

have experience in diagnosing patients with Hwa-Byung. A total of four surveys were conducted as consensus was reached on the fourth round. Each questionnaire was distributed by mail to a panel of experts and was asked to submit a response after receiving the questionnaire.

Results: The results of the study are as follows. First, common factors for Hwa-Byung include anger, resent/blame, modify memory bias and attention bias for anger events. Second, characteristics of young Hwa-Byung patients include stress caused by social factors and excessive immersion in certain things such as drinking or smoking.

Conclusions: Therefore, when revising the Hwa-Byung scale, it would be necessary to include these factors.

Disclosure: No significant relationships.

Keywords: Oriental neuropsychiatry; Delphi method; Hwa-Byung; scale revision

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Migrants in Greece and mental health issues

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Introduction: Migration is a difficult and painful process for individuals, since they could no longer rely on the supportive structures of their own country that would help them develop resilience and mental well-being, on the one hand and, on the other hand, they may be obliged to find a new identity and adapt to a new social context.

Objectives: To identify mental health issues in migrants in Greece.

Methods: A literature review has been made through PubMed database.

Results: First-generation immigrants exhibited an increased risk of poor mental health including increased levels of depression, post-traumatic disorder and anxiety compared to local population. When immigrants come to a new country, they often experience culture shock, significantly influencing their mental health. The term “culture shock” describes feelings of weakness and a state of disorientation of individuals living in a new environment as well as the difficulties they face in the process of their adapting to the new conditions. Individuals lack a social supportive environment while experiencing lack of acceptance, as well as social discrimination, economic exploitation and racism by local society. Additionally, their cultural background can influence and differentiate the way they perceive, react and cope stressful conditions.

Conclusions: For the smooth completion of the cultural process, mutual adaption to the new conditions of both migrants and host society is needed, focusing on the understanding of different cultural heritage, as well as on the respect and recognition of rights of both sides.

Disclosure: No significant relationships.

Keywords: Greece; mental health; migration

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Conflicted Identities and Art Therapy: Practices and Case Studies in Kolozsvár/Cluj-Napoca, Romania

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Introduction: Cluj-Napoca in Transylvania, Romania, has a historically multiethnic population who maintain their language-based cultural identities. In order to harmonize interethnic relations in our multicultural society, art-therapeutic methods depend on the need to establish a sensitive relationship between the cultural horizon of individuals, thus increasing self-confidence, tolerance, resilience.



Objectives: The objectives are : to develop social skills, which facilitate the social and professional integration of children and adolescents belonging to ethnic groups living together, including those with disabilities.

