

Conclusions: The present study shows that the level of stress is quite high among mothers of babies hospitalised in neonatology during the postnatal period and that this symptomatology can last for months after discharge.

Prevention and reduction of stress induced by postnatal hospitalisation through parental guidance and psychological support for mothers strengthens interactions and the mother-baby bond.

Disclosure of Interest: None Declared

EPV0164

Postnatal hospitalization and self-esteem in mothers

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Introduction: Hospitalization in neonatology constitutes a narcissistic wound for the mother. This mother-baby separation disturbs the maternal identity and generates a strong feeling of failure and guilt.

Objectives: To assess self-esteem in mothers of babies hospitalised during the postnatal period in the neonatal unit and to identify risk factors associated with the persistence of low self-esteem 3 months after discharge.

Methods: This was a longitudinal, descriptive and analytical study conducted between April and September 2021. The sample consisted of mothers of babies hospitalized in the neonatology department of Sfax-Tunisia for a period ranging from 5 to 15 days. Socio-demographic data were collected using a pre-established form. Self-esteem was assessed during the baby's hospitalisation and 3 months after discharge, using the Rosenberg self-esteem scale, with 10 items, validated in Arabic.

Results: The sample consisted of 86 mothers with a mean age of 32.17 years.

Low to very low self-esteem was found in mothers in 81.20% of cases when their babies were hospitalised and in 68.40% of cases 3 months after discharge.

Some factors were significantly related to the persistence of low self-esteem in mothers after 3 months of their babies' hospitalisation, such as a low educational level of the mother ($p=0.017$), an unattended pregnancy ($p=0.034$), the occurrence of a post-partum complication ($p=0.043$) and the absence of the first smile in the baby at the age of 3 months ($p=0.008$).

Conclusions: This study shows a high prevalence of low self-esteem in mothers following hospitalization of their babies in the postnatal period. The concomitance with several socio-clinical factors contributes to the persistence of this low level of self-esteem in these mothers.

Appropriate early and multidisciplinary care helps to rebuild strong self-esteem in the young mother so that she can overcome her psychological difficulties and build a solid foundation for the mother-baby bond.

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EPV0165

Mind that gap: A national survey of school-based approaches for improving student well-being

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Introduction: Student well-being is an area of increasing interest for schools around the world. However, the extent to which school-based well-being and mental health interventions are currently being delivered by different schools has not previously been explored in many countries, including New Zealand.

Objectives: This survey of a nationally-representative sample of schools was undertaken to identify: what well-being and mental health interventions were being used by primary (elementary) and secondary (high) schools and what gaps exist between current practice and the evidence-base.

Methods: Forty staff from 37 (22 primary, 13 secondary and 2 composite) schools across New Zealand participated in semi-structured interviews. Data was analysed for key themes and sub-themes using Braun and Clarke's method.

Results: Seven key themes were identified: 1) staff awareness and enthusiasm about student well-being and mental health; 2) existence of specific interventions to support student well-being and mental health; 3) support for government-sponsored programmes; 4) limitations of existing programmes; 5) drivers of new interventions; 6) barriers to implementation; and 7) suggestions for future interventions and their implementation.

Conclusions: Despite enthusiasm from educators for interventions with which to improve student well-being, there is a gap between intention and activity. Students are receiving primarily non-evidence based interventions in a variable manner due to staff and cost-related barriers. We suggest ways for health and education providers in New Zealand and elsewhere to address these issues, as well as avenues for further research.

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EPV0166

Clinical improvement of teens participating in a dbt skills training

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Introduction: Dialectical behavioural therapy (DBT) developed by Linehan has been shown to be widely effective in improving emotional regulation capacity in patients diagnosed with borderline personality disorder in adults and adolescents, but also for other profiles of emotional dysregulation, even in the general non-clinical population through emotional regulation skills training programs in schools.

Objectives: The objective was to describe psychopathological characteristics and to evaluate clinical outcome variables (self-harm, suicide attempts, admissions and emotional regulation difficulties) in young patients who participated in the DBT skills training group carried out by the child and adolescent psychiatry team of Hospital del Mar (Barcelona) between February 2020 and April 2022.

Methods: Prospective longitudinal study with two evaluations (before starting the group and after finishing it). The clinical variables were evaluated by reviewing the medical records, and the improvement in emotional regulation difficulties was evaluated through the Difficulties in Emotion Regulation Scale (DERS) adaptation to adolescents before and after the intervention.

Results: A total of 36 participants have been referred and assessed to participate in the previously mentioned emotional regulation program. The mean age was 15.6 years (14-17 years old). 100% of the participants were female. All of them met criteria for BPD according to the SCID-II questionnaire; but only 23 patients (63.9%) had BPD as their main diagnosis. 63.9% (n=23) presented psychiatric comorbidities, being 27.8% (n= 10) ADHD, 30.6% (n= 11) substance use disorder and 47.2% (n= 17) eating disorders, 77.8% (n=28) had presented self-injurious behaviour, 52% (n=18) had committed a suicide attempt, requiring hospital admission in 36.2% (n=13) at some point in their lives before the therapy group. In the three months after the end of the group, admissions were reduced to 17% (n=6), suicide attempts to 14.8% (n=5) and non-suicidal self-injurious behaviours to 27.8% (n=10).

The mean score of all participants on the DERS scale was 129.91 points before participating in the DBT skills group and 105 points right after the group finished. Higher scores translate into greater emotional regulation difficulties.

Conclusions: The reduction in DERS scores, self-injurious behaviours, suicide attempts, and admissions was notable for all participants. It remains to add the results of the groups currently in operation and perform the statistical analysis of all the results. It is necessary to continue studying and testing the benefits of DBT both in the clinical adolescent population and in the general child and adolescent population in order to generalize the promising results observed in our sample. At Hospital del Mar, we will continue to expand the DBT program so that more children and adolescents with emotional dysregulation can benefit.

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EPV0167

Problematic video game use in adolescents and psychosocial functioning

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Introduction: Video gaming is an extremely popular leisure activity, with over two billion users worldwide (Newzoo, 2017). Nevertheless, excessive video game playing exposes to potential dangers. The WHO reminds us that “every gamer should be aware

of the time spent on games, especially if their daily activities are affected, as well as any physical or psychological, social and health changes that could be attributed to gaming behaviour.”

Objectives: The aim of our study is to analyse the frequency of video game use, and to determine its relationship with psychological and social functioning and academic performance.

Methods: A cross-sectional study was conducted in the child psychiatry department at Arrazi Hospital in Salé among adolescents aged between 10 and 17 years.

For this, we used:

- A hetero-questionnaire on socio-demographic characteristics, reasons for gambling, type of gambling, satisfaction, self-esteem, ability to make friends and degree of social support, and school results
- The DSM 5 criteria proposed in the appendix for the research
- The K-SADS

Results:

Socio-demographic data

- Our study was carried out on a sample of 57 adolescents aged between 10 and 17 years, with an average age of 13.47.
- There was a predominance of males:

Boys: 87.5 , Girls: 17.5

All the adolescents are in school:

Primary 26.3
Middle school 59.6
High school 14 %

Social functioning and academic performance

- 54.4% reported having both real and virtual friends, 29.8% specified that all their friends are virtual, And 15.8% noted that they have no friends
- Academic decline was noted by the parents of 61.1% of adolescents
- Psychological functioning
- 68.4% reported low self-esteem
- 31.6% reported being dissatisfied with their lives
- 0.5% met the diagnostic criteria for video game addiction

Conclusions: Our study finds that problematic video game use is related to male gender, low academic performance, difficulties with social interactions and also low self-esteem and satisfaction. Screening for psychiatric co-morbidities and vulnerability factors is essential for the management of this type of pathology.

Disclosure of Interest: None Declared

EPV0168

Borderline personality disorder in adolescents: Descriptive study about a series of cases

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Introduction: Video gaming is an extremely popular leisure activity, with over two billion users worldwide (Newzoo, 2017). Nevertheless, excessive video game playing exposes to potential dangers.