## Correlates of Sleep Disturbance Among Peoples Living in Jeju Island, Korea

Professor Moon-Doo Kim

Department of Psychiatry, Jeju National University Hospital, Jeju, Korea, Republic of

doi: 10.1192/bjo.2025.10163

**Aims:** Individuals dissatisfied with their sleep are more likely to seek medical help, to report daytime impairment functioning, and to be diagnosed with a sleep or a mental disorder However, none of the previous studies has examined the relative importance of the various factors correlated to sleep disturbance. This study aims to investigate the prevalence of sleep disturbance and to find the associated factors contributing to sleep disturbance in the general population of Jeju Island, the largest island in the part of South Korea.
**Methods:** Seven hundred and thirteen people who consented to participate in this study and completed questionnaires were analysed. The questionnaires were used to assess the participants` sleep satisfaction and general characteristics (sex, age, marital status, occupation, monthly household income, self-perceived health, smoking, drinking status, etc.); in addition, for the clinical evaluation, depression was assessed through the Center for Epidemiologic Studies Depression Scale (CES-D) and social support through Functional Social Support Questionnaire (FSSQ). CES-D cutoff score of 21 was used to define depressive disorder. The collected data were analysed using t-test, chi-square test and logistic regression analysis according to data properties and the purpose of analysis.
**Results:** In 713 subjects, the mean age was 58.6±17.3 years, and overall, 24.9% of the subjects reported having sleep disturbance. The prevalence of sleep disturbance was higher in women than in men (60.9% vs 39.1%, crude OR=1.49, 95% CI=1.05–2.12, $p$=0.028) and increased with age (crude OR=1.03, 95% CI=1.02–1.04, $p$<0.001). The multiple logistic regression analysis demonstrated that the associated factors for the sleep disturbance were age (adjusted OR=1.04, 95% CI=1.02–1.07, $p$=0.001), smoking (adjusted OR=2.54, 95% CI=1.33–4.86, $p$=0.005) and depressive symptoms (adjusted OR=6.08, 95% CI=3.47–10.64, $p$<0.001).
**Conclusion:** Sleep disturbance was related to increasing age, smoking, and more depressive symptoms. The sleep symptoms are often unresolved by treatment, and confer a greater risk of depression. Previous epidemiological studies have pointed out that sleep problem is a risk factor for depression. There is, therefore, a need for more successful management of sleep disturbance, in order to improve quality of life and reduce an important factor in depression.

Abstracts were reviewed by the RCPsych Academic Faculty rather than by the standard *BJPsych Open* peer review process and should not be quoted as peer-reviewed by *BJPsych Open* in any subsequent publication.

## Examining the Association Between Adverse Parenting Behaviour and Anterior Pituitary Gland Volume Development

Miss Julia Kim[1,2], Dr Elena Pozzi[2,3,4] and Professor Sarah Whittle[2,3,4]

[1]College of Medicine and Public Health, Flinders University, Bedford Park, Australia; [2]Department of Psychiatry, The University of Melbourne, Parkville, Australia; [3]Orygen, Melbourne, Australia. and [4]Centre for Youth Mental Health, The University of Melbourne, Melbourne, Australia

doi: 10.1192/bjo.2025.10164

**Aims:** Adverse parenting behaviours (APB) are considered to contribute to the risk of depression and other psychopathologies in young people via changes in the development of the neuroendocrine stress response, particularly of the hypothalamus-pituitary-adrenal (HPA) axis. Anterior pituitary gland volume (aPGV) is emerging as a more stable biomarker of HPA axis dysregulation in comparison to cortisol measures. Although enlarged aPGV is generally understood as being reflective of chronic HPA axis hyperactivation in response to prolonged stress, there is little research that has explored the APB-aPGV relationship. Notably, there are inconsistent findings regarding longitudinal associations between APB and measures of HPA axis function (including aPGV), and it remains unclear whether exposure to APB may result in: 1) accelerated or 2) attenuated HPA axis function during childhood and adolescence. This study aims to investigate the cross-sectional and longitudinal associations between APB and aPGV in late childhood to early adolescence, in the largest sample that has been used to date.
**Methods:** Participants comprised 268 children and early adolescents from the community, who participated in longitudinal brain imaging and parenting assessments over two waves (in 8–13-year-old children). aPGV was calculated from T1-weighted Magnetic Resonance Imaging (MRI) scans of the children. APB was measured through two parent-report questionnaires. Exploratory factor analysis was used to reduce the subscales of the questionnaire to a three-factor structure; the factors were named neglect, low levels of positive parenting, and maladaptive discipline. Multiple linear regression was used to investigate cross-sectional associations between APB and aPGV, and linear mixed modelling was used to examine longitudinal associations between APB and aPGV.
**Results:** Neglect was positively associated with greater aPGV both cross-sectionally at baseline and across ages 8–13. Age did not moderate the association between neglect and aPGV longitudinally, which was stable over time. Other parenting variables were not significantly associated with aPGV changes.
**Conclusion:** Our findings suggest a crucial role for the experience of neglect in the development of the HPA axis during late childhood and early adolescence, supporting theories of HPA axis hyperactivation. The effect of neglect on aPGV was stable across age, suggesting that neglect may lead to advanced aPGV development, with accelerated development potentially occurring earlier in childhood. Further research that investigates the APB-aPGV relationship in a broader age range (i.e., covering the period between early childhood and late adolescence) is needed to understand developmental trajectories of aPGV in the context of APB.

Abstracts were reviewed by the RCPsych Academic Faculty rather than by the standard *BJPsych Open* peer review process and should not be quoted as peer-reviewed by *BJPsych Open* in any subsequent publication.

## The Attitude and Knowledge of General Practitioners and Nurses Towards Severe Mental Illness in the Primary Care Facilities of the Seychelles Islands

Dr Lisa Kissubi-Chang-Time[1], Dr Athanasios Hassoulas[2] and Ms Anna-Lisa Labiche[3]

[1]Cardiff University School of Medicine, Cardiff, United Kingdom; [2]Cardiff University School of Medicine, Cardiff, United Kingdom and [3]Health Care Agency, Ministry of Health, Mahe, Seychelles

doi: 10.1192/bjo.2025.10165

**Aims:** People with severe mental illness have a reduced life expectancy of 15–20 years compared with the general population. The current literature shows this vulnerable population are 2 to 3