

3rd International Conference on

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Posters



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Amount of walking and level of depression: Cross sectional study

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Introduction: Depression is a common mental disorder. It is managed by anti-depressant drugs, psychotherapy sessions or both. Physical activity may improve depressive symptoms. We aim in this study to know the effect of walking on depression and depressive symptoms and the relationship between walking and depression among Arabic population.

Method: An online cross sectional survey, written in Arabic language targeting both males and females' Arabic speakers from age 18 and above, we used an Arabic translation version of Beck's Depression Inventory to assess depressive symptoms with other questions about physical activity (30 minutes or more per session).

Result: 1368 participants, 64.7% female and 35.3% male were included. Of the total participants, 55.9% are not walking regularly and 44.1% are walking on regular basis. Of total, 56.2% are not depressed, while 43.8% are suffering from depression. In the group who are not depressed, 47.6% are not walking and 52.4% are walking regularly. Among those who walk, 9.6% are walking once per week, 12.9% are walking twice per week, and 29.9% are walking three times or more per week. In the group who are depressed, 66.6% are not walking regularly while 33.4% are walking regularly. Among those who walk, 8.2% are walking once per week, 7.7% are walking twice per week, and 17.5% are walking 3 times or more per week.

Conclusion: These findings underscore the need for Increasing awareness of impact of physical activity in psychological well being. Further controlled study may focus on possibility of Brain changes secondary to physical activity.

Biography

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Patient reasons for obtaining psychotropic medications without a prescription at retail pharmacies in Riyadh, Saudi Arabia

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People in developing countries are obtaining prescription-only medications from community pharmacies without seeking medical advice. Pharmacists are dispensing prescription-only medications in general without a prescription in Saudi Arabia. This is an observational, quantitative and cross-sectional study that was carried out from November 2014 to August 2015. When piloting the study, all retail pharmacy workers refused to collaborate as they were afraid of the legal consequences. Then, we started collecting convenient samples from internet users and visitors of some retail pharmacies, governmental and private psychiatric clinics. The study included Arabic speakers who are ≥ 18 years old, have used at least one psychotropic medication without a prescription in the past 4 weeks and lived in Riyadh, Saudi Arabia. 302 out of 429 participants were included. The majority (31.8%) used Escitalopram and 38.7% used the psychotropic medication/s for more than a year. 552 medications were used by 302 participants with a mean of 1.83 medication per participant. Respondents reported taking the medications mainly to treat symptoms of "feeling sad or depressed" (57.6%) and "general anxiety" (41.4%). Family and friends were the most common source of information relied on by the respondents about the chosen medication (36.8%). 66.6% obtained the medication by asking the pharmacist its name. Among the reasons given for taking psychotropic medications without a prescription, (42.4%) felt that their symptoms were not serious enough to require the help of a psychiatrist. Using the Patient Health Questionnaire (PHQ-9) and Generalized Anxiety Disorder 7-item (GAD-7) scales, the percentage of depression and anxiety among the participants were (46.0%) and (41.7%), respectively.

Biography

Ghaida AlAbidi is a fourth year medical student at King Saud University, Riyadh, Saudi Arabia. She is one of the authors of the paper, "Patient Reasons for Obtaining Psychotropic Medications without a Prescription at Retail Pharmacies in Riyadh, Saudi Arabia" which is under publishing process. She is interested in research and to advance her research skills.

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Predictors of regulatory disorders in the early childhood: A systematic review

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Statement of the Problem: The aim of this contribution is a systematic review of predictors of regulatory disorders. Regulatory disorders in the early childhood, especially excessive infant crying, feeding disorder and sleeping disorder, are common problems in infants. The prevalence is between 15 to 30% of all children. Therefore, regulatory problems pose a high strain on parents. Until now a systematic review of the predictors of regulatory disorders is not available.

Methodology: A systematic literature research in the databases PubMed, PSYCINFO, PSYINDEX and the Cochrane Library was performed. Of the 2467 studies corresponding to the search term, 67 studies were selected, which had significant predictors of regulatory problems and fulfilled the inclusion criteria. The studies had to be in a prospective, longitudinal design, children's ages had to be younger than three years, the publication range was between 01/01/1985 to 20/07/2016 and the results had to be significant.

Findings: The 67 studies indicate a significant positive association between the psychopathology and the general distress level of the parents and regulatory disorders in children. Notably more depressed and more anxious parents had children with more regulatory problems, most of them having sleeping disorders. Also, behavioral factors like co-sleeping and breastfeeding were significantly related to regulatory problems. Children's characteristics like prematurity and a high temper were linked to regulatory problems.

Conclusion: There are different circumstances predicting regulatory disorders. Understanding of the factors causing regulatory disorders as well as the knowledge of predictors can help to prevent developing problems in early childhood.

Image :

Construct of predictor	Predictor	Reg-ulatory disorder	Feeding disorder	Excessive crying	Sleeping disorder
Psychopathology of parents	Depression		↑↑↑↑	↑↑↑	↑↑↑↑↑↑↑↑
	Anxiety disorder		↑↑↑↑	↑↑↑↑	↑↑↑↑↑↑↑↑
Behavior of parents	Stress	↑	↑↑↑↑	↑↑↑↑	↑
	Breastfeed- ing Co- sleeping		↓		↑↑↑↑↑↑
Characteristics of child	Pre- mature birth	↑↑↑	↑↑↑↑↑	↑	↓↓↓↑↑↑
	Temper		↑		↑↑↑↑↑

Fig. 1: Predictors of regulatory disorders

(↑=positive correlation | ↓=negative correlation | O=not significant p>0.05 | X=no correlation | one significant p<0.05 study result per arrow)

Biography

Lisa Linnea Siebers is a Medical student in her final year at the Technical University of Munich, Germany. She has successfully accomplished her first and second state examination. She is a Member of the TUM Graduate School and is working on her dissertation in the field of Psychosomatic Medicine. Under this program, she took part on additional courses in a Psychiatry Unit with a special mother-child setting and was part of a case discussion round with the topic Special Pediatrics. She has practical experience during an internship in the Department of Psychosomatic Medicine for children and adolescents of the Technical University of Munich and was in the team of the Bavarian Longitudinal Study.

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Medical students attitude toward psychiatry in Umm Al-Qura University: A cross-sectional study

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Background: Despite the increasing demand for psychiatry and mental health services, psychiatrist's number are still low and the field of psychiatry is still attracting lower number of medical students.

Objectives: To measure the attitude of medical students and interns in Umm Al-Qura University Medical College, Saudi Arabia and to compare it with the attitudes reported from other studies.

Method: A cross-sectional study in which attitude toward psychiatry (ATP-30) questionnaire was distributed among randomly chosen interns and undergraduate medical students (6th, 5th and 4th years).

Results: A total of 335 participants completed the survey. Among them, only 15.8% considered psychiatry as a career, 57.6 % did not, and 26.6 % were not sure. The participants showed an overall positive attitude with mean of 98.09 ± 12.22 scoring on the ATP-30 questionnaire, with male participants showing more positive attitude than female participants did. The most neutral responses were about how facts in psychiatry are just vague speculations, the value of the undergraduate psychiatric training, and that psychiatry teaching cannot be effective because it's so amorphous. Negative attitude was observed in the areas concerning the choice of psychiatry as career and that psychiatric hospitals are a little more than prisons. Positive attitude toward areas in the validity of psychotherapy observed were, viewing psychiatry as a respected branch of medicine, giving attention to mental illness and the humanity of the mentally ill. Significant differences based on gender were observed in the areas measuring attitude toward psychiatric patients, psychiatric illness, psychiatry and psychiatrists. The prior exposure to psychiatry teaching didn't seem to affect the attitude.

Conclusion: Interns and students overall showed neutral to positive ATP. Proper evaluation and subsequent modification to the current medical curriculum, with more clinical exposure and engagement with psychiatrists working in the field may be needed to improve the attitude of interns and students toward psychiatry and mental illness.

Biography

Alkhiri A is a Medical Intern from Umm Al-Qura University in Makkah, KSA. He has participated in different research activities and is a co-author in a cross sectional study titled: "Medical students' attitude toward psychiatry in Umm Al-Qura University (2016)", under the supervision of Dr. Anas Sarhan, Internal Medicine Department, Umm Al-Qura University, Makkah, KSA.

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Associations among psychosocial factors, medical factors and quality of life in patients with end-stage renal disease

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Purpose: Patients with end-stage renal disease have a significant impairment in quality of life (QoL). Most previous studies have focused on medical factors mainly. The aim of this study was to identify the associations among psychosocial factors, medical factors and QoL in patients with end-stage renal disease (ESRD).

Method: The study included 101 patients with ESRD who were undergoing HD (55 males with mean age 57.1 ± 12.1 years). Psychosocial factors were evaluated using the hospital anxiety and depression scale, multidimensional scale of perceived social support, montreal cognitive assessment and Pittsburgh sleep quality index. In addition, for evaluating caregivers' burden in part of psychosocial factors, HADS and Zarit burden interview of main caregivers were administered. We also assessed medical factors (Kt/V and URR as markers of dialysis adequacy, normalized protein catabolic rate and duration of HD) with laboratory results. The quality of life was evaluated using WHO quality of Life-BREF (WHOQOL-BREF). Canonical correlation analysis was used to investigate the patterns of associations.

Results: The canonical correlation between psychosocial factors and QoL was significant. The first canonical correlation was 0.673 (proportion=60.6%, $p=0.001$) and the second was 0.519 (proportion=26.9%, $p=0.006$). However, the canonical correlation between medical factor and QoL was not significant (the first: $p=0.586$, the second: $p=0.713$).

Conclusion: The QoL of patients with ESRD was not associated with medical factor, but psychosocial factor in canonical correlation analysis. This finding may suggest that medical workers should recognize and treat psychosocial problems as well as clinical problems

Biography

Jonghun Lee has completed his PhD from Keimyung University and MD from Chun-Ang University School of Medicine. He is the Director of Department of Psychiatry, Daegu Catholic University, South Korea.

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Shared psychotic disorder: A case of a shared psychotic delusion between two sisters

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Background: Shared Psychotic Delusion (PSD) is a fascinating and poorly understood psychological disorder. Over the years, it has been referred to SPD as (Folie à deux, induced psychotic disorder) it was renamed recently as Shared Psychotic Disorder as mentioned on DSM-5. SPD is characterized by the transference of delusions from an individual (the primary patient), who suffers already from a psychotic disorder, to an individual or individuals (the secondary patient) who are in close association and relative social isolation in a frame of complex and dependent relationship.

Aim: 1. Demonstrating a case of shared psychotic disorder, 2. Emphasizing on the importance of recognizing such rare cases, 3. Providing a brief literature review about the disease.

Case summary: A schizophrenic young female has transmitted her bizarre delusion of misidentification to her mentally sane yet passive sister after a period of total isolation and a complex dependent relationship. Use of antipsychotic had led to significant improvement of the schizophrenic and simple physical separation cured the other

Conclusion: SPD often causes diagnostic problems and might be hard to distinguish from an independent, endogenous psychosis, especially when found in consanguineous individuals. It is important to recognize such cases due to the potential for recovery in the secondary patient. and to incorporate the appropriate treatment modalities

Biography

Lina Abugharara is passionate about the field of Psychiatry and Mental Health. She is currently an intern in King Fahad Hospital of the University. In 2016, she took her degree of MBBS from the College of Medicine, University of Dammam, KSA. She is currently working in the field of Medicine. Recently, she published a research titled, "Spectrum of viral skin infection in patient attending the Dermatology Clinic at King Fahad Hospital of the university during the period 2010-2014".

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Expressive language screening of preschool children in United Arab Emirates

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Language disorders in United Arab Emirates' (UAE) children are underdiagnosed and their impact on children's behavior and emotional development is often overlooked. The aim of this study is to evaluate expressive language development in UAE pre-school children and its correlation with behavior syndromes. Total of 152 UAE toddlers (18-35 months of age) participated in the study. Two screening instruments developed by the University of Vermont were adapted linguistically and culturally before being used for data collection; (1) Language development survey for age 18-35 months; and (2) Child behavior checklist for ages 1.5-5. The informant was the mother (76%). Majority of all informants were females (53%). The mean age (SD) of the enrolled children was 25.9 (4.8) months (median 25.9). There were no significant differences in the total vocabulary scores according to the source of information ($p=0.4$). No significant difference in the total vocabulary scores (Fig.1) was found between males and females ($p=0.3$). The vocabulary count was significant higher in females at all age groups: (56.1%, $p=0.05$) for body part, (69.9%, $p=0.064$) for places and (53.9%, $p=0.08$) for clothes. Food and actions words were recorded with a higher frequency (Fig. 2). Percentage of normal vocabulary percentile score decreased with increasing age. Around 50% of children in all age group had a minimum normal vocabulary count (Table 1). Premature birth (14.9%) and a positive family history of language delay (16%) were associated with a 10% lower vocabulary score ($p=0.07$ and 0.09 , respectively). There was a significant correlation between total vocabulary scores and behavior outcomes (externalizing syndrome, attention deficit hyperactivity problems, and oppositional defiant problems, $p<0.001$). Externalizing and oppositional defiant abnormalities were associated with a higher vocabulary score. This cross-sectional community-based study is the first objective assessment of UAE pre- school expressive language development.

Images

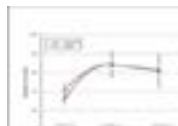


Fig.1: Males versus females of vocabulary count at age groups.

Biography

Lolowa A Al Mekaini works to integrate her professional experience to achieve evidence based best practice standards. Her mission is to meet the expectations of UAE students, patients and stakeholders in providing high quality medical care across the Emirate. This message was communicated through multiple communication forums, teaching, patient and staff education, competency development, and the engagement of workforce. Her passion focused on wellbeing of children and related research's. She holds the position of Co-Director for the Al Ain Family Medicine Residency Program (2004-2010) and Family Medicine Consultant in Pediatric department at UAE University (recently). She is practicing as a Family Medicine Consultant. She was assigned to Regional Director of Ambulatory Health Centers (2012-2014). This includes management oversight of thirteen ambulatory clinics across the Eastern region of Abu Dhabi- UAE.

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Case of steroid induced mania

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Background: Steroids have been widely used and prescribed for a variety of systemic diseases. Although they prove to be highly effective, they have many physical and psychiatric adverse effects. The systemic side effects of these medications are well known and well-studied, in contrast to the psychiatric adverse effects which its phenomenology needs to be the focus of more clinical studies. However, the incidence of diagnosable psychiatric disorders due to steroid therapy is reported to be 3-6%. Affective reactions such as depression, mania, and hypomania are the most common adverse effects, along with psychosis, anxiety and delirium.

Aim: We describe a case of corticosteroid induced mania, its unusual clinical picture, its course and management.

Case Description: A 14-year-old female high school student, with a recent diagnosis of Crohn's disease was brought to A&E department due to acute behavioral disturbance in form of confusion, visual hallucinations, psychomotor agitation, irritability, hyperactivity, talkativeness, lack of sleep, and physical aggression. Those symptoms have started few days following corticosteroid therapy which was prednisolone 40 mg PO OD. And she was diagnosed with steroid induced mania.

Discussion: This case illustrates the need for more understanding of the phenomenology and diversity of corticosteroids induced psychiatric syndromes.

Conclusion: The incidence of Steroid induced psychiatric symptoms ranging from 8-15% of adult patients, but there is no report of incidence in children and adolescence. Although the mechanism by which corticosteroids affect behavior is likely multifactorial, there is a well-documented relationship between the dosage of prednisone and the risk of developing acute psychosis. Pediatricians should be aware of this rare complication when administering corticosteroids for various medical illnesses.

Biography

Maryam Alnasser, medical intern graduate of University of Dammam, Saudi Arabia in 2016. Had four-month attachment in general psychiatry.

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Collaborative depression care for women: A systematic review

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Introduction: Depressive disorders occur twice as often in women compared to men, and are common in women across the life course. There are several transition times in a woman's life when she may be more susceptible to depressive disorders, including the perinatal period and the menopause transition. Integrated care models can link women with depression to effective treatment. In particular, the collaborative care model has been demonstrated to be effective in providing depression care in primary care settings. Although this model has been found to be effective for depression management in various primary care populations, there is currently less data on how this intervention works for in settings that focus on women.

Aim: Collaborative care model has been found to be effective for depression management in various primary care populations, however, no review has synthesized trials including women only. The purpose of this systematic review is to evaluate the current evidence for collaborative depression care for women.

Methods & Search Strategy: We searched for English language articles via MEDLINE, CINAHL, PsycINFO, EMBASE, Cochrane Library and reference lists of key papers with start date February 1, 2012 to December 1, 2015. Inclusion criteria: Published English language studies included if they described collaborative care models that target women, regardless of study design. Relevant articles were assessed for their collaborative care approach based on modified principles of collaborative care described by University of Washington, Psychiatry and Behavioral Science Division of Population Health AIMS Center. These principles include 1) patient - centered team care, 2) population -based care, 3) measurement-based treatment to target, and 4) evidence-based care. Exclusion criteria: Excluded studies included collaborative care interventions that did not have three of four components of collaborative care, did not focus on female populations, were not in primary care or gynecological settings, or did not have outcomes data.

Image:

Preferred reporting items for systematic review



Biography

Nahida Ahmed is a recent graduate of Psychosomatic Medicine Fellowship from Harvard Medical School affiliated Cambridge Health Alliance in United States. She earned medical degree from India and did her residency in Psychiatry in US. With her work experience in Primary Care and training in Psychiatry, she aspires to integrate mental health into primary care and bring collaborative care model to her home country UAE. The above study is her first published work. She is employed with Ambulatory Health Services in Abu Dhabi, UAE.

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Symptoms in obesity and psychic functioning

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This study considered a population of obese adult outpatients, with the aim to investigate either psychic functioning or obesity-related symptoms. A total of 182 consecutive outpatients, 59 male and 129 female were admitted to the study; every patient gave informed consent and accepted to participate in the research. They underwent a full psychological assessment, targeting specific obesity related symptoms. They were assessed using the Symptom Checklist-90-Revised (SCL-90-R) which can disclose a wide range of psychological problems and symptoms of psychopathology. Binge eating scale (BES) was used to uncover specific psychological traits associated with eating disorders. Finally, Barratt impulsiveness scale (BIS11) was chosen to assess the personality/behavioral construct of impulsiveness; and obesity related well-being (OR WELL 97) for measuring the quality of life in obese patients. Mean scores were BMI=39.9±7.3 ds.; GSI=0.8±9.7; BIS11=6.0*-9.7; and BES= 15.9*-8.5. We performed correlations between Impulsiveness total score, BMI, and GSI (SCL-90-R). Both Impulsiveness total score and GSI total score were negatively related to the BMI score ($r=-.21$, $p<0.02$ and $r=-0.69$, $p<0.02$, respectively). Overweight population showed a significant decrease of GSI, and index derived from SCL-90, proportional to the increase in BMI; obesity seems to have a protective role from psychiatric symptomatology. Moreover, in class II obese patients (35-40 BMI scores), there are significant evidences of a globally diminished level of Impulsivity. Finally, our preliminary results showed no correlation between BMI and the severity of the related BED.

Biography

V Faia is a Psychiatrist and a Psychotherapist and has worked for more than 10 years with in-patients and out-patients, in private and public settings. She is the Co-founder and Vice-President of the I.Me.Psi - Institute of Medicine and Psychotherapy, a Scientific Institution which aims to promote the collaboration between professionals directed towards the leakage of scientific rigor and patient tailored assistance.

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High Prevalence of Stress Among Male Medical Students in Al Hasa, Saudi Arabia According to Kessler Psychological Distress Scale (K10)

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This cross-sectional, descriptive, study aims to determine the level of stress among male undergraduate medical students. It was conducted in King Faisal university in Al-Hasa, Saudi Arabia from December 2015 to March 2016. Kessler Psychological Distress Scale (K10) was applied in this study. After taking the proper approval, a self-administered questionnaire was distributed to medical students from 2nd to 6th year. 200 student filled the questionnaire. The average stress score was found to be 24.62 (SD=7.72) from a range of 10 to 50. The total number of students suffering from stress was found to be 134 (67%). The majority of students were found to have severe stress (38%) with a significant relationship between stress and academic year ($P=0.003$). Students of 2nd and 4rd years scored higher than those of 3th,5th, and 6th. According to Kessler K10 Psychological distress scale. The major finding of severe stress among male medical students in Saudi Arabia is of concern. Stress management programs should be properly established to help medical student overcome their academic-related difficulties.

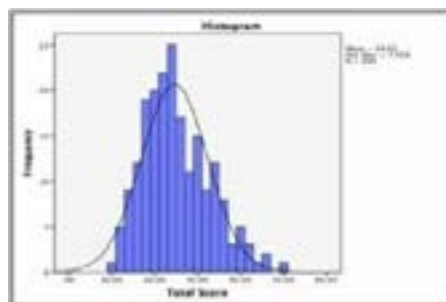


Figure 1: Stress score distribution of subjects from a range of 10 to 50, Al Hasa, Saudi Arabia (n=200) Mean= 24.62 (SD=7.7)

Biography

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Please stop the music! Oliver Sacks syndrome and the psychopathology of hearing loss

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Background: Musical hallucinations (MH), also known as Oliver Sacks Syndrome (OSS), are a form of auditory hallucination which involve hearing music when none is being played. MH frequently occurs in the hard of hearing, and has been conceptualized as a release phenomenon similar to the visual hallucinations of Charles Bonnet Syndrome. MH is a distinct and separate phenomenon from the typical auditory hallucinations of voices that afflict many patients with mental illness, as patients with MH usually have insight into the origin of the music. MH can be difficult to distinguish from psychosis when there is a comorbid mental illness present.

Methods: The authors describe a case of MH in a patient with bilateral sensorineural hearing loss, review the literature on its prevalence, etiologies, and treatments, and discuss MH in the context of other psychopathologies that frequently affect the hard of hearing (HOH).

Discussion: Auditory hallucinations are subjective auditory experiences without external stimuli. Tinnitus and buzzing are considered elementary hallucinations, while the perception of words, voices, and music are classified as complex hallucinations. Musical hallucinations occur in individuals with and without mental illness and often are simple tunes of a religious or childhood nature. Most patients have insight into their condition and perceive the musical hallucinations as intrusive but occasionally unpleasant. The pathogenesis is still unclear.

Conclusions: Consultation psychiatrists should be aware of MH as a rare but expectable sequel of hearing loss, and target therapies appropriately to reduce the hallucinations themselves, reduce distress, and mitigate any hearing loss contributing to MH.

Biography

Lama Muhammad is a Chief Resident of Quality Improvement and Psychotherapy/Outpatient in the UNM Department of Psychiatry. She finished her degree in Dermatology from Damascus University, Syria and preliminary Internal Medicine Residency, Case Western University, USA. She is an Arabic author and her website has more than one million visitors.

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Accepted Abstracts



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Perceived connections between oral health and stress among pregnant women: A study in Saudi Arabia

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Background: Although stress during pregnancy has negative effects on children's development and pregnant women's health, no study has assessed stress and its predictors among pregnant Saudi women.

Aim: The aim of this study was to assess the relationship between sociodemographic and self-reported oral health problems and perceived stress in a sample of pregnant Saudi women.

Materials & Methods: A cross-sectional study was carried out at King Abdulaziz Medical City in Riyadh, Saudi Arabia, on 438 pregnant women who attended the obstetrics/gynecology clinic. We collected data on their sociodemographic and oral health status. Stress was assessed using the perceived stress scale.

Results: 33.4% of the sample reported high stress. The study revealed significantly high stress in women with no or low income, chronic disease, sleep deprivation, no teeth brushing, irregular eating patterns, gestational diabetes, and no family support ($P < 0.05$). Self-reported oral health problems were significantly associated with high stress ($P < 0.05$). A multiple linear regression model shows no teeth brushing, chronic disease, sleep deprivation, gestational diabetes, and gingival redness predicted an increase in stress by (3.6, 2.4, 2.1, 1.4, and 1.4, respectively). **Conclusions:** It was estimated that 3 in 10 pregnant women in our hospital reported high stress levels. Our study shed light on the relationship between healthy habits, oral health status, and perceived stress in pregnant women. This research may help healthcare practitioners who provide care to pregnant women to educate them in regard to healthy habits, and to develop a program to reduce stress.

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Effectiveness of Reminiscence and Life Review Therapies for the treatment of Depression in the Elderly: A Systematic Review

Asma Salam

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Introduction: Depression is one of the common mental health issues in old age. Pharmacological therapy has been used for a long time to treat depression but due to side-effects of drug therapy in old age, non-pharmacological interventions such as reminiscence and life review therapies are considered useful options to treat old age depression. However, the efficacy of these therapies in treating depression in the elderly is still under discussion. Therefore, the main objective of this systematic review was to determine the effectiveness of reminiscence and life review therapies for the management of depression in the elderly by reviewing already existing scientific literature.

Methods: A literature search was performed using online databases such as Pubmed, EMBASE, MEDLINE and Cochrane Review. Titles and abstracts of the articles were analyzed for relevance. Randomized controlled trials were given preference.

Results: Thirteen studies were reviewed in detail which met the inclusion criteria. The studies not only varied in outcome measurements and types of intervention but also in results. However, overall 8 out of 13 reviewed studies showed significantly reduced depression in the elderly subjects after applying reminiscence/life-review interventions.

Conclusion: Therefore, reminiscence and life review therapies should be considered a useful intervention for the treatment of depression in old age.

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Exploring the role of dog assistance program on Negative Emotion in people experiencing Mental Health issues: Shame, Guilt, and psychological distress

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Background: In the field of mental health, guilt and shame are transdiagnostic problems. Studies have found shame, guilt distress, and guilt cognitions as relevant features of mental illnesses. Despite the argument for significant correlations addressing these issues, the evidence regarding intervention strategies for dealing these symptoms is lacking.

Importance of Dog assisted support program: The quality of the therapeutic relationship is of prime importance in working with these experiences. Individuals with mental health problems do not easily share their feelings of guilt, still less their feelings of shame. Trained animals are used to benefit patients suffering with emotional and behavioral disorders, depression, autism, substance abuse, and dementia. We examined whether dog assisted therapy could overcome shame, guilt and psychological distress in people with mental health issues.

Methods: Present study retrospectively examined the impact of dog assistance program on the shame, guilt and psychological distress in people with mental health issues. Thirty-eight participants who were supported by dog assistance program from year 2010 to 2015 in RECOVERY assistance dog, UK were analyzed. Scale assessing guilt, shame and distress used 0-10 score where lower score represent lesser severity of variable. Dogs were trained by trainers specializing in mental health and all the participants completed the assessments before and after the 12 week of dog assistance.

Results: Negative emotions and symptoms were assessed before and after 12 weeks having assistance dogs. Results revealed that Shame and guilt proneness had significant reduction ($p < 0.001$) with psychological distress ($p < 0.0001$). Our results suggest that avoidant symptoms might decrease earlier than other distress symptoms during the initial phase and acceptance play an important role in the initial change of negative emotions.

Conclusion: Dog assisted support could be an effective approach to deal with negative emotions and distress among people with mental illnesses, and is likely to be an important component of any evidenced-based approach to intervention.

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Childhood Trauma, Adult Pain

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Judith Herman first described the concept of Complex Post Traumatic Stress Disorder in 1992 to describe a constellation of psychiatric symptoms in children exposed to repeated, severe childhood trauma. Difficulties include longterm problems with affect regulation, dissociation and chronic physical symptoms. This talk aims to explore the links between severe and repeated childhood trauma and the robust research and clinical findings of an increased prevalence of many adult chronic illnesses, including chronic pain and somatization. Childhood trauma occurs at a developmentally important time, both for the brain, but also for hormonal and immunological systems. The importance of physicians taking a developmental history, especially in cases of difficult to diagnose or manage physical illness is emphasized.

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Delirium awareness practices among first-line care providers on medical and surgical wards in Jeddah, Saudi Arabia

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Introduction: Delirium is a mental state that is characterized by acute disturbance of consciousness and attention, which may present with impaired cognition (orientation, memory, abstract thinking), behavioral and psychomotor abnormalities (ranging from apathy to agitation), psychotic symptoms (delusions and hallucinations), and mood instability. The onset of delirium is usually acute. Its incidence is reported to range from 9% to 87%, depending on age, severity of the medical illness and type of surgery. It has been shown that delirium is severely under-recognized and underdiagnosed by health care professionals which may have major negative sequelae on patients' health outcomes given its potential complications. These complications include prolonged hospitalization, institutionalization, increased mortality and poor physical and cognitive recovery.

Objective: In this research, we hypothesize that the problem of delirium under-recognition is the result of limited knowledge and awareness of delirium among first-line health care staff (i.e. nurses, house officers and residents).

Method: We developed a questionnaire to survey first-line health care staff at different public hospitals in Jeddah. Through this questionnaire, we aim to explore the different aspects relating to delirium awareness during the day-to-day practice by the staff such as screening practices, and utilization of prevention strategies.

Results: We are currently in the process of data collection which is on track to be completed in August 2016.

Conclusion: Our results would offer a better insight into the awareness and practices related to delirium prevention, detection and management among health care providers. This would allow health care planners and educators to develop effective interventions to amend the existing gaps.

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Unusual presentation of an inconspicuous Schizophrenia with Burn Injury after 20 years of illness: A Case Report

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Schizophrenia is often detected accidentally with other physical disorder in medical setting. It is often a cause for physical problem due to low sensitivity to the pain that has important implications for physical health. In this case report we have highlighted that how schizophrenia was accidentally detected in a burn patient after 20 years of illness. This case illustrates interesting aspect of schizophrenia. Firstly, the context in which it was first detected. Neither family members could detect for 20 years nor could treating surgeon identify the illness as he did not report spontaneously. Usually the mental disorders are not recognised by non-mental health professional until severe behavioural disturbance is evident and majority of them would not report to physician. It is unusual that harbouring hallucination for such a long period did not manifest in his behaviour and socio-occupational function was intact. Secondly, the command hallucination is common in Asian patient and often contains aggression, dependency, and self-punishment themes and compliance to these voices depends upon associated belief, familiarity and emotional involvement. Thirdly, there is diminished sensitivity to pain (both behavioural pain reactivity and self-reported responses to pain) in schizophrenia. Explanation offered was that it is related more to a different mode of pain expression than to a real endogenous analgesia. Finally, it emphasises the need of routine screening for co morbidity of mental illness among burn patients as prevalence is more than general population.

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