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Introduction Five to 8% of women of reproductive age suffer from moderate to severe symptoms of premenstrual syndrome associated with substantial distress or functional impairment.

Objective To determine the efficacy, tolerability and acceptability of Vitex agnus castus (VAC, chaste-berry) preparations for treatment of premenstrual syndrome (PMS).

Methods After an extensive literature search all randomized controlled trials of VAC in women with PMS and/or premenstrual dysphoric disorder were included.

Results We found 17 randomized controlled trials of VAC in the treatment of PMS of which 14 studies could be included in the quantitative analysis. All trials, except one, found the Vitex agnus castus preparation to be more efficacious than placebo, pyridoxine and magnesium for either total symptom score or individual symptoms or symptom clusters. Unfortunately, the majority of trials is hampered by a high risk of bias. The pooled effect of VAC in placebo-controlled trials was large (Hedge's g : -1.21 ; 95% CI: -1.53 to -0.88), but heterogeneity extremely high ($I^2 = 91\%$). We could not single out distinct factors that could explain this heterogeneity. The funnel plot and Egger's tests suggest the presence of bias over the full set of studies and effect sizes.

Conclusion Although meta-analysis shows a large pooled effect of VAC in placebo-controlled trials the high risk of bias, high heterogeneity and risk of publication bias of the included studies preclude a definitive conclusion. The pooled treatment effects should be viewed as merely explorative and, at best, overestimating the real treatment effect of VAC for PMS symptomatology.

Disclosure of interest P.S. reports personal fees from H. Lundbeck A/S, outside the submitted work. The other authors have not supplied their declaration of competing interest.

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EV1534

Body shape perception among obese Tunisian women

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Introduction In today's societies, pressures from the idea of thinness are omnipresent and lead to a corporal dissatisfaction with an excessive preoccupation of the body's image. Obese persons are often targets of stigmatization and are vulnerable to negative feeling about their physical appearance.

Aims To evaluate the worries towards the weight and the shape of the body among obese women.

Methods Our study was a transversal study, descriptive and analytic. A total of 42 obese women were included. Obesity was defined by body mass index (BMI) ≥ 30 and divided into 3 classes: class I: moderate obesity ($30 \leq \text{BMI} \leq 34.9$); class II: severe obesity ($35 \leq \text{BMI} \leq 39.9$); class III: morbid obesity (BMI ≥ 40). Patients were studied by mean of body shape questionnaire (BSQ-34) (Considering score BSQ < 80 lack of altered body image perception and score > 140 excessive preoccupation).

Results The mean age of participants was 33.6 years. The average BMI was 37.42 kg/m^2 ($30.45\text{--}56.26 \text{ kg/m}^2$). Third (35%) of women had a high educational level, 41.4% were inactive, and 70.8% had an average socioeconomic level.

The average BSQ score was 108.31 (47–188). The majority of women (78.1%) had excessive preoccupation about their body image. The BSQ score was correlated to morbid obesity ($P = 0.014$). Women aged between 20 and 3 years were significantly more preoccupied about their body image ($P = 0.046$).

Conclusion Majority of obese women were preoccupied about their body image. Young women and those having morbid obesity seemed more preoccupied about their body image.

Disclosure of interest The authors have not supplied their declaration of competing interest.

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Spectrum of medical and social problems in the female opium addicts

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Aim The work was initiated to study peculiarities of medical and social problems of the female opium addiction.

Materials and methods We examined 56 female opiate addicts aged from 18 to 56 (mean age 31.8 ± 1.09 years) hospitalized at the tertiary detox center (Tashkent). Twenty of the examinees (35.7%) were managed for the first time, 36 patients (64.3%) being treated iteratively.

Results and discussion Seventeen women were employed, only three of them were working in their specialization. Thirty-nine patients were either unemployed or engaged in the unskilled labor, that is, the one being out of tune with their education level. Eight examinees served penal servitudes, eleven women being detained without imprisonment. The findings reflect disorders in social adaptation of the most examinees. Drug addiction onset time varied from 19 to 25 years (22.1 ± 1.12 years in the average), but the age range from 20 to 23 was the most frequent one. Duration of episodic taking ranged from 1 month to 2.5 years (2.4 ± 0.7 months in the average). In 10 patients (20%) withdrawal syndrome has formed rapidly, in 1–2 months. Drug dose is partially associated with a patient's ability to pay and heroin accessibility.

Almost half of our 56 examinees had drug using husband, cohabitant or sex partner. Quality of remissions was found to greatly depend on a drug using sex partner.

Conclusions Medical and social consequences of the female drug addiction are quite severe to mention early psycho-social disadaptation, prostitution and illegal actions, including thefts, document forgery, drug pushing.

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Impact of emotional intelligence on level of academic achievement in a sample of Saudi female medical student

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Background Emotional intelligence (EI) assessment has become an effective technique in exploring individual competencies. In the medical educational, there is a growing evidence for relation between academic achievement and emotional intelligence.

Objective To examine relation between academic achievement and emotional intelligence among medical students.