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EV0533

A literary exploration of British cultural attitudes to psychiatry during the late 1800s and their development over the following century

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Introduction British psychiatry was in its embryonic stage in the late nineteenth century. Early psychiatrists employed radical treatments with little success and not much is documented about public attitudes. Using fictional depictions of madness and physicians allows us to explore cultural attitudes to psychiatry at the time.

Objectives First, to analyze the portrayal of madness and physicians in the island of Dr. Moreau and Dr. Jekyll and Mr. Hyde; second, to use this to provide insight into the public opinion of psychiatry and third, to evaluate the development of attitudes using twentieth century media.

Aim To provide an insight into the social perspective of mental illness in the late nineteenth century and consider its evolution over the last one hundred years.

Methods Two famous, well-received novels of the time were chosen for analysis. Historical knowledge of the period was sought using JSTOR, NHS Scotland's The Knowledge Network and Google Scholar. Novels and media depictions were analysed in relation to the scientific understanding at the time.

Results The novels show two ways of control: surgical (Moreau) and chemical (Jekyll). Both are unsuccessful, as were physician's attempts in reality. The narrators' concerns mirror the cultural anxiety at the time surrounding containment and treatment of mental illness. Media portrayal of cruel, unsuccessful treatment continues throughout the twentieth century.

Conclusions Nineteenth century cultural attitudes to mental illness show a distinct anxiety and concern with barbaric treatments and their inefficacy. Despite psychiatric progress, the media have continued to portray mental illness and its treatment in a negative light, suggesting continued levels of societal concern.

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EV0534

Demographic characteristics of the cohort of patients, receiving out-patient psychiatric help in regional medical consultative and diagnostic center of sub-arctic territory

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The analysis of mental health 5356 patients referred to the out-patient reception of a psychiatrist in the structure of the regional

consultative diagnostic center. The structure of the patient, the psychiatrist received increased by 14.0% the proportion of initial applications (59.6%). The number of men has decreased in absolute terms, 1.84 times, and the relative by 10.4%, which led to the formation of a clear trend dominance of the female population of the territory. Men are turning mainly in the active working age 18–44 years (54.2%), while women are turning mainly aged 50 years and older (59.3%). This is explained by the peculiarities of the physiological, mental and emotional state at a certain age period of the female orgasm, as well as the prevailing female population of the region (5.6%) over the masculine. Statistically significant difference on the prevalence of urban agriculture is not set. Reduction adopted children under the age of 17 years from 62% to 16% is a result of filling in the municipalities vacancies child psychiatrists and can be evaluated as a positive result of the dynamic development of mental health services. At present, it formed the objective necessity of the development of community mental health as a result of growth in the number of mental illnesses. But this comes at the expense of lighter forms (outpatient options). Most exacerbations do not require compulsory hospitalization, as a rule.

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EV0535

Structure of psychic sphere pathology of patients of the regional medical consultative and diagnostic center of sub-arctic territory

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In the structure of pathology 5356 psychiatric patients according to nosology forms, the first place ranking diagnosed by a psychiatrist of the regional advisory diagnostic center occupy organic, including symptomatic, mental disorders (F00–F09) to 48.2%. The second place ranking occupied by neurotic, stress-related and somatoform disorders (F40–F49) to 37.8%. This pathology includes various phobic, anxiety, depressive, hypochondria, obsessive-compulsive, dissociative (conversion), somatoform disorders, as well as response to heavy stress and adjustment disorders. The combination of anxiety and depression observed took place in 70.0% of patients. The majority of patients with anxiety disorders only part of the symptoms is found, however, and they are extremely painful. These people are in most cases not immediately come to the attention of psychiatrists, moving from a general practitioner to a neurologist, cardiologist and doctors of other medical specialists. They have initially diagnoses as vegetative-vascular dystonia, and then diencephalic crises, etc. The third rank place took patients with mental retardation - the proportion of an average of 1.3%. Mental disorder primarily characterized by impaired ability, manifested in the ripening period, provides a common level of intelligence: cognitive, speech, motor and social abilities. For the most part the clinical manifestations of these patients there are two groups of disorders: (1) Disorders of cognitive functions (memory, intelligence, learning, attention); (2) perception of disorder, the content of the thoughts, emotions and behavior.

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EV0536

The impact of the economic crisis on the use of psychotropic medication in Portugal: Preliminary results of the national mental health survey follow-up

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Introduction Economic crises can contribute to a worsening of mental health problems and, consequently, to a possible increase of the use of psychotropic medication.

Objectives To assess the use of psychotropic medication in Portugal before and after the onset of the economic crisis, and to better understand the impact of the economic crisis in this highly hit country.

Methods This 2015 follow-up epidemiological study re-interviewed a probability sub-sample of respondents to the 2008 national mental health survey, the first nationally representative study of psychiatric morbidity and treatment patterns in Portugal. Socio-demographic and clinical variables were assessed using a structured interview in 2008 ($n=2060$) and 2015 ($n=911$). All participants were questioned about the last 12 month use of psychotropic medication for mental health problems. Descriptive analysis was conducted to assess the use of psychotropic medication by group and gender in 2008 and 2015.

Results Between 2008 and 2015 there was an overall increase in the use of the main groups of psychotropic medication (22.5% to 28.6%), with a particularly relevant increase in the consumption of anti-depressants and anxiolytics. The use of psychotropic medication was higher among women in 2008 and 2015 (31.1% and 36.7%) compared to men. However, the increase in consumption was more relevant in men (13.3% to 20.0%), particularly in relation to anxiolytics (6.0% to 11.6%).

Conclusions The economic crisis was associated with a substantial increase of psychotropic medication's use in Portugal, consistent with the increased prevalence of mental health problems that this study also found.

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EV0537

Services utilization for mental health problems in Portugal during the economic crisis: Preliminary results of the national mental health survey follow-up

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Introduction During economic crises additional mental health risks emerge and social inequalities in health can widen. In order to

ensure universal coverage of mental health care and to reduce the impact of the crisis, it is crucial to assess the needs of the population to be able to reorganize mental health care accordingly.

Objectives To analyse the use of services for mental health problems in Portugal during the economic crisis.

Methods In this follow-up epidemiological study, a probability sub-sample of respondents to the 2008 national mental health survey ($n=911$) was re-interviewed in 2015. Socio-demographic variables and treatment patterns were assessed using a structured interview, and psychological distress was measured using the Kessler-10 Scale. Descriptive analysis was conducted to characterize the use of services for mental health problems.

Results In total, 27.9% of the respondents sought treatment for mental health problems in the previous 5 years, and GPs were the most contacted professionals. Only 57.7% ($n=119$) of the respondents with moderate or severe psychological distress ($n=197$) reported recognizing they needed treatment. Among people with moderate or severe psychological distress who recognized their need for treatment, most received treatment (80.5%, $n=105$), which was minimally adequate for 74.4% ($n=81$). Low perceived need and structural barriers were the main obstacles for access to care.

Conclusions Under-treatment, low continuity of care and low adequacy of treatment are problems that the Portuguese health system must address in order to meet the mental health challenges of the economic crisis.

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EV0538

A biopsychosocial look on the violence in Colombia. Understanding violence to understand the role of psychiatrist in the post-peace agreement era

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Introduction The armed Colombian conflict is one of the bloodiest and most extensive in the contemporary history of Latin America, with multiple factors and causes implicated.

Objectives Determine the factors involved in the emergence of Colombian political violence from neurobiological, anthropological, social and psychoanalytic models.

Methods We revised the report Basta Ya! of The National Center for Historical Memory, which approximates the casualties and victims of the armed conflict in Colombia. In addition, we conducted a rigorous review of current scientific and clinical literature on the neurobiology of violent behavior, social psychiatry and psychoanalytic papers about war, death, and survival instincts.

Results Violent behavior can be explained by the neurobiological model of aggressive response as an imbalance between the prefrontal cortex and the limbic system. There is evidence to support a geographically-based violence in Colombia with a fragmentation of the territory, the State, and the Colombian identity. Moreover, we found the psychological component raised by Freud and in psychoanalysis, about war, and life and death instinct, as antagonistic manifestations of life-present in acts of violence.

Conclusions The violence from the armed Colombian conflict has been one of the longest in modern history, determining its causality has been complex. However, understanding violence multifactorially allows us to improve social psychiatry and our role as clinicians in this new post-agreement era, in order to better estab-