

## YSFC01-03 - YOUNG PATIENTS ADMITTED TO AN ITALIAN ACUTE PSYCHIATRY UNIT: A CASE-CONTROL STUDY

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**Objectives:** To describe the main features of the younger group of patients hospitalized (January 1<sup>st</sup> and December 31<sup>st</sup>) in the Acute Psychiatry Unit of a General Hospital in Bologna (Northern Italy), comparing their socio-demographic and clinical characteristics and their needs with those of the adult patients admitted.

**Methods:** Retrospective consultation of case-histories concerning 111 subjects (60.4% men) randomly selected. Chi-square and independent sample T-test used to compare 33 cases ( $\leq 21$  years) and 78 controls (35-49 years).

**Results:** Young-cases had a higher prevalence of parental separation (31% vs 2.7%;  $p < 0.001$ ) and were more frequently adopted (18.8% vs 0%;  $p = 0.01$ ). Psychomotor agitation or etero/self-aggressiveness (36.4%) and personality disorders (12.1%) were the most prevalent causes of hospitalization among the younger group, whereas psychosis (32.1%), mood disorders (19.2%) and alcohol-substances dependence (11.5%) were more common in controls ( $p < 0.001$ ). Presence of unfavorable life-events was two-fold higher in cases than in controls ( $p = 0.074$ ). In particular, quarrels with family (40%) or friends (20%) and substance abuse (13.3%) occurred especially in young individuals. In adults, mournings/separations and rejection therapy were more frequent ( $p = 0.017$ ).

Hospitalization's features (type, length, number of laboratory and instrumental exams) were not significantly different among the two groups, except for frequency and number of interviews and child-psychiatrists and educators' care provided that prevailed in cases.

**Conclusions:** The young population admitted in our acute psychiatric ward has a complex socio-relational and clinical situation requiring a multi-professional management. The frequent need of care in emergent/urgent situation highlights the importance of further studies on this issue.