EPP0112

Yoga exercises can improve sustained attention in children with ADD

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Introduction: It is known that children with attention deficit disorder (ADD) have deficit in sustained attention. It is important to develop trainings for improving sustained attention in ADD children. It was shown that yoga exercises have positive effect on sustained attention in adults.
Objectives: The gaol of this study was to reveal effect of yoga exercises on sustained attention in 7-8 years of age children with ADD. We compared the efficacy of two methods of treatment (yoga exercises vs. conventional motor exercises) in a randomized controlled pilot study.
Methods: 18 children with ADD at the age of 7-8 years were included and randomly assigned to treatment conditions according to a 2×2 crossover design. Children from intervention group participated in 8 weeks of yoga exercises. To assess the sustained attention we used subtest from Luria's child neuropsychological battery. This subtest is designed to assess visual sustained attention.. Effects of treatment were analyzed by means of an ANOVA for repeated measurements.
Results: The ANOVA has revealed ($p<.05$) that for sustained attention subtest the yoga exercises were superior to the conventional motor training, with effect sizes in the medium-to-high range (0.39-0.77).
Conclusions: The findings from this pilot study suggest that yoga exercises have positive effect on sustained attention in 7-8 years of age children with ADD. However, it is necessary to do further research to reveal the impact of yoga exercises on the prevention and treatment of attention deficit disorder in children.

Keywords: sustained attention; attention deficit disorder; yoga exercises

EPP0111

The work of a children's psychiatric clinic in the context of the COVID-19 pandemic in russia

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Introduction: In the context of the Covid-19 pandemic, healthcare workers experienced significant distress. At the same time, concern for the safety and well-being of employees remained important priorities to ensure the quality of care for children with mental illness.
Objectives: To study the specifics of the experience of the Covid-19 pandemic among employees of a children's psychiatric clinic, highlight the existing among them attitudes about the pandemic and form administrative decisions to improve the quality of care for children.
Methods: 380 employees voluntarily took part in the study (group 1 (G1): 115 people who worked directly with Covid-19 and group 2 (G2): 265 people without this experience) from 05/18/2020 to 05/20/2020. The author's questionnaire included the following blocks: 1) attitude towards patients and colleagues; 2) emotional experiences; 3) ways of coping; 4) social support; 4) finance.
Results: The main motive when deciding to work with Covid-19 was the motive of professional duty (25.4% of participants). There are a number of significant differences between group 1 and group 2: participants in G1 are characterized by denial of special experiences associated with Covid-19, seeking help from colleagues in difficult working conditions, reliance on family members and a positive vision of administrative decisions significantly more than participants G2. Relatives of G1 participants are less concerned about their future and health.
Conclusions: The personnel decisions made on the basis of the research allowed the clinic's team to provide quality care to children and families throughout the pandemic.

Keywords: Child Psychiatry; COVID-19; Patient Care Team; Health Personnel

EPP0112

Inflammatory cytokines dysfunction in autism spectrum disorder

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Introduction: Autism spectrum disorder (ASD) is a common neurodevelopmental disorder. Its underlying causes and pathophysiologies remain unclear. Recent data support the potential involvement of neuroinflammation in the onset of this disorder.
Objectives: The aim of our study was to investigate the potential link between ASD and inflammatory mediators.
Methods: This descriptive study was conducted among ASD outpatients followed-up at the child and adolescent psychiatry department in the Military Hospital of Instruction of Tunis. Blood samples were collected for inflammatory cytokines dosage, notably the interleukin 1β (IL-1β), interleukin 6 (IL-6) and the Tumor Necrosis Factor α (TNF-α) immunodosage.
Results: Twenty-four patients were included in this study, aged between four and ten years old (mean age= 6,55 years; minimum=4; maximum=10 years). Our sample was mainly represented by male patients (95,6%). TNF-α plasmatic levels were high (>5pg/mL) among all of our sample with a mean of 11,6 pg/mL (minimum= 6,87; maximum=17,7 pg/mL; standard deviation= 3,52 pg/mL), suggesting abnormal peripheral blood mononuclear cells response. However, IL-1β and IL-6 plasmatic levels were relatively normal.
Conclusions: An immune response dysregulation was detected in our sample. Multiple clinical and experimental studies investigated the implication of inflammatory cytokines in neurodevelopmental

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disruption. Their results, however, remain controversial and limited by small samples. Further studies need to be done in order to investigate the neuroimmunological factors linked with ASD.

Keywords: autism spectrum disorder; neurodevelopment; neuroinflammation; inflammatory cytokines

EPP0113

The gender distribution of psychopathological disorders at a child and adolescent psychiatry department: About 577 cases

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Introduction: The evaluation of the distribution of pathologies according to gender in child and adolescent psychiatry remains an interesting question both for epidemiological and etiopathogenic research.
Objectives: The objective of our work was to study the influence of gender on the psychopathological expression of disorders in children and adolescents.
Methods: A retrospective study was conducted at the outpatient child psychiatry department at the Tahar Sfar University Hospital in Mahdia, Tunisia, among patients who consulted for the first time during the period from January 2015 to December 2017. To carry out this work, we used a pre-established form evaluating the sociodemographic and clinical information. We opted for grouping diagnoses according to axis I of the DSM IV- TR.
Results: We collected 577 cases: 231 girls, and 346 boys. The analysis of the results showed a male predominance (60% of our sample were boys). A significant difference in diagnosis relating to gender was found ($p = 0.02$). In fact, boys were more likely to have pervasive developmental disorders, mental retardation and externalizing disorders, while girls were more likely to develop sleep and eating disorders and internalizing disorders such as mood disorders.
Conclusions: Demonstrating the existence of a significant gender distribution of pathologies in adolescent and child psychiatry is certainly of real importance in the context of epidemiological, clinical and etiopathogenic research. However, it would be more efficient to further investigate other epidemiological and sociocultural data in order to better specify the involvement of each of these factors in the emergence of psychopathology.

Keywords: psychopathology; Gender

EPP0115

Discrepancies between parent and child report of anxiety in children with high functioning autism spectrum disorder

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Introduction: Many children with autism spectrum disorder (ASD) experience high levels of anxiety. However, inconsistencies between parent and child reports may complicate the assessment of anxiety in this population.
Objectives: The aim of this study is to investigate discrepancies between parent and self-reported anxiety among children with high functioning ASD.
Methods: Children aged between 8 and16 years with high functioning ASD, followed in the outpatient unite of child psychiatry at the University Hospital of Monastir, Tunisia and their parents, were invited to complete the Arabic version of the Anxiety Scale for Children with Autism Spectrum Disorder (ASC-ASD). The ASC-ASD is a 24-item questionnaire with six sub-scales, designed specifically for the assessment of anxiety symptomatology in children with ASD. A total score of ≥ 20 indicate significant levels of anxiety.
Results: We recruited 66 children and their parents. The mean age was 10 years old. High rates of anxiety were found: children's reports revealed that 70% of them present anxiety and 60 % were coated anxious by parent's reports. Performance Anxiety, Uncertainty and Social Anxiety were the most frequent types of anxiety reported by both parents and children. We did not find a significant difference between the parents and children rating of anxiety except for the apprehension subscale.
Conclusions: This is one of the first studies to compare between parent and self-reported anxiety among children with ASD using an autism-specific measure of anxiety. No discrepancies have been found between parents and children report, however others studies are needed to investigate discrepancies in children with severe ASD.

Keywords: Anxiety; High Functioning Autism Spectrum Disorder; ASC-ASD

EPP0116

Children with hyperactive-impulsive disorder benefit from yoga training

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Introduction: It is known that children with hyperactive-impulsive disorder have deficit in executive abilities. It is important to search for effective approaches for developing executive abilities in children with this disorder.
Objectives: The goal of this study was to reveal effect of yoga training on executive abilities in 8-9 years of age children with hyperactive-impulsive disorder. We compared the efficacy of two methods of training (yoga training vs. conventional motor exercises) in a randomized controlled pilot study.
Methods: 18 children with hyperactive-impulsive disorder at the age of 8-9 years were included and randomly assigned to treatment conditions according to a 2×2 crossover design. Children from intervention group participated in 12 weeks of yoga training that included body-oriented activity and breathing exercises. To assess the executive functions we used 3 subtests from NEPSY (Auditory Attention and Response Set, Visual Attention, Statue). Effects of training were analyzed by means of an ANOVA for repeated measurements.

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