Prevalence of eating disorders in migrants to Australia

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Introduction
There are limited data on the epidemiology of eating disorders (ED) in migrants. Recent research suggests that migrants are at lower risk of eating disorders (1), however, to our knowledge there have not been comparable studies exploring eating disorders in Australian migrant populations.

Objectives
To explore the prevalence of EDs in first-generation migrants to Australia in comparison with the Australian-born population. A secondary aim was to explore the eating disorder prevalence across migrants from different regions of origin (Europe, Asia, Americas, Oceania, and Africa)

Methods
We conducted and pooled the data from sequential cross-sectional population surveys in adults (aged over 15 years) in 2015 and 2016 (n = 6052). Demographic data were collected and migration status was inferred based on a country of birth outside Australia. Questions asked regarding disordered eating were based on the Eating Disorders Examination.

Findings
The 3-month prevalence of any ED was found to be lower in migrants born outside Australia (4.5%) in comparison to the Australian-born population (6.4%). In particular, migrants born in countries in Asia (4.0%) and Europe (4.5%) had a lower prevalence of EDs.

Conclusions
First-generation immigrants to Australia may be at lower risk of eating disorders, in support of a 'healthy immigrant effect'. However, further study is required.

References
Repurposing and re-positioning of old treatments for new indications: a focus on addictive disorders

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Introduction
Despite the aging of most populations worldwide and the increasing global burdens of various diseases in recent decades, there has been a relative paucity in development of new treatments for neuropsychiatric conditions. This is potentially due to big pharma retreating, economic constraints and the fastidious process of developing and then testing new molecules or treatments. Traditionally, funding has been difficult to obtain for research in biological treatments in particular for addictive disorders.

Objectives
The presenter aims to summarise how some older medications are being used for new indications, in particular relating to addictive disorders.

Methods
A précis of relevant literature and anecdotes is presented. The presenter offers an opinion on current trends and future applications in “off label” medication use in addictive disorders.

Findings
Numerous ways of repurposing treatments are occurring, including the use of Oxytocin for Alcohol Use Disorder, Lisdexamfetamine for Stimulant Use Disorder and N-Acetyl Cysteine for Cannabis Use Disorder. A case series on low dose subcutaneous Flumazenil infusions for Benzodiazepine Use Disorder is outlined.

Conclusion
The modern era of medicine comes with it hope but also a degree of constriction which conflates to drive flexible and creative ways of treating refractory conditions. Amongst addictive disorders there are a number of potentially beneficial repositioned treatments for which little or no research / consensus exists. The scope for further research is potentially less onerous if safety has been established in previous Phase I and II trials for other conditions.
Use of mental health services among college students in Arab countries: comparison with the USA

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Introduction
We have earlier reported that the prevalence of psychiatric disorders among college students in two Arab countries (Qatar and Lebanon) was higher than in the USA. Whether this finding translates into a higher use of mental health services remains to be determined.

Objectives
The objectives of the study were to provide an estimate of mental health service use among college students with mental health problems in Arab countries compared to the USA.

Methods: We used the Healthy Mind Study, an online confidential survey of common psychiatric symptoms and service utilization designed for college students. We compared data from four universities: Education City (EC) and Qatar University (QU) in Qatar, the American University of Beirut (AUB) in Lebanon and the University of Michigan (UM) in the USA. For statistical analyses, we used Chi-Square tests with Bonferroni-Holmes correction for multiple testing.

Findings
Mental health service utilization among students with psychiatric problems during the past year was comparable in EC (33.8%), AUB (37.0%) and UM (35.8%), but significantly lower in QU (17.9%, p<.001 when compared to each of the other universities). In EC, females showed a significantly higher service utilization (p<.01), but no such gender difference was found in the other universities.

Conclusions
In Arab countries, use of mental health services is lower in traditional Arab universities (e.g. QU) compared to Western-style universities (e.g. EC, AUB) and the USA. Gender differences however suggest that male students in the Western-style universities may be more reluctant than their female counterparts to ask for help.
What are the qualities of a good mentor in psychiatry? A three-country international comparison

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Introduction
Mentoring in psychiatry training increases confidence and career satisfaction in trainees. Pilot studies have identified themes relating to the qualities of a good psychiatrist and mentor, however, these themes have not been compared across countries.

Objectives
To compare the qualities valued in psychiatrists and mentors between Australia, Korea, and Singapore.

Methods
Respondents scored 40 items on a 5-point Likert Scale. Separate items targeted qualities in the following themes: Academic / Executive, Personal, Professional, Relationship. The results were compared using t-tests and Chi-squared tests as appropriate with p<0.05.

Findings
In total, 240 psychiatrists from Australia (26/240), Korea (140/240), and Singapore (74/240) responded.

Singapore and Korean psychiatrists ranked the themes for a good psychiatrist (Psychiatrist: Professional, Personal, Relationship, Academic / Executive) and mentor (Mentor: Professional, Relationship, Personal, Academic / Executive) similarly while Australian psychiatrists ranked both psychiatrists and mentor themes similarly (Personal, Professional, Relationship, Academic / Executive). There were no statistically significant differences in psychiatrist or mentor theme scores between Australia and Singapore.

Australia and Singapore ranked both Personal and Professional themes for psychiatrists and mentors significantly higher than Korea. Singapore ranked the Relationship theme for mentors higher than Korea. The Academic / Executive theme was consistently lowest in all countries for psychiatrists and mentors.

Conclusions
Australian psychiatrists value similar qualities in psychiatrists and mentors, whereas Korean and Singapore psychiatrists value separate qualities for these roles. Academic/executive qualities are consistently ranked lowly across countries. This has implications for the training of future psychiatrists and mentors.
Problematic online gaming: a sneaky disorder spreading among university students in Egypt

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Introduction
The term internet addiction is argued to be broad and vague. A special focus should be given to video games which are always changing and developing. Many incidents related to excessive use of online gaming were reported in the past few years, raising the questions of the importance of addressing Internet Gaming Disorder (IGD) which was included it as a preliminary mental disorder in the DSM-5 [1]. Recently, the issue has been receiving more attention in Egypt.

Objectives
To assess the prevalence and impact of IGD among university students in Egypt

Methods
Overviewing recent studies on IGD in Egypt

Findings
The percentage of internet users in Egypt increased from 21.6% in 2010 to 37.82% in 2015 (around 35 million users) [2] and more than 80% of internet cafe clients were young individuals [3]. A recent study reported that IGD was found in 25% of university students, with other studies showing significant impacts for IGD.

Conclusions
Addressing Internet Gaming disorder in the Egyptian population should receive more attention due to the graveness and impact of this problem on children and adolescents physical and mental health.

References
Forensic psychiatry in Kuwait - characterization of forensic psychiatry patients evaluated over year duration in the only available forensic psychiatry unit

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Introduction
The offending behavior arising from a mental disorder invokes criminal responsibility doctrines or insanity defenses and calls for legislative framework ensuring availability of care and treatment for the patient and protection of the public from harm from the offender. There are profound differences in the way the criminal justice system of different countries deals with the mentally disordered offender. The criminal Act of Kuwait, which governs the work of forensic psychiatrists remain unchanged, from a psychiatric point of view, since it was enacted in the early 1960’s.

Objectives
To describes the forensic psychiatry system in Kuwait.

Methods
Retrospective review of the case-notes of all cases referred for criminal forensic psychiatric assessments from January 1st, 2016 to May 31st, 2017. The demographics, types of offences, psychiatric diagnoses, and details of psychiatric evaluations were retrieved.

Findings
A total of 95 case-notes were reviewed. Most of them were males (90%), Kuwaiti nationals (77%), primary or intermediate school education (74%), and were aged 20-39 (69%). Almost all (97%) of the referrals required ascertainment of ‘responsibility’ for the alleged offence. Eighty-six percent (N=81) of the offenders were referred from the police or the public prosecutor office. Eighty-three percent (N=79) of the offenders were found to have a mental disorder while 55% (N=52) were found to be criminally responsible. The males were more commonly (57%) found to be criminally responsible than the females (33%).

Conclusions
The number of mentally ill offenders referred for criminal responsibility and fitness to stand trial is very small compared to western countries. One reason behind this could be that a substantial number of the mentally disordered offenders pass undetected through the legal system. Psychiatrists and forensic mental health workers might need to provide better awareness and education about mental health to legal authorities in Kuwait.
Psychiatrist peer review groups: professional and personal benefits and future research directions

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Introduction
Peer Review Groups (PRGs), a practice-based small group learning activity, were pioneered for psychiatrists by RANZCP Fellows in the 1990s. They are a popular Continuing Professional Development activity, and have been adopted by other medical specialties within Australia. However, since the 1990s little research on their functioning has been undertaken. The limited literature on such CPD activities indicates that, as well as updating medical knowledge, their collegiality is used to manage the uncertainties of actual practice and to enhance the wellbeing of the practitioner.

Objectives
To present a review of the international literature regarding the form and function of Peer Review Groups, and to outline a research project exploring current PRGs within psychiatry in Australia and New Zealand. Participants will be invited to attend a focus group on their experience of PRGs at the conference.

Methods
An international literature review of the use of PRGs, both within medicine and more broadly has been undertaken. A research project utilizing a mixed method evaluation of psychiatrist’s experience of PRGs will be described.

Findings
Findings from the literature review will be presented with a particular focus on impact on wellbeing. The research project data will be in process of collection and not yet able to be reported. Participants at the conference will be invited to take part in a focus group on their experience of their PRG.

Conclusion
This research will clarify the existent evidence base for the ways in which PRGs are used, both within Australia/New Zealand and internationally.
Assessment of executive functions among adolescent offspring of alcohol-dependent fathers: a cross-sectional study from an urban metropolis in India

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Introduction
Growing up in a home with parental alcohol use is known to adversely impair executive function development during childhood/adolescence. However, related research is sparse, but needed in India, given the escalating rates of alcohol use.

Objectives
To assess executive functions among adolescent offspring of alcohol-dependent fathers.

Methods
Subjects between 13-19 years were regarded as adolescents (based on the WHO's definition). Data from the first 37 adolescent offspring of fathers with alcohol dependence (AOFAD) in an ongoing study were analyzed to assess their executive functions, and compared with 20 adolescent offspring of non-alcohol using fathers. The BRIEF-2 was used to assess executive functions which compose three indexes: the Behavior Regulation Index (BRI-ability to regulate and monitor behavior), Emotion Regulation Index (ERI-ability to regulate emotional responses), Cognitive Regulation Index (CRI-ability to manage cognitive processes and problem solve), and an overall summary score, the Global Executive Composite (GEC). Higher scores represented higher dysfunction in all the areas.

Findings
Mean age of the sample was 13.57 years (SD-2.48) and 68% was female. Results from this preliminary data showed that adolescents in the AOFAD group (versus the non-AOFAD group) had significantly higher GEC scores (p<0.0001), suggesting overall executive dysfunction. Further, significant dysfunction was noted in the AOFAD group (versus non-AOFAD), in all three indexes: BRI (p=0.002), ERI and CRI (p<0.0001).

Conclusions
The findings provide a basis for developing family-based interventions to reduce the potentially deleterious impact of a stressful home environment due to father's drinking on executive function development during this critical life stage.