**SOMATIC TREATMENTS**

**[Abstract:0154] Somatic treatments**

Comparison of clinical characteristics of patients receiving electroconvulsive therapy as inpatients and outpatients

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**Objective:** Electroconvulsive therapy (ECT) is one of the efficient and reliable somatic treatments used in severe mental disorders. In our country ECT procedures are generally performed on hospitalized patients. The use of ECT in acute outpatients gradually increases as an acute and maintenance treatment. Studies that compare acute outpatient ECT and ECT applied after hospitalization are limited. The present study reviews clinical characteristics of acute outpatient ECT and inpatient ECT comprehensively and retrospectively.

**Methods:** Patients (n=904) who were admitted to the Psychiatry Clinic of Dicle University, Faculty of Medicine between 2011 and 2014 and received ECT (n=138) as well as outpatients who had ECT (N=138) in acute attacks were included into the study. The files of these patients were reviewed retrospectively.

**Results:** ECT application ratio in patients admitted into our clinic was found 15.3%. ECT was mostly applied to patients with depression. There was no difference detected between age, number of ECT sessions applied, diagnosis and gender of admitted patients and outpatients (p>0.05).

**Conclusion:** In our study, clinical characteristics of patients who received ECT after admission or as outpatients were detected to be similar. We believe that a cost-efficient treatment method may be presented to the patients by including acute outpatient ECT more in the treatment plan of the physicians.

**Keywords:** electroconvulsive therapy, inpatient, outpatient

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**[Abstract:0222] Somatic treatments**

Association between family functioning and self-esteem in acne patients

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**Objective:** Acne is a disease that affects people of all ages both physically and psychologically. Psychological problems related to acne include a decrease in self-esteem, impaired self-image, problematic family relations, depression and anxiety symptoms. The association between acne and psychiatric processes is bidirectional. Psychological distresses can exacerbate acne, and psychiatric disorders can develop secondary to acne vulgaris. The aim of this study is to examine the association between family functioning and self-esteem in acne patients. We also want to compare acne and a healthy group in terms of anxiety, depression, family functioning and self-esteem.

**Methods:** In this cross-sectional study, 146 patients with acne vulgaris and 95 persons without acne were evaluated by the Beck Anxiety and Beck Depression Scale, McMaster Family Assessment Device (FAD), and Rosenberg Self-Esteem Scale.

**Results:** In concordance with some previous studies, the acne and control groups showed no significant differences in the Beck Anxiety and Beck Depression Scale scores. There were no significant differences between the acne and control groups in terms of self-esteem or family functioning either. Concerning family functioning, general functioning, communication, affective responsiveness, problem solving, and role assignments were found to be significantly associated with the acne patients' self-esteem. There is a high association between communication, role assignments, and affective responsiveness subscales of the Family Assessment Device and Rosenberg Self-Esteem Scale scores in the acne group.

**Conclusion:** These consequences indicate that the psychiatric effects of acne can be associated with healthy family relations, support and response of family and maybe by baseline self-esteem. Effective communication skills, affective responsiveness and role assignments in
the family seem to contribute to the sense of positive self-esteem in this group. These findings illustrate the importance of strong family relations in dealing with the acne problem.

**Keywords:** acne vulgaris, family functioning, self-esteem


**Abstract:0276 Somatic treatments**

The effect of electroconvulsive therapy on neutrophil/lymphocyte ratio

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**Objectives:** Inflammatory and immune mechanisms are reported to play important roles in the pathophysiology of psychiatric disorders. Electroconvulsive therapy (ECT) is regarded as an effective treatment of not only depression, but also schizophrenia and mania, especially when there is no response to pharmacological interventions. Despite the common use of ECT, its mechanism of action is mostly unknown. Few studies examined the effect of ECT on inflammatory and immune functions. The neutrophil–lymphocyte ratio (NLR) is a simple and easily accessible indicator of the systemic inflammatory response. Our aim was to investigate whether a series of ECT sessions would change NLR in patients with major depression, bipolar disorder, or schizophrenia.

**Methods:** In this retrospective study, we analyzed 61 patients (unipolar depression, n=35; acute mania n=13; and schizophrenia, n=13). Complete blood count measurements were recorded before and after repeated ECT treatment.

**Results:** We found no difference in NLR between before (2.27±2.54) and after (2.49±1.65) repeated ECT treatments (p>0.05). Furthermore, a series of ECT did not change NLR in separate diagnostic groups.

**Conclusions:** To our knowledge, this is the first study to evaluate the impact of ECT on NLR. Our findings suggest that NLR levels are not altered after repeated ECT treatments.

**Keywords:** electroconvulsive therapy, immunology, neutrophil/lymphocyte ratio

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**Abstract:0641 Somatic treatments**

Alteration of retinal nerve fiber layer thickness after electroconvulsive therapy sessions

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**Objective:** The human eye is an embryological protrusion of the brain, and the nerves and axons of the retinal nerve fiber layer (RNFL) are similar to those in the brain. The retina, which does not have a myelin sheath, is widely accepted as a good region for understanding neurodegeneration and proposed as a window to the brain. The retina is rich in dopamine and glutamate, which are generally supposed to be dysregulated in various psychiatric disorders. Ongoing neurotropic effects of ECT/ECS have been shown in hippocampus, prefrontal cortex, amygdala and hypothalamus in preclinical and clinical studies. Here, for the first time, we aimed to investigate ECT-induced neurotropic effects on the retinal nerve in patients who were indicated for ECT.

**Methods:** The data of 10 (F=8 and M=2) eligible patients who have indicated ECT were obtained. All patients were under drug treatment and no change was made during ECT sessions. Participants with conditions that may affect the retinal nerve fiber layers and with a presence of additional neurological conditions were excluded from the study. After dilation of pupils, all participants underwent RNFL thickness measurement by OCT (Stratus OCT, software version 4.0.1; Carl Zeiss Meditec Inc., Dublin, CA, USA).

**Results:** There were five patients with treatment-resistant depression, three with bipolar depression and two patients with schizophrenia in the sample. The mean age of the participants was 50.30±11.73 years. The mean ECT session was 5.7±1.70 and mean ECT duration was