

## EPP0112

**Yoga exercises can improve sustained attention in children with ADD**

S. Kiselev\*

Clinical Psychology, Ural Federal University, Ekaterinburg, Russian Federation

\*Corresponding author.

doi: 10.1192/j.eurpsy.2021.569

**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 goal 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 2x2 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**D. Dovbysh<sup>1,2\*</sup>, M. Bechuk<sup>2</sup>, Y. Zhorina<sup>2</sup>, E. Gimranova<sup>2</sup>, S. Timoshenko<sup>2</sup> and E. Popil<sup>2</sup>

<sup>1</sup>Pedagogy And Medical Psychology, Federal State Autonomous Educational Institution of Higher Education I.M. Sechenov First Moscow State Medical University of the Ministry of Health of the Russian Federation (Sechenov University), Moscow, Russian Federation and <sup>2</sup>Child And Adolescent Psychiatry, Scientific-practical Children's and Adolescents Mental Health Center n.a. G. Sukhareva, Moscow Department of Health Care, Moscow, Russian Federation

\*Corresponding author.

doi: 10.1192/j.eurpsy.2021.570

**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**A. Ben Othman<sup>1\*</sup>, H. Slama<sup>1</sup>, E. Cherif<sup>1</sup>, M. Azaiez<sup>1</sup> and H. Gharsallah<sup>2</sup>

<sup>1</sup>Child And Adolescent Psychiatry, Military Hospital of Instruction of Tunis, Tunis, Tunisia and <sup>2</sup>Anesthesiology And Intensive Therapy, Military Hospital of Instruction of Tunis, Tunis, Tunisia

\*Corresponding author.

doi: 10.1192/j.eurpsy.2021.571

**Introduction:** Autism spectrum disorder (ASD) is a common neurodevelopmental disorder. Its underlying causes and pathophysiology 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 1 $\beta$  (IL-1 $\beta$ ), interleukin 6 (IL-6) and the Tumor Necrosis Factor  $\alpha$  (TNF- $\alpha$ ) 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- $\alpha$  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-1 $\beta$  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