

**Methods:** Between April to June 2021 a cross-sectional quality improvement (QI) study was done on children presenting to CAP-ER BronxCare-Hospital NY with psychiatric complaints. Concomitant substance use disorder was determined using CRAFT questionnaire.

**Results:** Our data comprised 209 patients (84 M/125 F) with 79 children and 130 adolescents. Ethnicity: 116 Hispanics (56%), 84 African Americans (40%), and 9 others. The most common presenting complaints were aggression (111, 53%), suicidal ideation/suicide attempt (50, 24%), acute exacerbation of chronic illness (7, 3.3%), accidental overdosage (5, 2.3%) and others (36, 17.4). Marijuana was the most used substance (34 patients).

**Conclusions:** There has been a surge in severity of presentation of psychiatric disorders among children and adolescents, aggression so far, the most prevalent. Further studies are needed to delineate the social links with this high emergent load and pandemic.

**Disclosure:** No significant relationships.

## EPV0148

### Hair cortisol and self-perceived stress in adolescents with functional somatic disorders – a comparison with general population data

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**Introduction:** Functional somatic disorders (FSDs) are characterized by persistent and disabling physical symptoms that cannot be attributed to well-defined somatic disorders. In adolescents, the prevalence is around 4-10%. Evidence from adult populations suggests that cortisol plays a role in the development and perpetuation of FSDs, but little is known regarding adolescents. As cortisol accumulates in hair over time, hair cortisol concentration (HCC) is a promising new biomarker for long-term physiological stress. Moreover, adult studies have found associations between HCC levels and self-perceived stress.

**Objectives:** To compare HCC levels between adolescents with severe FSDs and adolescents from the general population. Furthermore, to investigate the association between HCC and self-perceived stress.

**Methods:** The data are retrieved from two projects: the AHEAD trial, including 91 15-19-year-old adolescents diagnosed with a severe FSD, and the Copenhagen Child Cohort 2000 (CCC2000), including data on 1455 16-17-year-old adolescents. Hair samples

were collected for HCC analysis, and web-based questionnaires were used to assess self-perceived stress. Functional somatic symptoms were assessed with the Bodily Distress Syndrome (BDS) checklist.

**Results:** The data have been collected and will be analysed and presented at the congress.

**Conclusions:** This study can contribute with knowledge about the potential role of cortisol in FSDs in adolescents, and whether self-perceived stress can be used as a marker for physiological stress measured by HCC. Treatments for adolescents with FSDs still need to be improved. The current study may help to understand whether future treatment strategies should include a greater focus on stress management.

**Disclosure:** No significant relationships.

**Keywords:** hair cortisol; functional somatic disorder; Stress; adolescent

## EPV0149

### Parent Child Interaction Training (PCIT) in Zurich, Switzerland - Experiences and Results of the first two years

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**Introduction:** Parent Child Interaction Training PCIT (Zisser & Eyberg, 2010; Briegel, 2016) is an evidence-based treatment of oppositional defiant disorder in preschool children. However, it is implemented in few institutions in Europe. The advantage of PCIT is the involvement of both child and parents with direct coaching of the parents.

**Objectives:** We will give an overview of 20 treatment courses we have conducted since the introduction of PCIT at the Zurich University Hospital for Child and Adolescent Psychiatry. First, a descriptive analysis of our sample will be conducted. The influence of sample characteristics and intensity of training on the reduction of behavioral problems will be analyzed.

**Methods:** Parents attend the training for at least 6 months with regular sessions. The transfer into everyday life is achieved by daily homework. We use the Eyberg Child Problem Behavior Inventory as pre-post measurements. The ECBI is filled out by the parents before each session and also enables a progress analysis.

**Results:** Three times more boys participated than girls. Problem behavior was significantly reduced after the play training phase. There was also a significant overall pre-post effect. The effect seemed to be independent of the parental problem score before training and of the number of play-training sessions.

**Conclusions:** Parents and children clearly benefit from the play training. For the following cooperation training, the problem load experienced by the parents seems to be more relevant than the intensity of the child's problem behavior as assessed by them. This is to be examined in the future.

**Disclosure:** No significant relationships.

**Keywords:** oppositional-defiant disorder; parent-child-interaction-training; Children; preschoolers