

**Introduction:** Building psychologically close relationships with the partner is an important task of development in adolescence. Dysfunctional relationships is a source of stress, can lead to mental disorder. Reflection is a mental (rational) process aimed at analyzing, understanding, realizing oneself: one's own actions, behavior, speech, experience, feelings, states; reflexion is a condition of orientation in interpersonal relations, formation of attitudes, perceptions, values, refinement and formation of self and partner image.

**Objectives:** The aim was to study the reflection role in of the romantic relationship attitudes formation at adolescence.

**Methods:** The techniques were completed by 84 students 17-21 age ( $M = 19.23$ ;  $SD=1.21$ ;  $M/F= 83.3 / 16.7 \%$ ) 1. Attitudes About Love and Sex by C. Hendrick and S. Hendrick (Ekimchik, 2007) 2. Differential Test of Reflection (Osin, Leontiev, 2014) 3. Reflexivity Questionnaire (Karpov, 2004).

**Results:** The dominant types of reflection are «Systemic reflection» and «Reflexivity of future activity» (A.V. Karpov), which correlates with age-related developmental tasks. «Reflexivity of communication and interaction with others» is found at a rather low level. Cluster analysis highlighted three groups of respondents with different types of reflection: «reflexive» (40 %), «dreamers» (36 %), «communicative» (24 %). The most pronounced types of love are Eros and Agape. There are significant differences in the expression of the love style in three groups of respondents (H-criterion Kraskel-Wallis).

**Conclusions:** Reflexion features are a factor in the formation of the cognitive-behavioral component of a love in adolescence. Optimal type of reflexion creates conditions for prevention of destructive relationships in youth.

**Disclosure:** No significant relationships.

#### EPV1044

##### Behavioral features in Williams Beuren syndrome: A Tunisian Cohort study

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**Introduction:** The low prevalence of some genetic neurodevelopmental syndromes associated to psychiatric disorders requests to be integrated in human genome-phenome databases from which pleiotropy can be compiled from by systematic integration of phenotypes associated with genetic loci using phenomic inference tools. Williams-Beuren syndrome (WBS) is a neurodevelopmental disorder related to elastin gene at 7q11.23. Anxiety, depression and attention problems are the main behavioral problems found in WBS with no gender differences. Significant differences between cohorts are reported in particular regarding somatic complaints and aggressive behavior.

**Objectives:** Here, we report a Tunisian cohort of WBS patients for whom clinical behavioral phenotypes as well as genetic features are detailed.

**Methods:** Sixteen patients from Sfax, Tunisia were referred for genetic assessment due to a suspected WBS syndrome.

**Results:** Genetic evaluation using fluorescent in situ hybridization confirmed 7q11.23 microdeletion in only eight patients.

Comparison of detailed behavioral phenotypes revealed differences between age groups, gender groups and genetic groups. Anxiety and depression were recorded in the two older male patients and aggressive behavior was recorded in only two boys. The severity of behavioral features were dependent to familial environment and to parental socio-economic and educational levels.

**Conclusions:** A more complete understanding of phenomic space is critical for elucidating genome-phenome relationships mediating neurodevelopmental disorder associated to psychiatric diseases for assessing and managing psychiatric and behavioral risks in young syndromic children.

**Disclosure:** No significant relationships.

**Keywords:** Williams Beuren syndrome; genome-phenome databases

#### EPV1045

##### Nutritional Psychiatry: Knowledge, Attitudes and Clinical Practice of Mental Health Professionals.

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**Introduction:** In 2016 the United Nations launched their “Decade of action on nutrition” promoting a healthy and sustainable food pattern. The International Society for Nutritional Psychiatry Research held its first International Conference in 2017. Current evidence in this area consists mainly of association studies, while interventional studies with food supplements or altered diet patterns are starting to emerge.

**Objectives:** To our knowledge practice based research on promoting healthy food and investigating the role of medical professionals is scarce in general and especially so in psychiatry. Hence, our research questions were: 1. What is the attitude of mental health professionals with regard to promoting healthy food in their patients. 2. What is the subjective knowledge and attention in training schemes on this topic.

**Methods:** We conducted a self-made online questionnaire using a 5 point Likert Scale. Surveys were sent out to 50 mental health professionals of our institution, including psychiatrists, psychiatric residents, General Practitioners and Mental Health Nurse Practitioners. Results were analysed with descriptive statistics.

**Results:** 40 (80%) of the respondents returned the questionnaire. 65% of respondents considered promoting healthy food as a key task for themselves in their daily practice. 45% of respondents believed their patients would be reluctant to follow advice on healthy diet. 62% had sufficient knowledge on the subject to give professional advice, while 65% answered this topic received insufficient attention during their training.

**Conclusions:** In this survey we found the role of promoting healthy diet deserves more attention in mental health practice and training. Smartphone applications may ameliorate treatment adherence.

**Disclosure:** No significant relationships.

**Keywords:** Nutritional; prevention; treatment adherence; residency training