

**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.

**Disclosure of Interest:** None Declared

## EPV0167

### Problematic video game use in adolescents and psychosocial functioning

I. Belabbes<sup>1\*</sup>, K. Douk<sup>2</sup>, Z. Elmaataoui<sup>3</sup> and H. Kisra<sup>1</sup>

<sup>1</sup>Arrazi hospital, Sale; <sup>2</sup>Military hospital mohammed V and <sup>3</sup>Arrazi hospital, Rabat, Morocco

\*Corresponding author.

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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

I. Belabbes\*, K. Douk, I. Katir and H. Kisra

Arrazi hospital, Sale, Morocco

\*Corresponding author.

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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 and 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. ; 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 and 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

## EPV0169

### Suicidal crisis in the adolescent: About 3 clinical cases

I. Belabbes\*, I. Katir, M. Chtibi and H. Kisra

Arrazi hospital, Sale, Morocco

\*Corresponding author.

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**Introduction:** Suicide is the third most common cause of death among adolescents. It is linked to several mental pathologies. Early detection and effective and rapid management are essential elements to improve the mental health of the adolescent and prevent suicidal behaviour.

**Objectives:** Our objective is :

- To discuss through these medical observations the risk factors and pathologies at high risk of suicide,

- To detail the urgent course of action to be taken in the event of suicide attempts and
- To underline the importance of early management to prevent suicide in adolescents

**Methods:** We report hereafter the clinical cases of 3 adolescents followed in child psychiatry for the management of a suicidal crisis.

**Results:** 1st clinical case :

This is a 13 year old girl, brought back by the staff of the Lalla Meryem child protection centre, where she has been living since her separation from her family following abuse by her mother. She reports a reliving of scenes where her mother burned her private parts. She reports disturbed sleep with night terrors and nightmares. In addition, the centre’s staff reported irritability, crying spells and verbalized suicidal threats.

2nd clinical case:

This is a 15 year old girl referred by the paediatric service for management of a suicide attempt by ingestion of rat poison. She stopped her schooling 2 years ago to take care of her mother who had cervical cancer and died 6 months ago. Since then, she has experienced sadness of mood, low self-esteem with ideas of devaluation. During the first psychiatric interview, she did not criticize her suicidal act and said that she wanted to kill herself, which she considered the only solution to her suffering.

3rd clinical case:

This is a 12-year-old adolescent, followed in child psychiatry for conduct disorder with problematic use of tobacco, cannabis and benzodiazepines. He had stopped going to school since the third grade.

He consulted for a suicide attempt by ingesting 30 antihypertensive tablets. After somatic care, he was referred to us from the medical emergency department for psychiatric care.

**Conclusions:** Suicide among adolescents is on the increase in Morocco. It is necessary to take into account the risk of suicide in the face of any mental or somatic pathology. A rapid and urgent course of action is necessary to avoid recurrence.

**Disclosure of Interest:** None Declared

## EPV0170

### The impact of anxiety and depression across childhood and adolescence on adverse outcomes in young adulthood: a UK birth cohort study

I. Morales-Muñoz<sup>1\*</sup>, P. Mallikarjun<sup>1</sup>, J. Chandan<sup>2</sup>, R. Thayakaran<sup>2</sup>, R. Uptegrove<sup>1</sup> and S. Marwaha<sup>1</sup>

<sup>1</sup>Psychology and <sup>2</sup>Institute of Applied Health Research, University of Birmingham, Birmingham, United Kingdom

\*Corresponding author.

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**Introduction:** Little is still known about the long-term impact of childhood and adolescent persistent depression and anxiety on adulthood.

**Objectives:** To investigate the impact of persistent anxiety, depression, and comorbid anxiety and depression across childhood and