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voxel-based morphometry (VBM), and further to assess cellular metabolic changes in the hippocampus using proton magnetic resonance spectroscopy ($^1\text{H MRS}$) at 3 Tesla. Compared with untreated patients with AD, donepezil-treated patients with AD showed significantly higher GM volumes in the caudate nucleus, putamen, inferior frontal gyrus, and inferior temporal gyrus. The GM volumes of the caudate nucleus, putamen, inferior frontal gyrus, and inferior temporal gyrus in treated patients were positively correlated with K-MMSE scores. In the $^1\text{H MR}$ spectral analysis for the hippocampus, the treated patients showed a significant increase of $\text{b} \times \text{g-Glx/Cr}$ ratio compared with untreated patients. It is considered that enhancement of GM volumes and Glx level in specific brain areas are potentially associated with increased K-MMSE scores in AD with donepezil treatment.

Disclosure of interest.– The authors have not supplied a conflict of interest statement.

PW0302

Trauma and health symptoms: In the context of gender and daily stress

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As many people are affected by psychological distress and trauma across the lifespan, understanding risk factors, protective factors, and the relationships between types of stressors and medical variables is important for mental and physical health. The current study investigated whether trauma symptoms (anxiety, depression, dissociation, sexual abuse trauma, sleep disturbance, and sexual problems) are predictors of self-reported mental and physical health among adults. Furthermore, we are also curious as to whether daily stress and gender differences play a role in these relationships. Participants ($n = 103$; 50.5% women) completed self-report measures of trauma symptoms (TSC-40), mental health, physical health (SF-36), and daily stress (FDHI), along with demographic information. The Trauma Symptom Checklist-40 (TSC-40; Elliott & Briere, 1992) is a self-report instrument with 40 items designed to measure a range of traumatic stress symptoms. Short-Form Health Survey (SF-36; Ware & Sherbourne, 1992) is composed of 36 self-report quality-of-life items that measure both mental and physical health. The Family Daily Hassles Inventory (FDHI; Rollins, Garrison, & Pierce, 2002) consists of 22 items that characterize how much the daily life of their family is affected by each item's dimension: time and energy, negative influence, and positive influence. Regression results indicated that trauma symptoms predicted 25.2% of the variance in physical health symptoms. Gender significantly added to the variance accounted for, but daily stress was not significant in the model. Trauma symptoms predicted 37.1% of the variance in mental health symptoms. Daily stress added to the model, but gender did not.

Disclosure of interest.– The authors have not supplied a conflict of interest statement.

PW0303

The effect of feedback manipulation in social anxiety

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Introduction.– Socially anxious individuals are negatively affected by receiving negative feedback. However, they are also negatively affected even if they receive positive feedback. Nevertheless, there are little research on positive feedback in social anxiety.

Objectives.– The purpose of this study was to examine whether feedback manipulation on the speaking performance in socially anxious individuals affected the anticipatory anxiety, perceived others' expectations, and social ability.

Methods.– 100 participants with high social anxiety and 100 participants with low social anxiety screened by Social Phobia Scale were randomly assigned to four feedback conditions (i.e., two positive conditions and two negative conditions). Participants presented the speaking. After the presentation, they were provided with a feedback and were told to make a second presentation.

Results.– Participants high in social anxiety were significantly higher in anticipatory anxiety and significantly lower in perceived others' expectations and social ability than those low in social anxiety. In the two positive feedback conditions, participants experienced reduced anticipatory anxiety, and increased perceived others' expectations and social ability regardless of participants groups. Socially anxious individuals rated higher feedback acceptance in the two negative feedback conditions than in the two positive feedback ones.

Conclusion.– This study found that socially anxious individuals adopted negative feedback more than positive feedback, and positive feedback had the effect of reducing anticipatory anxiety. Considering this, the study reaffirmed the importance of interventions focused on modification of negative thoughts. In addition, this study suggests that intervention to expose positive aspects such as positive feedback of others also be important.

Disclosure of interest.– The authors have not supplied a conflict of interest statement.

PW0304

Psychological manifestations of maladjustment to educational activities

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Aim.– The study of the psychological features of adaptation disorders in students of medical University.

Material and methods.– A comprehensive survey of 603 students of Kharkiv national medical University were conducted.

Results.– 4.5% of the surveyed students revealed a high level of maladjustment; 13.3% severe level of maladjustment; 36.2% – moderate level of distress; in 20.2% – low level of maladjustment; 25.8% – no signs of maladjustment.

Students who have the high, pronounced and moderate level of maladjustment was the first study group, students with low levels or absence of signs of maladjustment – the second group.

As the results of diagnostic research of students of the first group at 15.8% of the observed clinical symptoms of anxiety, 16.3% – sub-clinical manifestations, compared with 3.5% and 8.2% of students in group II respectively. The clinical manifestations of depression typical of 5.4% of students of the first group and 2.1% of students in group II; subclinical symptoms of depression for of 20.1% and 9.5%, respectively.

For students of the 1st group had higher average levels of asthenic state on a scale Malkova L.M. and T.G. Chertova (54.12 ± 1.98), neuro-mental stress on a scale of T.A. Nemca (48.38 ± 1.79) and gotm on a scale of Zung (50.30 ± 1.66) compared with students

of group II, which had the lowest results and was respectively 41.97 ± 1.73 , the 38.24 ± 1.22 and 44.51 ± 1.96 scores.

Mental, manifested by deterioration of psychological well-being, growth, asthenia, anxiety and depressive disorders, decrease of activity, violation of interpersonal relations, increased intrapersonal conflicts.

Disclosure of interest.– The authors have not supplied a conflict of interest statement.

PW0305

Yoga reduces the brain's amplitude of low-frequency fluctuations in patients with early psychosis

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Background.– Exercise attracted increasing attention for improving neurocognitive functioning in patients with psychotic disorders. However, there has been limited understanding of the neural mechanism of these effects. This study aimed to investigate the effects of aerobic exercise and yoga on cerebral spontaneous functional fluctuations in patients with early psychosis.

Methods.– A total of 140 female patients with early psychosis were recruited and 124 received the allocated intervention in a randomized controlled study of 12 weeks of yoga or aerobic exercise compared with a wait-list group. 91 participants were scanned at baseline, and 72 had completed the scans at 12 weeks. The amplitudes of low-frequency functional (ALFF) fluctuations were compared among three groups, and the correlation between ALFF, cognition and clinical symptoms were examined.

Results.– Both yoga and aerobic exercise improved working memory and overall symptoms in patients with psychosis compared to the control group. There was no significant changes of ALFF in aerobic exercise group. The ALFF decreased in the left precuneus for the yoga group compared to the control group, which was correlated to the improvements of negative symptoms in all the participants.

Conclusions.– It is the first study to investigate the effects of yoga and aerobic exercise on brain function in patients with early psychosis. The results help to understand the possible neurobiological underpinnings for the cognitive and clinical improvements from yoga and aerobic exercise.

Disclosure of interest.– The authors have not supplied a conflict of interest statement.

PW0306

The relationship between burnout and quality of work life in pediatric and neonatal intensive care unit nurses

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Introduction.– Pediatrics and Neonatal Intensive Care Unit (NICU) nurses, due to more stressors, may be at a higher risk. Nurse's burnout not only negatively affects patient's care, but also can harm their physical and mental and general health as well as the quality of work life. The aim of this study was to determine the relation-

ship between burnout and quality of work life in pediatric and NICU nurses.

Methods.– In this descriptive and correlation study, 76 nurses employed at the pediatrics/NICU wards of Isfahan Medical University hospitals in 2014 were selected. The data was gathered by Maslach Burnout and Quality of work Life, and was completed by the samples. They were analyzed by SPSS20 and Student's independent *t*-test, and Pearson correlation test.

Results.– The results showed that the mean score of burnout for frequency and intensity of "personal performance" was respectively 74.2 ± 20.3 and 59.7 ± 20.6 , and in terms of frequency and intensity of "conflict" this was 47.4 ± 22.1 and 44.8 ± 20.5 , with the highest average score of burnout within the first personal performance and conflict ($P < 0.05$).

Conclusions.– Due to the high average burnout score, the managers and directors of nursing by creating a good working environment and job protection of complications, should reduce productivity and prevent low quality care.

Keywords: Burnout; Nurses; Quality of work life; Pediatric and neonatal intensive care unit

Disclosure of interest.– The authors have not supplied a conflict of interest statement.

PW0307

Anxiety levels predict low bone mineral density in postmenopausal women assessed for osteoporosis

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Introduction.– Anxiety may be observed as a consequence of several chronic diseases, but the effects of anxiety levels per se on bone health in postmenopausal women are poorly investigated.

Objective.– To investigate the impact of anxiety severity on bone mineral density (BMD) and prevalent vertebral fractures in a set of ambulatory care Caucasian women referred for osteoporosis.

Methods.– Hamilton Anxiety Rating Scale (HAMA) for anxiety levels, Beck Depression Inventory for depressive symptoms and the 36-Item Short Form Health Survey (SF-36) for quality of life, in addition to multiple clinical risk factors (CRFs) for fractures and FRAX score, dual-energy X-ray absorptiometry for BMD measurement at lumbar spine and femoral neck, X-ray vertebral morphometry, were evaluated.

Results.– Of the 192 recruited women (mean age 67.5 ± 9.5 yr), patients allocated in the tertile of lower HAMA score (HAMA-1) showed lower probability of fracture compared with patients in the highest one (HAMA-3) (20.44 ± 9.3 vs. 24.94 ± 13 SD; $P = 0.01$). Women in HAMA-3 exhibited lower *T*-score values at lumbar spine in comparison with women in HAMA-1 (-2.84 ± 1.4 vs. -2.06 ± 1.2 SD, respectively, $P < 0.001$), and lower *T*-score values at femoral neck (-2.21 ± 0.9 vs. -1.93 ± 0.6 SD; $P < 0.05$); lower *T*-score values were observed in HAMA-3 compared with HAMA-2. A higher rate of prevalent vertebral fractures were observed in HAMA-3 vs. HAMA-1. Anxiety levels were significantly related with age, menopausal