

**Results:** The mean (SD) age of participants was 13.6 (1.5) years at baseline. The final results observed significant within-time associations between PIU, self-esteem, and depressive symptoms at each time point. PIU and low level of self-esteem could predict subsequent depressive symptoms among adolescents, and depressive symptoms were also associated with subsequent PIU and self-esteem.

**Conclusions:** Both problematic Internet use and self-esteem show bidirectional predictions with depressive symptoms among Chinese adolescents. Health-related professionals, schools and families should be aware of the findings of bidirectional associations. Adolescents with problematic Internet use and lower self-esteem should be paid more attention to attenuate the risk of developing depressive symptoms.

**Disclosure:** No significant relationships.

**Keywords:** problematic Internet use; self-esteem; adolescence; depressive symptoms

### EPP0051

#### Clinical importance of systematic assessment and psychoeducation in specialised treatment of adolescents with severe functional somatic disorders

K. Kallesøe<sup>1\*</sup>, A. Schröder<sup>2</sup>, R. Wicksell<sup>3</sup> and C. Rask<sup>1,4</sup>

<sup>1</sup>Psychiatry, Aarhus University Hospital, Research Unit, Department Of Child And Adolescent Psychiatry, Aarhus N, Denmark; <sup>2</sup>Aarhus University Hospital, Research Clinic For Functional Disorders And Psychosomatics, Aarhus C, Denmark; <sup>3</sup>Karolinska Institutet, Department Of Clinical Neuroscience, Solna, Sweden and <sup>4</sup>Aarhus University, Department Of Clinical Medicine, Aarhus C, Denmark  
\*Corresponding author.

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**Introduction:** Functional somatic disorders (FSD) characterized by persistent and disabling physical symptoms are common in youth. Diagnostic uncertainty and insufficient illness explanations are proposed as perpetuating factors for FSD and may furthermore serve as barriers for treatment engagement.

**Objectives:** The present study is part of a larger randomized trial and aimed at evaluating the impact of systematic assessment and psychoeducation on various clinical outcomes for adolescents suffering from severe FSD.

**Methods:** Ninety-one adolescents (15-19 years) with severe FSD of at least 1 year's duration were included in the randomized trial AHEAD (Acceptance and Commitment Therapy for Health in Adolescents). All participants received a thorough assessment (approximately 4 hrs.) and a subsequent psychiatric consultation (1.5 hrs) focusing on further psychoeducation and health promoting strategies. Clinical outcomes included self-reported physical health (SF-36), symptom severity, illness perception, illness related behaviour and psychological flexibility. Questionnaires were distributed at baseline (before assessment) and 2 months after randomisation. Data were analysed using simple t-tests.

**Results:** Assessment and psychiatric consultation were not associated with a clinically relevant improvement of physical health, mean difference 0.23 95% CI [-0.95;1.41] p=0.701. However, a considerable decline was seen on symptom severity (p=0.017), illness worry (p<0.001) and negative illness perceptions

(p<0.001). Furthermore, a decline was seen in limiting illness behaviour (p=0.002) and psychological inflexibility (p=0.001).

**Conclusions:** The results underpin the importance and the potential positive implications of thorough assessment and psychoeducation. Hence, these elements may be in their own right in the systematic and specialised treatment of adolescents with severe FSD.

**Disclosure:** No significant relationships.

**Keywords:** functional somatic disorders; psychoeducation

### EPP0052

#### Effects of acute physical activity on executive functions requiring inhibition among children with attention-deficit hyperactivity disorder

M. Miklós<sup>1,2\*</sup>, D. Komáromy<sup>1,3,4</sup>, J. Futó<sup>1</sup> and J. Balazs<sup>1,5</sup>

<sup>1</sup>Eötvös Loránd University, Institute Of Psychology, Department Of Developmental And Clinical Child Psychology, Budapest, Hungary; <sup>2</sup>Pedagogical Assistance Services, -, Budapest, Hungary; <sup>3</sup>Vrije Universiteit Amsterdam, Faculty Of Behavioural And Movement Sciences, Amsterdam, Netherlands; <sup>4</sup>Universiteit van Amsterdam, Faculty Of Social And Behavioral Sciences, Amsterdam, Netherlands and <sup>5</sup>Bjørknes University College, -, Oslo, Norway

\*Corresponding author.

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**Introduction:** In recent years, physical activity as a potential intervention for attention-deficit hyperactivity disorder (ADHD) became into the focus of researchers, however the results are conflicting.

**Objectives:** Our aim was to investigate the effect of acute moderate physical activity on executive functions requiring inhibition.

**Methods:** The study included 50 treatment-naïve ADHD children, 50 medicated children with ADHD and 50 typically developing children, aged 6–12 years. To diagnose ADHD, we applied the Mini International Neuropsychiatric Interview for Children and Adolescents. To measure executive functions, the pediatric version of the Test of Attentional Performance (KiTAP) was used. Half of the children in each study group participated in a 20-minute, moderately intense exercise while watching a cartoon video. In the control intervention, the other half of the children from all three study groups watched the same cartoon video in a sitting position for 20 min.

**Results:** Regarding distractibility, flexibility and inhibition, physical activity had a significant positive effect on two of 10 parameters (number of total errors and errors when distractor was presented, both in the distractibility task) in the treatment-naïve ADHD group.

**Conclusions:** Our results suggest that moderate acute physical activity has some significant positive effects on certain executive function parameters among children with ADHD. Future studies should consider determining the optimal form, intensity, and duration of physical activity to become a potential adjunctive intervention for children diagnosed with ADHD.

**Disclosure:** No significant relationships.

**Keywords:** ADHD; executive function; inhibition; children