

eating disorders is scarce, especially in the area of social media and smartphone application (“app”) usage.

**Objectives & aims** To look at the Internet and smartphone app usage patterns of participants who presented with an eating disorder in Singapore, and whether it corresponded to severity of illness.

**Methods** Individuals who presented to the Eating Disorders clinic at the Singapore General Hospital from 13th June 2013 to 20th December 2013 completed a self-reported questionnaire on Internet and app usage. They also completed the EDE-Q, EAT-26 and CIA 3.0.

**Results** Fifty-five participants completed the study. A total of 41.8% had anorexia nervosa, 34.5% had bulimia nervosa, and 9.1% were ED-NOS. 41.8% felt that apps helped to perpetuate their illness, while 32.7% felt that apps were helpful for recovery. Overall, any smartphone application usage was associated with younger age and greater eating disorder psychopathology and psychosocial impairment. While 30.9% had encountered eating disorder-related content on Facebook, only 12.75 visited Facebook groups related to eating disorders. For YouTube, “Cooking and Food” and “Beauty and Fashion” videos were among the top 3 types of videos that participants watched.

**Conclusions** Internet and smartphone app usage is significant, and they are used to prolong or worsen eating disorder behavior in those with greater severity of illness. It is necessary to include interventions in this aspect as part of treatment.

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## EW220

### Eating disorders: What has the society to do with it?

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The prevention of eating disorders is a main concern of the Vienna Women's Health Programme, which was adopted by the Vienna City Council in 1998. Eating disorders are very serious mental health problems in adolescence. There is evidence that media exposure of the thin ideal body image leads to uncertainty, low self-esteem and dieting. To examine the current state of body (dis-)satisfaction and the risk of eating disorders among Viennese adolescents, we surveyed 1427 participants at the age of 12 to 17, using a self-assessment questionnaire that included the Eating Disorder Inventory (EDI-2), the SCOFF-questionnaire and the Rosenberg self-esteem scale. Results support our hypothesis. The highest concern among adolescents is about their weight and body shape. 76% of the girls surveyed wanted a skinny body, 31% were afraid of gaining weight, and 32% have already been dieting - 13% took appetite suppressants, 5% used vomiting, 3% took laxatives. According to the SCOFF-questionnaire, 30% of the girls were at risk of having eating disorders. Trends were evaluated via regression analysis. In 2012 girls used less dieting and had lower scores in the EDI-2 subscales 'body dissatisfaction', 'drive for thinness' and 'bulimia' than in 2001. Boys had less conspicuous scores than girls in total, but have shown an alarming increase in body dissatisfaction. School prevention programmes are indicated to enhance media literacy and encourage self-esteem among adolescents. To be successful, an interdisciplinary approach has to be established. The City of Vienna has already launched several awareness campaigns to counter unhealthy body ideals.

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## Education

### EW222

#### Professional stress among psychiatrists—a Delphi study

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**Introduction** Professional stress is a misfit between a person's skills and demands of the job. It has been found to be common among psychiatrists and affects their personal and professional life.

**Objectives** To rank order the factors and manifestations of professional stress among Indian psychiatrists.

**Aims** To determine the factors and manifestations associated with professional stress among Indian psychiatrists.

**Methods** A qualitative ranking type Delphi study was conducted at National Institute of Mental Health & Neurosciences, Bangalore. The Delphi team comprised of 43 randomly selected Indian psychiatrists with at least 10 years of clinical experience in psychiatry. Questionnaires were mailed & the replies were analyzed and a consolidated list was sent back to rank order them. Agreeability was assessed & the final list of factors and manifestations was shared with the experts.

**Results** Forty-eight percent of the experts completed all 3 stages of the study, 53% opined that age & gender were not a factor; however 58% & 44% opined that personality attributes & relationship status were significant factors contributing to professional stress (Table 1).

**Conclusion** Professional stress in Indian psychiatrists is largely secondary to increased workload and inadequate support system. System level changes, like increase in manpower and handling stigma regarding psychiatry, is required.

**Table 1** Top 3 factors & manifestations associated with professional stress.

Sl no.	Factors	Manifestations
1	Not enough time to complete all tasks satisfactorily	Emotional exhaustion
2	Too much work to do / too many different things to do	Poor communication with the patients
3	Lack of adequate staffing/ inadequate technical / clerical back up	Loss of idealism / zeal

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