

## EPV0211

### Multimethod Assessment of Mentalizing and its relations with Somatic Symptoms in Adolescents with Primary Headache

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**Introduction:** Difficulties in mentalizing (i.e., the ability to reflect on self and others' internal mental states, operationalized as reflective functioning [RF]; Fonagy et al., 2012) have been associated with psychological symptoms (Luyten et al., 2020), including somatic symptoms (Bizzi et al., 2019). Therefore, the assessment of its dimensions may be clinically relevant for young patients with somatic symptoms, as with Primary Headache (PH), representing one of the most common somatic complaints in children and adolescents.

**Objectives:** This study aimed to assess RF with a multi-method approach, exploring its relation with somatic symptoms.

**Methods:** 48 adolescents diagnosed with PH ( $M_{age}=14.83$ ,  $SD=2.81$ ; 67% females) were recruited from an Italian Child Neuropsychiatry Clinic. RF was measured both through the Child and Adolescent Reflective Functioning (CRFS) applied to the Child Attachment Interview transcripts and the self-report Reflective Functioning Questionnaire (RFQ), while the Children's Somatization Inventory (CSI-24) was used to measure the perceived severity of somatic symptoms.

**Results:** Different relations with somatic symptoms depended on the method used to evaluate RF: no significant correlations were found with the CRFS subscales (General, Other, Self), while a negative significant correlation was found with the RFQ subscale Certainty about mental states (RFQ\_C) ( $r=-.46$ ,  $p=.016$ ). All subscales of CRFS were negatively correlated with RFQ\_C ( $p=.05$ ), but not with the other RFQ subscale (Uncertainty about mental states; RFQ\_U).

**Conclusions:** This suggests that two measures may lead to different dimensions of the same construct, thus a multi-method assessment of RF would be advisable in clinical practice.

**Disclosure:** No significant relationships.

**Keywords:** mentalizing; Primary Headache; Adolescents; somatic symptoms

## EPV0212

### Health-related quality of life of adolescents living with HIV treated at the HIV Clinic at the National Institute of Pediatrics at Mexico City

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**Introduction:** ATR for children has successfully increase survival to adolescence. Health-related quality of life (HRQoL) is relevant to evaluate the impact of the disease on well-being in adolescents

living with HIV (ALH). Kidscreen-52 questionnaire is validated in mexican adolescents to measure HRQoL

**Objectives:** To evaluate health related quality of life in a sample of 22 mexican ALH

**Methods:** A sample of ALH in treatment at the HIV Clinic during 2021, were evaluated with Kidscreen-52 by a child psychiatrist. Statistics included non parametric tests and Cohen "d" and "r" size effect to compare T means between ALH and Kidscreen-52 standardized scores.

**Results:** Mean age:14.4+2.5. Gender: 11(50%)boys, 11(50%)girls. ALH showed significantly lower scores in all domains. Girls reported lower scores in physical well-being( $p=0.047$ ) and autonomy ( $p=0.023$ ). Orphan ALH had lower scores in mood and emotions ( $p=0.021$ )

KIDSCREEN-52	ALH MEAN/SD	KIDSCREEN-52 MEAN/SD	COHEN'S"d"	"r"
PHYSICAL WELL-BEING	18.45+3.9	42.6+6.6	- 4.4	-0. 91
PSYCHOLOGICAL WELL-BEING	23.04+6.03	51.2+8.7	- 3.7	-0. 88
MOOD	25.3+6.13	44.8+7.5	- 2.8	-0. 81
SELF-PERCEPTION	20.27+3.22	47.3+7.6	- 4.6	-0. 91
AUTONOMY	18.09+4.9	46.6+9.4	- 3.8	-0. 88
SOCIAL SUPPORT AND PEERS	24+5.1	51.0+9.4	-3.5	-0. 87
PARENTS AND HOME LIFE	20.95+6.2	48.6+9.4	- 3.4	- 0.86
FINANCIAL RESOURCES	9.04+3.21	44.7+7.3	- 6.3	-0. 95
SCHOOL ENVIROMENT	19.73+7.13	53.3+7.9	- 4.46	-0. 91
SOCIAL ACCEPTANCE	12.91+2.11	46.3+9.6	- 4.8	- 0.92

**Conclusions:** - HRQoL were significantly lower in ALH. -Girls showed significantly lower scores in physical well-being and autonomy. - ALH orphans showed significantly lower scores in mood and emotions domain

**Disclosure:** No significant relationships.

**Keywords:** health-related quality of life; HIV; Quality of Life

## EPV0213

### Emotion-focused Cognitive-Behavioral Therapy for externalizing disorders in children and adolescents : an attempt to resolve emotion regulation difficulties

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**Introduction:** Deficient emotion regulation is a common and impairing area of difficulty among children and adolescents with externalizing disorders. Emotion focused cognitive behavioral therapy ECBT is a form of CBT that is suggested to be employed to improve dysregulation of anxiety and other kind of emotions in anxious youth.

**Objectives:** Examine the efficacy of an Emotion-focused Cognitive-Behavioral Therapy (ECBT) inspired program on emotional regulation difficulties and behavioral problems in children and adolescents with externalizing disorders

**Methods:** We conducted a cross-sectional comparative experimental study. Subjects were 50 patients exhibiting behavioral disorders aged 9 to 18 years, with a diagnosis of attention-deficit/hyperactivity disorder (ADHD), oppositional defiant disorder (ODD), and conduct disorder (CD). Participants were assigned to ECBT and control groups. ECBT group contributed in 12-h weekly sessions within ECBT-inspired program. The control group received standard care. To assess emotion-related competencies, children were administered the emotion regulation questionnaire (ERQ-CA) and the alexithymia questionnaire for children (AQC). Parents completed the Child Behavior Checklist (CBCL) to measure youth externalizing problems. Tests were administered in pre- and post-test to all subjects. Both groups were matched for age, sex and educational level. Comparison of pre- and post-test results was performed using the Student's t-test.

**Results:** ECBT demonstrated a significant difference in the reduction of behavioral problems. ECBT effectively increased adaptive emotion regulation strategies (cognitive reappraisal) in the post-test. ECBT also reduced alexithymia scores, particularly difficulty identifying feelings, and externally oriented thinking.

**Conclusions:** ECBT demonstrated promising initial effectiveness in addressing emotion regulation deficits of children with externalizing behaviors

**Disclosure:** No significant relationships.

**Keywords:** externalizing behaviors; Children; emotion regulation

#### EPV0214

### Descriptive analysis of patients admitted to a new adolescent inpatient unit in Madrid

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**Introduction:** Adolescent mental health problems may have increased after COVID-19 worldwide pandemic. Therefore it seems necessary to study the state of mental health inpatient adolescent units.

**Objectives:** Adolescent mental health problems may have increased after COVID-19 worldwide pandemic. Therefore it seems necessary to study the state of mental health inpatient adolescent units.

**Methods:** An observational and descriptive analysis of the sample of patients between 12 and 17 years-old, that were admitted to the inpatient mental health unit since its opening on April 2021.

**Results:** A total of 205 patients were admitted from April 2021 until October 2021. We have observed sex differences within patients admitted, as the 82.9% of them were female. The mean age was 14.7, being 14.6 for girls and 15.3 for boys. The most common reason for admission (RFA) were suicidal ideation/attempt, eating disorders, affective disorders, conduct disorders/challenging behaviors and psychosis. Suicidal ideation/attempt was the most common RFA (57.07%) in both sexes, being higher among females (60.3%) than males (42.9%). Eating disorders were the second most common RFA in girls (17.7%) while psychosis (17.1%) and mood disorders (17.1%) were the second most common RFA within boys.

**Conclusions:** Findings on how COVID-19 affected adolescents mental health are controversial in the literature, our data suggest

that there is a need of developing quality studies that analyse how the pandemic might be influencing adolescents suicidal ideation/attempt and its protective and risk factors.

**Disclosure:** No significant relationships.

**Keywords:** Adolescents; inpatient unit; suicidal

#### EPV0215

### Tension-Type Headache in Early Adolescents: Exploring the Predictive Role of Anxiety and Alexithymia

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**Introduction:** Primary Headache, including Tension-Type Headache (TTH), represents one of the most common somatic disorders in children and adolescents with a strong impact on quality of life. Several risk factors, as environmental, familiar, and psychological features, including personality traits, are related to the development of Primary Headache. However, studies on specific subgroups of TTH are relatively few in early adolescents.

**Objectives:** Therefore, this cross-sectional pilot study aims at exploring the role of anxiety and alexithymia in early adolescents with and without TTH.

**Methods:** A sample of 70 early adolescents ( $M_{age}=14.59$ ,  $SD=1.85$ ; 71% females) consisting of a clinical group (31 with TTH) enrolled in an Italian Child Neuropsychiatry Clinic and a comparison group (38 without TTH) enrolled in schools, matched on gender and age, completed: 1) Multidimensional Anxiety Scale for Children (MASC) to detect the Total levels of Anxiety, also in their factor of Physical Symptoms, Social Anxiety, Harm Avoidance, and Separation Anxiety; 2) the Toronto Alexithymia Scale (TAS-20) to detect the Total levels of Alexithymia, also in their factor of Difficulty to Identifying and to Describing Feelings and Externally Oriented Thinking.

**Results:** TTH outcome positively correlated with Harm Avoidance ( $\rho=.68$ ,  $p<.001$ ) and Total Alexithymia ( $\rho=.72$ ,  $p<.001$ ). In a logistic regression, Harm Avoidance and Total Alexithymia predicted 69% of the variance in TTH outcome ( $p<.032$ ).

**Conclusions:** This disorder may be a maladaptive strategy to cope with problems and feeling emotions, then early adolescents could be fostered in the acquisition of more adaptive emotion regulation abilities.

**Disclosure:** No significant relationships.

**Keywords:** Tension-Type Headache; Early Adolescents; alexithymia; Anxiety

#### EPV0217

### Psychoeducation of Parents of Children with Autism Spectrum Disorders

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