Methods Thirty-three patients who sought treatment for NSSI (NSSI group) were compared with 33 individuals without psychiatric disorder (control group). We also investigated Axis I disorders, executive functions and problem solving capacity.

Results In both groups, the majority were women (77.25%) with a mean age of 30 years, and the beginning of NSSI behavior of 16 years. The most common NSSI behaviour was skin cutting, and the most common reason given for engaging in that behaviour was "to stop negative feelings". The most common psychiatric comorbidities were major depressive disorder (60.6%). Compared to controls, the group with NSSI showed lower results in relation to problem solving capacity ($P = 0.000$) and mental flexibility ($P = 0.007$). Deficits in problem solving capacity may be a reflection of low mental flexibility of adults with NSSI. This may be a risk factor for the beginning of NSSI and the persistence of it in adulthood.

Conclusion Early identification and treatment focused on problem solving capacity during the adolescence may prevent the chronicity of NSSI.

Disclosure of interest The authors have not supplied their declaration of competing interest.

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EV0859

Associations between gender and obesity among adults psychiatric outpatients in the town of Gabes (Tunisia)

L. Ghanmi [1,*], K. Zitoun [1], I. Hachaichi [1], S. Hamrouni [1], O. Salem [1], L. Zouari [2], M. Maalej [2]
[1] *Psychiatry Department, Regional Hospital of Gabes, Gabes, Tunisia*
[2] *Psychiatry "C", University Hospital Hedi Chaker, Sfax, Tunisia*
* *Corresponding author.*

Background Patients with severe mental illness (SMI) suffer from two to three times higher rates of obesity, and this has translated into much higher rates of obesity-related morbidity and premature mortality in this population.

Aims Measuring the frequency of obesity and its associations with gender, and others socio-demographics factors among 115 adults psychiatric outpatients.

Methods A cross-sectional study, was conducted to assess frequency of obesity among 115 adults attending public mental health department in the regional hospital of Gabes (south of Tunisia). For the diagnosis of mental disorders, we used the diagnostic and statistical manual of mental disorders (DSM-V). Obesity was estimated by body mass index (BMI). This index is defined as the ratio of weight (kg) to squared size (m2). Overweight is defined as a BMI between 25 and 29.9 kg/m2 and obesity by a BMI $\geq$30 kg/m2. BMI was measured directly and other information was gathered by interview.

Results The mean BMI was 25. In our patients, 40.9% were overweight, 49.6% ($n = 57$) were obese including 8.7% ($n = 10$) who were morbidly obese. Obesity was significantly more frequent in women (63.8% vs 39.7%, $P = 0.009$), living in a couple (60.9% vs 42%, $P = 0.03$) and having a medium or high socioeconomic level (53.3% vs 30.4%, $P = 0.03$). There were no differences between obese and non-obese regarding age, level of education and professional status.

Conclusion The high prevalence of obesity among women suggests that targeted approaches are needed to promote optimal physical health in this population.

Disclosure of interest The authors have not supplied their declaration of competing interest.

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EV0860

Does listening to Mozart's music influence visuospatial short-term memory in young adults?

V. Giannouli [1,*], S. Popa [2]
[1] *Aristotle University of Thessaloniki, School of Medicine, Drama, Greece*
[2] *State University of Moldova, Faculty of Psychology and Educational Sciences, Chişinău, Moldova*
* *Corresponding author.*

Introduction Music is claimed to improve mental function and many researchers claim that this effect related to Mozart's music is limited to enhancement of the spatial temporal reasoning and not to other cognitive functions.

Objectives To explore the influence of Mozart's music on visuospatial memory.

Methods Sixty adults (37 women and 23 men), with M_{age} = 21.83, SD_{age} = 2.38, $M_{education}$ = 14.03, $SD_{education}$ = .99, and without any formal musical education were examined through an experimental process. Participants in groups of ten listened to Mozart's sonata for two pianos in D major, K.448, to Mozart's violin concerto No.3 in G major, K.216, and to a no sounds condition in varying order. The participants after listening to each 10-minute condition were presented with a series of randomly generated patterns made up of black squares on a chess-like surface. This was used in order to test the storage capacity of their visuospatial memory. After 3 seconds of presentation for each drawing, they were asked to reproduce by drawing these patterns that progressively got bigger.

Results Results revealed for all three conditions that the number of correct grid drawings made by the participants was not significantly statistically different ($P > 05$), and therefore their visuospatial memory retention was not influenced by any kind of music.

Conclusions Future research could examine in more detail the retention and manipulation of visuospatial information not only in tasks similar to the visual patterns test, but also in different tests used for clinical and non-clinical populations.

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Profile lipid and obesity in patients with Tms to treatment with antipsychotis

A. González Suaréz [1,*], L. Lago García [2], A. Alonso Huerta [3], S. Ocio León [3], M. Gómez Simon [3], M.J. Hernández González [3], O. Walid Muquebil Ali Al Shaban Rodriguez [4], M.P. Estebanez Suarez [3], I. Barreda Salas [5], J. Lopéz Fernandez [3], D. Frias Ortiz [6], E. Torio Ojea [7]
[1] *CSM Mieres, Adults, Pola de Laviana, Spain*
[2] *Hospital Vital Álvarez Buylla, Unidad de Hospitalizan psiquiátrica, Mieres, Spain*
[3] *CSM Mieres, Adults, Mieres, Spain*
[4] *CSM Luarca, Adults, Luarca, Spain*
[5] *Policlínico Salud 4, Adults, Gijón, Spain*
[6] *Centro de Salud Mental 2, Adults, Gijón, Spain*
[7] *Hospital Universitario Central de Asturias, Unidad de hospitalización psiquiátrica, Oviedo, Spain*
* *Corresponding author.*

Introduction Psychiatric patients tend to have severe metabolic alterations of multifactorial causes, lifestyle, diet, drug use and psychopharmacological treatment, especially antipsychotic drugs which act as risk factors for cardiovascular disease, strokes, infections and complications of diseases basal negatively influencing its evolution and prognosis.