

15.3% and 5.0% respectively; significantly, more boys misused marijuana (20.6%) than girls (12.2%) (Chi-square=4.525; df=1; P=0.033).

**Conclusions:** The prevalence of PTSD, depression, anxiety, and substance misuse between groups of medical and philosophy university students in BH seven years after the war quitted did not significantly differ. Girls presented significantly more PTSD prevalence than boys. Boys significantly more frequently were drinking alcohol and misused marijuana than girls.

### P185

PTSD among adolescents from three different geographical settings in Bosnia-Herzegovina after 1992-95 war

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**Aims:** To estimate the frequency, type, and severity of psychological trauma among displaced adolescents from three different municipalities with different exposure to war conditions after the 1992-1995 war in Bosnia-Herzegovina (BH).

**Methods:** The sample of 212 adolescents from northeast region of BH (102 girls) aged of 15.1±2.1 years, divided in three groups. Srebrenica group (n=69), Zvornik group (n=74) and Bijeljina group (n=69), were assessed for war traumatic events and presence of post-traumatic stress disorder (PTSD). The Harvard Trauma Questionnaire (HTQ) version for Bosnia and Herzegovina was used.

**Results:** Among tested adolescents 82.1% left homes, 77.8% of them were separated from family, 76.4% were forcedly expelled from homes, 50% lived in collective settlements. In the sample 11.6% of adolescents lost father: Srebrenica (43.5%), Zvornik (29.7%) and in Bijeljina group (5.8%)(Chi-Pearson=25.844, df=2, P<0.001). The PTSD prevalence was 61.3% in the sample; Srebrenica (73.9%), Zvornik (62.1%), and Bijeljina group (47.8%) (Chi-square=9.933; df=1; P=0.007). Among adolescents who lost father in the sample 82.1% presented PTSD: Srebrenica (80.0%), Zvornik (90.9%) and Bijeljina (50.0%)(Chi-square=16.769, df=2, P<0.001). In Srebrenica and Zvornik groups gender had no influence on PTSD prevalence but in Bijeljina group girls presented significantly more PTSD (59.6%) than boys (34.4%)(Chi-square=4.327, df=1, P=0.038).

**Conclusions:** The prevalence of PTSD was very frequent among Bosnian displaced adolescents 3.5 years after the war ended. Adolescents from Srebrenica had the highest rate of father loss and PTSD prevalence. Father loss influenced significantly on the prevalence of PTSD, while girls presented significantly more PTSD only in Bijeljina group.

### P186

Four years of day hospital treatment of psycho-traumatized persons in post-war Bosnia and Herzegovina

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During and after the 1992-1995 war in Bosnia-Herzegovina (BH), the population faced severe traumatic events, and the need for organized psychosocial help to traumatized persons was great. The Ministry of

Health, Federation of Bosnia and Herzegovina has established the network of psychosocial help in 1996. This paper to present organization of day hospital in Psychiatry Department Tuzla, for psychosocial support and treatment of persons, traumatized during and after the BH war. The authors described the implementation of the community-based Reform Program of Mental Health, the Ministry of Health, Federation of Bosnia and Herzegovina, and retrospective analysis of hospitalizations for psycho trauma in a 1999-2003 period of work carried out within the day hospital of the Psychiatry Department in Tuzla, Bosnia-Herzegovina. Considering the number of referred patients, their gender, age, and psychiatric disorder does this. Diagnostic estimation was carried out in accordance with DSM-IV classification, standardized PTSD interview, and Minnesota Multiphasic Personality Inventory (MMPI). During 1999-2003 period there were a total of 283 day-hospital patients aged 45 8.06 years, 118 (41.40%) of them were males. According to psychiatric disorders, the highest number of patients 143 (50.2%) suffered from Post Traumatic Stress Disorder (PTSD), 132 (46.3%) of patients were classed as having depressive disorders and 45 (15.8%) patients suffered from psychotic disorders. In addition it considers advantages and disadvantages of day hospital in psychiatric care of psychotraumatized persons in post war BH.

### P187

Prevention of mental health problems among future doctors: A controlled group intervention study among medical students in Bergen

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**Background:** Stress and mental health problems is common among medical students, but we lack studies of intervention programmes during medical school.

**Design and Methods:** The students participated in one of two group session programmes during their third year at medical school. One option was a self-development programme delivered by trained group therapists. Alternatively the students chose a programme focusing on themes of special relevance to doctors. The format was one and a half hours' group sessions, once weekly, altogether 12 times. The baseline data were gathered before the intervention (T1). We studied the effect 3 months post intervention (T2), in this first follow-up paper. One class (N= 128) of medical students were given the group intervention programmes. The next year class (comparison group) received no intervention (N= 152). The main outcome of this study was Perceived Medical School Stress (PMSS), which has been linked to anxiety and depression, as well as need for treatment. We used multilevel linear model (repeated measures) to test for differences over time.

**Results:** Both the intervention and the comparison groups showed a decline in PMSS from T1 to T2. There was an interaction between time and the intervention, and this indicates a significant effect (P=0.01) of the intervention. We found this effect due to the participation in the self-development groups (P=0.009). All effects were controlled for age and gender.

**Implications:** The self-development groups have a beneficial effect on stress among the students in a three months follow-up.

### P188

Ethnotherapeutic approach in psychosocial assistance to adolescents in refugee camps: The experience of Chechnya