compared to baseline and in relation to the control group. At each post-intervention evaluation point, up to twelve months, refugee children and youth demonstrated benefits through resiliency, positive growth and improved PTSD symptoms.

**Conclusions:** This is the first reported study to show benefits gained in resiliency from treatment of PTSD with NET among refugee children and youth. Given the high prevalence of PTSD in refugee children and youth, intervention that addresses clinical symptoms and supports resiliency and post-traumatic growth is essential.

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## PSYCHIATRY AND MENTAL HEALTH

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**Health related quality of life and associated factors among adult epileptic patients taking anti-epileptic drugs at Jimma University Specialized Hospital, Chronic Illness Clinic, Jimma, South West Ethiopia: A cross-sectional study****Daniel Shiferaw, Professor Tefera Belachehu and Endalew Hailu**

Jimma University, Ethiopia

**Introduction & Aim:** Epilepsy is neurological disorder which affects patient's quality of life and their close social networks. Thus, this study assessed health related quality of life and associated factors among adult epileptic patients taking anti-epileptic drugs at Jimma University Specialized Hospital from March 1-1 May 2015.

**Methods:** Institution based cross-sectional study was used. A total of 314 epilepsy patients already receiving antiepileptic drugs for at least 3 months were randomly selected and interviewed. Quality of life in epilepsy inventory-31 instrument was used to measure health related quality of life. T-test, one-way Anova and Pearson correlation were used to compare means and association between dependent and outcome variables. Multiple Linear regression analysis was performed to assess the association between health-related quality of life and explanatory variables. P value <0.05 was considered statistically significant in this study.

**Result:** From the total study, 304 (96.8%) participants were interviewed. The mean overall health related quality of life score was 58.8. Overall health related quality of life was significantly associated with sex (P=0.042, CI=0.082-4.55), frequency of anti-epileptic drugs taken per day (P=0.016, CI=0.51-4.95), sleep pattern [(P=0.037, CI=0.17-5.46)], anxiety [(P=0.021, CI=-5.46(-0.44)] and depression [(P=0.001, CI=-7.35(-1.94)].

**Conclusion & Recommendation:** The health-related qualities of life mean score of peoples living with epilepsy and receiving anti-epileptic drug is very low. In addition to controlling seizure, interventions to address the physical, mental, psychological, social and emotional aspects for health wellbeing is likely to achieve better health outcomes for epileptic patients.

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November 20-21, 2017 Melbourne, Australia

## The positive and negative rumination scale: Development and preliminary validation

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Four studies with data from 1671 students are presented describing the development and preliminary validation of the Positive and Negative Rumination Scale (PANRS), a brief measure with 2 second-order factors: Positive rumination consisting of 2 first-order factors (i.e., enjoy happiness and positive coping) and negative rumination consisting of 3 first-order factors (i.e., suppress happiness, self-deny and negative attribution). Results from exploratory and confirmatory factor analyses confirmed the measure's 5 first-order and 2 second-order factors structure. Moreover, correlation analyses provided first evidence for the subscales' differential validity: Positive rumination showed positive correlations with positive indicators of psychological adjustment (e.g., life satisfaction) and negative correlations with negative indicators of psychological adjustment (e.g., depression), whereas negative rumination showed negative correlations with positive indicators of psychological adjustment (e.g., life satisfaction) and positive correlations with negative indicators of psychological adjustment (e.g., depression). In addition, all PANRS scores showed good reliability (Cronbach's alpha) and temporal stability (test-retest). Overall the findings suggest that the PANRS is a reliable and valid instrument to assess positive and negative aspects of rumination.

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# PSYCHIATRY AND MENTAL HEALTH

November 20-21, 2017 Melbourne, Australia

## The efficacy of Wellness Recovery Action Plan (WRAP) on patients with major depressive disorder in Gaza Strip

**Mohammed Abu Shawish**  
Islamic University of Gaza, Palestine

The Wellness Recovery Action Plan (WRAP) is framework help to develop an effective intervention to overcome distress symptoms and un-healthy behavior patterns. This study aimed to understand the efficacy of WRAP on patients with major depressive disorder in Gaza Strip. Depression pick scale was used to collect data from two groups (Eight participants). The first group includes four participants and the second one includes another four participants matched with age, gender, living area and degree of depression. This scale includes 21 domains, each domain has cluster of statements, these statements designed to meet the criteria of depression according to DSMIV-TR. The scale was translated to Arabic language and validated to be suitable for Arabic culture by two official institutions and the results were checked for discrepancies. We used probability simple random sample to select the governmental community mental health clinic and participants. Test-re-test was done to assess the level of depression before and after intervention program. Two participants were educated and had guidance to develop and use WRAP (New methods) for 10 weeks and the other two participants were continuing treatment using counseling and medication (routine method). The result of this study showed that the WRAP program had played a significant role in recovery among the group treated with WRAP (new method) in comparison with the other group (routine method) P value <0.05. The study recommended that a mental health education program about using WRAP should be established at primary and secondary level in all community mental health clinics in Gaza Strip to have a better recovery.

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## PSYCHIATRY AND MENTAL HEALTH

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**Serum iron overload among psychiatric patients in the Kumasi Metropolis, Kumasi, Ghana****Peter Kojo Brenya**

Kwame Nkrumah University of Science and Technology, Ghana

The pathogenesis of many diseases like Psychiatric disorders, cardiovascular diseases, diabetes and cancer has been associated with serum iron derangement. Iron is essential micronutrient and common trace element to human however, its electrochemistry poses exceptional health challenge thus its metabolism is controlled in a clever mechanism. The pathophysiology of iron metabolism in various psychiatric illnesses remain unclear, even though several studies have suggested a link between serum iron and some variables in psychiatric conditions. There is paucity of information about the association of iron overload and primary psychiatric illness, particularly as there exist controversial findings. Limited information on biochemical profile of iron metabolism among psychiatric patients is available in Ghana especially where iron overload has been suggested to be unrecognized cause of psychiatric morbidity. A total of 200 study participants comprising 75 treatment naive psychiatric patients, 75 those already on treatment and a 50-healthy control were recruited into the study using the International Classification of Diseases (ICD-10). 4 ml of blood sample was collected between the hours of (7:00 am and 9:00 am) after 12 hours overnight fasting. Iron indices assayed amount the three groups were- Serum Iron, UIBC, TIBC, Transferrin and percentage Transferrin Saturation (TS). High serum iron and TS and low UIBC, TIBC and Transferrin levels were present in treatment-naive patients' psychiatric patients compared to those already on treatment and the healthy controls ( $p < 0.0001$ ). Treatment naive psychiatric patients demonstrated higher serum AST/ALT ratio and AST compared to controls ( $p = 0.0004$ ) ( $p = 0.0035$ ) than those already on treatment ( $p = 0.2488$ ) ( $p = 0.596$ ) respectively. Iron overload (Serum Iron and TS) and chronic liver dysfunction were significantly associated with treatment naive psychiatric patients compared to healthy controls and psychiatric patients already on treatment. Assessment of iron indices should be incorporated in the initial clinical evaluations of newly diagnosed psychiatric patients.

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# PSYCHIATRY AND MENTAL HEALTH

November 20-21, 2017 Melbourne, Australia

## Prevalence and correlates of work stress among nurses working in psychiatric inpatient facilities, in Colombo district, Sri Lanka

Jeewaranga Gunasekera and IK Suraweera  
Ministry of Health, Sri Lanka

Work stress among nurses in psychiatric care is considered an important occupational health problem due to the nature of the services provided. However, studies on work stress in this study group are scarce in Sri Lanka. An understanding of such factors could greatly help in designing policies related to mental health and occupational health. This descriptive cross-sectional study was conducted among nurses working in the three in-ward psychiatric facilities in capital Colombo district namely, National Institute of Mental Health, National Hospital of Sri Lanka and Colombo South Teaching Hospital. The entire population (N=345) was given a pre-tested self-administered questionnaire composed of two parts, validated job content questionnaire and questionnaire on correlates. Prevalence of work stress was measured using two indices as described by Karasek in the dynamic job strain model, namely-High Job Strain (HJS) and Iso-Strain (IS). The response rate was 89.5% (N=309). Prevalence of HJS and IS was 37.2% and 21.4%, respectively. Factors significantly associated with HJS were being single (OR=1.84, 95% CI=1.15-2.95), working more than 48 hours weekly (OR=1.71, 95% CI=1.05-2.78), violence by patients (OR=3.45, 95% CI=1.81-6.57), verbal abuse by patients (OR=3.11, 95% CI=1.80-5.39), mental health concerns (OR=2.68, 95% CI=1.595-4.40), stigma (OR=2.21, 95% CI=1.24-3.94), lack of assistance at work (OR=4.56, 95% CI=1.68-12.27), difficulty in obtaining leave (OR=2.98, 95% CI=1.48-6.00), inadequate welfare facilities (OR=1.62, 95% CI=1.01-2.59) and poor work recognition (OR=2.89, 95% CI=1.68-4.96). The prevalence of HJS was significant among nurses. It was comparatively higher than the prevalence values obtained among other occupations. More than 10 factors were identified as increasing the risk of high job strain where Iso-strain was associated with five factors. Some factors that are associated with HJS were not associated with IS indicating that positive social support could counter the negative impacts of work stress. Administrative programs to prevent and reduce work stress among nurses are to be studied in detail.

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# PSYCHIATRY AND MENTAL HEALTH

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## Survivor to life thriver

**Felicia Johnson**

Personality Disorders Awareness Network, USA

Author and mental health advocate, Felicia Johnson, joins us to discuss her own experience in dealing with a loved one suffering from child abuse, depression and Borderline Personality Disorder (BPD). Inspired by her own life story and the journey of her childhood friend, Felicia has authored the novel “Her” which is the story of a young girl dealing with BPD. Through her book, Felicia helps to bring understanding of BPD within reach of many young people and families afflicted by it and continues to help many come to terms with mental health issues they face. Johnson brings remarkable insight and understanding to an illness that affects 1-2% of the population and wreaks havoc on the lives and relationships of young men and women. As a survivor of child abuse and one who deals with mental illness in her personal and work life, Felicia is very involved in efforts to end the stigma of mental illness. She has worked for nearly 10 years in the mental health field.

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## PSYCHIATRY AND MENTAL HEALTH

November 20-21, 2017 Melbourne, Australia

**The social aspect of mental illness among orthodox Christians of the Tigrinya ethnic group in Eritrea****Erimias Biniam Firre**

Chiang Mai University, Thailand

This study is situated within the sociocultural and religious context of orthodox Christians of the Tigrinya ethnic group who inhabit in the central and southern plateau of Eritrea. With this ethnic group being ethno-linguistically and socio-culturally dominant and religiously conservative in comparison with the remaining eight ethno-linguistic groups and other Christian denominations in the country, this research project takes a closer look at how members of the traditionally and religiously bound orthodox Christians of the Tigrinya ethnic group conceptualize or construct the notion of mental illness from socio-cultural and religious worldview. More importantly, efforts will be made to explore the impacts of tightly held kinship systems, socio-cultural and religious beliefs and practices of this ethnic group on the treatment seeking behavior and treatment preference of orthodox Christians towards mental illness and the bearers of the illness. Therefore, contrary to the dominant etiological conceptualization and diagnostic formulation of the biomedical model towards mental illness and the sufferers, this study argues that socio-cultural and religious beliefs or traditionally bound illness ideologies immensely determine the perception, treatment seeking behavior and treatment preference of orthodox Christians of the Tigrinya ethnic group in Eritrea. Thus, this research inquires how such socio-cultural practices and religious beliefs specifically interrelate with the way orthodox Christians of the Tigrinya ethnic perceive and treat mental illness. As a key objective, this study attempts to investigate the interconnection between mental illness and socio-cultural practices and religious beliefs and treatment preferences, explore the various ways where socio-cultural practices and religious beliefs impact mentally ill persons and their families. Ultimately, via comparative and inductive approaches, this research project is expected to address cross-cutting themes and establish significant links between socio-cultural and religious factors and perception, treatment seeking behavior and treatment preference of orthodox Christians of the aforementioned ethnic group.

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