Mindfulness-based parenting training might be useful in case of attachment-related problems to improve the parent-child relationship.

Disclosure: No significant relationships.
Keywords: mindful parenting; maternal attachment; child perception; mindfulness

EPP0720

Are the Kessler Psychological Scales suitable for screening for mental disorders in low-threshold mental health services in German-speaking countries?

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Introduction: The Kessler Psychological Distress Scales (K10 and K6) are used as screening tools to assess psychological distress and are the first-line assessment of need for help in the Headspace services.
Objectives: Thus, we studied the psychometric properties of their German versions in a Swiss community sample to evaluate their potential usefulness to screen for mental disorders or relevant mental problems in low threshold transdiagnostic German-speaking services.
Methods: The sample consisted of 829 citizens of the Swiss canton Bern of age 19-43 years. K10/K6 were validated against Mini-International Neuropsychiatric Interview (M.I.N.I.) diagnoses, questionnaires about health status and quality of life. Receiver Operating Characteristic (ROC) curve analyses were used to test for general discriminative ability and to select optimal cut-offs of the K10 and K6 for non-psychotic full-blown and subthreshold mental disorders.
Results: Cronbach's alphas were 0.81 (K10) and 0.70 (K6). ROC analyses indicated much lower optimal thresholds than earlier suggested; 10 for K10 and 6 for K6. At these thresholds, against M.I.N.I. diagnoses, Cohen's Kappa (<=0.173) and correspondence rates (<=58.14%) were insufficient throughout. Values were higher at the earlier suggested threshold, yet, at the cost of sensitivity that was below 0.5 in all but three, and below 0.3 in all but six cases.
Conclusions: For the lack of sufficient validity and sensitivity, respectively, our findings suggest that both K10 and K6 would only be of limited use in a low-threshold transdiagnostic mental health service – comparable to Headspace – for young adults in Switzerland and likely other German-speaking countries.

Disclosure: No significant relationships.
Keywords: screening; general population; concurrent validity; Mental Disorders

EPP0721

Attenuated positive and negative symptoms in patients at clinical high-risk for psychosis

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Introduction: The clinical high-risk for psychosis (CHR) is mainly established by the presence of attenuated positive symptoms (APS), but there is evidence of the role of attenuated negative symptoms (ANS) in the development of psychotic spectrum disorders. It is important to establish a link between APS and ANS in patients at CHR in order to improve early detection of psychosis.
Objectives: Establish the relationship between APS and ANS in depressive patients at CHR.
Methods: 130 depressive young in-patients at CHR with APS (average age 19.5) and 71 ones with ANS (average age 19.5) were examined. The HDRS scale was used to assess depressive symptoms, the SOPS scale was used to assess APS and ANS, and the SANS scale was used to assess ANS. The results are presented in median values.
Results: No differences were found between two groups in the severity of depressive symptoms on the HDRS scale and CHR symptoms on the SOPS scale (22 vs 23.5 and 45 vs 43 respectively). Statistically valid differences have been established between the groups in the APS severity on the sub-scale of positive symptoms SOPS: 11 and 7 (p 0.001). No differences in the ANS severity on the sub-scale of negative symptoms were detected (17 and 18.5, p=0.207). There were also no differences in the ANS severity on the SANS scale (40 and 47, p=0.163).
Conclusions: It has been established that patients at CHR with APS also have ANS, which may have clinical significance for early detection of psychosis.

Disclosure: No significant relationships.
Keywords: Attenuated negative symptoms; Clinical high-risk; Attenuated positive symptoms; Early detection

EPP0722

Burnout among early career psychiatrists in Russia – results of a cross-sectional study

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Introduction: Despite the long history of burnout studies, the problem of burnout among psychiatric specialists in Russia is insufficiently studied. The risk of burnout is the highest among psychiatrists in the first 10 years of their career.
Objectives: To assess the prevalence and severity of burnout in early career psychiatrists (ECPs) in Russia.