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PSYCHOLOGICAL DISTRESS IN A SAMPLE OF NON-RESIDENT UNIVERSITY STUDENT ASKING FOR PSYCHOLOGICAL SUPPORT

Franzoi Isabella Giulia (1), Guglielmucci Fanny (1), Granieri Antonella (1)

(1) Dipartimento di Psicologia, Università di Torino

Research extensively studied psychological distress among University students (Deasy et al., 2014; Eisenberg, Hunt, & Speer, 2013). Transfer students seem to show more mental health problems (Mehr & Daltry, 2016), since they suffer a sort of “transfer shock” (Ishitani, 2008). Moreover, only few students seek for help (Hunt & Eisenberg, 2010). The aim of the present study is to investigate psychological distress in non-resident University students asking for psychological support. Forty-seven students (43% males) aged between 19 and 37 ($M = 23.17$, $DS = 3.38$) were consecutively enrolled through a Psychological Service addressed to non-resident students. In 30 students were assessed depression (BDI-II), post-traumatic symptoms (IES-R) and alexithymia (TAS-20). The 15% of the sample is foreign. Among Italians, the 73% comes from the South. The 61% attends the University, the 37% the Polytech and the 2% the Academy of Arts. No differences were found respect to gender and Regional origin (North vs South). Students show mild depressive symptoms ($M=18.76$; $DS=11.33$) with a moderate condition in the 33% of cases. Post-traumatic symptoms mean value is severe ($M=41.60$; $DS=14.53$). TAS-20 shows a non-alexithymic mean value ($M=46.20$; $DS= 11.30$). Polytech students show higher levels of difficulty in communicating and describing feelings ($t=2.31$; $p=0.02$) and in the total score of alexithymia ($t=2.13$; $P=0.04$). Non-resident students seem to live their relocation in a traumatic way and they also show mild depressive symptoms. This could lead to a strong impairment of their daily lives (Ivins, Copenhaver, & Koclanes, 2017). Thus, it is important to improve University Psychological Services in order to reduce the risk of depression (Beirer et al., 2015; Ibrahim et al., 2013),

performance decline and drop-out (Lee, Anderson, & Klimes-Dougan, 2016; Sun, Hagedorn, & Zhang, 2016).

PSYCHOLOGICAL DISTRESS IN PATIENTS WITH INFLAMMATORY BOWEL DISEASE: A COMPARISON BETWEEN ACTIVE AND NON-ACTIVE PATIENTS

Borghi Lidia (1), Fiorino Gionata (2), Leone Daniela (1)

(1) Clinical Psychology, Department of Health Science, University of Milan, Milan, Italy

(2) IBD Center, Department of Gastroenterology, Istituto Clinico Humanitas, Rozzano, Milan, Italy

Inflammatory bowel disease (IBD) is a group of chronic, relapsing and remitting autoimmune inflammatory gastrointestinal diseases (Crohn's disease and ulcerative colitis are the principal types) in which the prevalence of psychological distress is higher than general population. Moreover, patients with higher disease activity were found to have higher psychological distress than those in remission. However, the role of psychological factors is still controversial. The study aimed to: 1) assess the psychological distress of IBD patients, assessing the differences between active and non-active IBD patients; 2) examine potential associations between psychological distress, socio-demographic and clinical variables. Out of 260 eligible IBD patients attending the IBD Clinic Center of a university Hospital in northern Italy, 201 patients (100 active and 101 in remission) were enrolled. Participants' psychological distress was measured using the Symptom Checklist-90-R. Socio-demographic and clinical data were collected from medical records. Active patients showed significant higher scores than patients in remission for the following dimensions: obsessive-compulsive ($p=0.026$), depression ($p=0.001$), anxiety ($p=0.013$), phobic anxiety ($p=0.002$), psychoticism ($p=0.007$), index of psychological