

**Aims:** To assess the prevalence of erectile dysfunction among male patients with schizophrenia who are prescribed antipsychotics and to describe its impact on quality of life.

**Methods:** A cross sectional, descriptive study was conducted in sexually active male patients diagnosed with schizophrenia, who were in remission and attending clinics at the University Psychiatry Unit, National Hospital, Sri Lanka. Patients on a combination of antipsychotics, antidepressants, those with metabolic disorders, and those with acute positive, negative and depressive symptoms were excluded. A total of 300 patients were screened. The five item International Index for Erectile Dysfunction (IIEF-5), Erection Hardness Score (EHS) and World Health Organization Quality of Life Brief Scale (WHO QOL-BREF) were used to assess erectile dysfunction and quality of life.

**Results:** Forty-eight patients met inclusion criteria and completed the assessments. The mean age of the sample was 43 (SD 11.6) years. A majority were on clozapine (39.5%). The prevalence of erectile dysfunction was 83.3% (IIEF cutoff <20), and the mean IIEF score was 8.8 (SD-8.5). The prevalence of erectile dysfunction with clozapine was 94.7%, risperidone 90.9%, olanzapine 80% and fluphenazine decanoate 42.8%. The mean EHS score was 2.7 (SD-8.5) and the EHS was <5 in 54.2%. The mean WHOQOL score was 56.5 (SD-9.2). No significant correlation was found between IIEF or EHS and WHOQOL scores. According to the WHOQOL, 58.3% were not satisfied with their sex life.

**Conclusion:** Erectile dysfunction was common among this group of patients with schizophrenia on antipsychotics. The high prevalence sexual dysfunction and the reported dissatisfaction with regards to their sex life makes this a crucial area for clinical assessment and intervention.

### OP 13

#### Experience of grief in Sri Lanka

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**Background:** Grief is an inevitable experience, which may result in considerable psychosocial consequences. Though understood to be universal, grief varies in different cultures. Studies on grief in non-Western cultures are scarce.

**Aims:** This study aimed to describe the experiences, expressions, and coping mechanisms of selected Sri Lankans' bereavement and grief upon loss of a loved one.

**Methods:** For this mixed method study we recruited 42 individuals who had experienced the death of a close family member within the previous 6-12 months. Participants included attendees at the psychiatry outpatient clinic at Colombo North Teaching Hospital, Ragama and their family members. Face-to-face semi structured interviews were conducted in Sinhalese which were audio recorded, transcribed in verbatim, translated to English, coded and analysed for themes and categories.

**Results:** Most of the participants had experienced death of a parent, followed by spouse, sibling and child. Numbness or disbelief, yearning, guilty thoughts and anger were common in grief. Many could 'make sense of the loss', mostly through religion. Some reported finding benefits from the loss, such as gaining perspective and strengthening of other relationships. 'Moving-on' was an alien concept, and many had a continuing bond with the deceased. Many were of the opinion that society controlled and instructed how they should grieve, and found this to be troublesome. Re-engaging in daily activities and religious rituals were the most helpful coping strategies. People had intense or prolonged grief after the death of a child or spouse and they often described a breakdown in faith or spiritual crisis after their loss.

**Conclusion:** Our findings suggest grief in Sri Lanka does not follow the stage model of grief. While religion facilitated recovery, the role played by society was debatable.

### OP 14

#### Psychological problems and their correlates among children of mothers with depression

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**Background:** Maternal depression is known to be associated with anxiety, depression, oppositional and conduct disorders, neurocognitive deficits, ADHD, substance abuse and personality disorder in the offspring.

**Aims:** We aimed to describe the proportion of psychological problems among children of mothers with depression in Sri Lanka, and to describe associated factors.

**Methods:** A cross-sectional descriptive study was conducted among 100 children and adolescents between 4-16 years, whose mothers have received a diagnosis of depression and are currently in remission. A specifically designed instrument was used to extract socio-demographic details and data on the mother's illness. The Peradeniya Depression Scale (PDS) was used to confirm remission, and the Strengths and Difficulties Questionnaire (SDQ) was used to detect psychological problems in children.

**Results:** Fourteen percent of the children scored abnormally high for hyperactivity, 13% for conduct problems, 12% for emotional problems, 9% for peer problems and 10% for total difficulties. Children (4-12 years) scored significantly higher than adolescents with regards to hyperactivity and externalizing problems ( $p < 0.05$ ). Significant differences were also found regarding peer problems ( $p < 0.05$ ), internalizing problems ( $p < 0.05$ ) and total difficulties ( $p < 0.05$ ) in relation to the age of the mother. Hyperactivity, internalizing problems, and total difficulties were significantly higher when the mothers had a history of a moderate depressive episode or recurrent depressive disorder. Children whose mothers had no attempts of self-harm scored significantly higher in both emotional problems and internalizing problems. Children whose mothers had comorbid illness scored significantly higher in hyperactivity, conduct problems, emotional problems, externalizing problems, internalizing problems and total difficulties.

**Conclusions:** Screening for psychological problems in children and development of a holistic management plan which include steps to ensure the well-being of the children is important when managing mothers with depression.

## OP 15

### Correlation between intelligence quotient and grade five scholarship examination results of students in the Kandy District, Sri Lanka

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**Background:** The grade 5 scholarship examination was introduced to offer equal opportunity for all students to gain entry into high ranked schools in the country, on a merit based system. It was a means of entry into better schools, based on the marks scored at the examination. However these initial motives appear to be lost today. The examination is now extremely competitive, with students being molded for this exam from a very early age, and with high ranked schools competing with each other to show high results.

**Aims:** To explore whether there is a correlation between intelligence quotient and grade five scholarship examination results of students in the Kandy district, Sri Lanka.

**Methods:** This was a cross sectional descriptive study conducted in 2017, among grade 5 students from government schools in the Kandy district. A total of 463 students were recruited using stratified random sampling, from 33 schools with grade 5 classes. Study variables were the Intelligence quotient (IQ) of the students, measured using Raven's colored matrices and the respective scholarship examination result of the student, collected from the results sheet. Results were analyzed using SPSS 20.

**Results:** There was a statistically significant correlation between IQ and the the grade five scholarship examination marks with a p value of  $< 0.01$  (confidence interval of 99%) and a correlation coefficient of 0.66. The correlation coefficient between IQ and examination results varied according to the type of school studied.

**Conclusions:** Students with a higher IQ also scored higher marks at the grade 5 examination. This correlation was stronger among students from primary schools.

## OP 16

### Lack of effective communication by the staff as a risk factor for postpartum blues in an obstetric unit of a base hospital in Sri Lanka

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**Background:** Maternity blues are seen in 30-75% of postpartum mothers within the first 10 days. Hormonal changes occurring soon after delivery is reported to be a predisposing factor, and psychosocial stressors, such as lack of support and reassurance, may act as triggers for the onset of this condition. If communication between patients and staff is improved, incidence may be reduced.

**Aims:** To explore the relationship between lack of effective communication by staff and the incidence of postpartum