

features of anxiety, seizing, high emotivity. The maximum values for the scales of anxiety (ANX, PHOB) recorded in patients with somatoform dysfunction of the autonomic nervous system (SDANS). Evaluation of coping strategies showed a preferential use of the “avoidance” strategy by patients with SD, USD, a rare use of social support strategies, responsibility. Patients with somatoform pain disorder often resorted to seek social support.

**Conclusion** The use of the questionnaire SCL-90-r has identified a number of clinical features of patients with different variants of the SFD. Typologically in all samples of patients revealed moderate accentuation on emotivity trait.

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

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#### EV0043

### Acupuncture decreases competitive anxiety prior to a competition in young athletes: A randomized controlled trial study

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**Introduction** Although a certain level of competitive anxiety may increase performance, many athletes with anxiety experience uncontrolled negative feelings and cognition that in turn can have overwhelming effects on their performance.

**Objectives** Indeed, we aimed to assess the effect of the acupuncture on competitive anxiety in a sample of young football players using physiological biomarkers and subjective anxiety measures.

**Methods** We aimed to assess the effect of acupuncture on competitive anxiety of the adolescent football players prior to the competition using psychological and physiological markers. A total of 30 athletes were randomly and equally allocated to either acupuncture or sham control group.

**Results** The results of *t*-test on posttest scores showed that acupuncture had a significant effect on cognitive anxiety ( $P=0.001$ ) and somatic anxiety ( $P<0.001$ ) but not self-confidence ( $P>0.05$ ). Furthermore, the results showed that acupuncture significantly decreased the skin conductance in acupuncture group compared to sham group ( $P=0.006$ ) ( $P<0.001$ ).

**Conclusions** In conclusion, the results suggested that acupuncture have the capacity to decrease cognitive and somatic anxiety prior to competition in adolescent athletes while this was accompanied by significant physiological changes.

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

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## e-Poster viewing: bipolar disorders

#### EV0044

### Mental health literacy in bipolar disorder: A cross-sectional survey in Saudi Arabia

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**Introduction** Stigmatization of individuals with mental illnesses is widespread and serves as a major barrier to treatment. Specific alterations in mental health literacy about a disorder and its perceived treatability can change this social attitude. Assessing awareness of bipolar disorder is important as the WHO ranked bipolar disorder as the sixth cause of disability.

**Objectives** To assess mental health literacy (knowledge, attitudes and beliefs) in bipolar disorder among Saudi population.

**Methods** Cross sectional study is currently conducted. We are using valid reliable questionnaire assessing the level of awareness, knowledge, attitude and behavior toward bipolar disorder. It is distributed to adult Saudi citizen (> 17 years of age) in malls, university and hospitals in Riyadh. People who are known to have psychiatric disorder and their caregivers or who works as psychiatrists and psychologists are excluded.

**Results** There are 200 samples collected, and 14 were excluded according to exclusion criteria. Fifty-two percent of our preliminary sample has heard about bipolar disorder, and more than half of them believe that neurotransmitter disturbances, substance use and psychological trauma are more likely to be causes of bipolar. In contrast, 49% of the sample did not choose psychiatric medication as effective treatment for bipolar, whereas more than half of them chose praying.

**Conclusions** It is a first-of-its-kind research study in Saudi Arabia determining the current mental health literacy of bipolar disorder in Saudi Arabia. We are aiming to increase the sample size to reach 1000 participants. Further study will be needed to investigate possible interventions to improve such problem.

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

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#### EV0045

### Demyelination in rat model of mania-like behavior

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**Introduction** Ample amount of data suggests role of REM sleep deprivation as the cause and effect of mania. In the present model, we have tried to implement behavioral sensitization to sleep deprivation, conditions mimicking natural circumstances, so as to produce an animal model with symptomatology resembling very close to human mania. Pre-clinical and clinical studies have shown that mania is often co-morbid with multiple sclerosis, therefore we sought to find out whether myelin integrity is disrupted and if lithium could protect against such damage.

**Objectives** (1) To analyse mania-like behavior after REM sleep deprivation. (2) To analyse any damage to myelin under TEM.

**Aims** We wanted to see if there could be any damage to myelin after behavioral sensitization to stress.

**Methods** Rats were sleep deprived by classical flowerpot or platform method. OFT was performed to assess behavior of rats. The analysis was performed over 5 min, separated into 5 bins of 1 min each. Behavioral scores included total square entries, inner square entries, time spent in center, rearing frequency, time spent rearing, number of grooming bouts, time spent grooming defecation and time spent still. TEM was performed to study changes in myelination in two distinct regions of brain, DG and VTA.

**Results** It was observed that the REM sleep deprived rats had mania like symptoms. REM sleep deprivation lead to demyelination in DG and VTA. Lithium treatment restored myelination per se.