

EPV1070

Studying the relationship between mental health literacy and emotional state among young people in Republic of Bashkortostan

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Introduction: Mental health literacy (MHL) could be defined as a knowledge of mental health, comprehension of its importance, adequate attitude to information about mental health, possession of skills and abilities to provide assistance and self-help to maintain and promote mental health.

Objectives: The aim of the present study is to identify possible relationships between the components of mental health literacy and the manifestations of the emotional sphere of the respondents.

Methods: The sample consisted of 220 young people from 16 to 23. Emotional Empathy Questionnaire (A. Mehrabian, M. Epstein), self-assessment of mental states (G. Eysenck), questionnaire from the study of Reavley et al., and the custom MHL questionnaire were used.

Results: Most significant of relationships revealed by Pearson's Product-moment correlation analysis: Adequate actions of respondents in a mental health-threatening situation inversely correlates with anxiety ($r=-0.38$, $p=0.0002$), aggressiveness ($r=-0.22$, $p=0.017$), frustration ($r=-0.35$, $p=0.00008$), rigidity ($r=-0.29$, $p=0.0012$). Comprehension of the importance of specialized care inversely correlates with frustration ($r=-0.2$, $p=0.027$). Helping others in difficult situations correlates with empathy ($r=0.48$, $p=0.0000$).

Conclusions: A low level of the behavioral component of MHL is often manifested with high anxiety, aggressiveness, rigidity, frustration. Correlation between the cognitive component and frustration may indicate that sufficient level of this component does not allow the individual to fall into a state of deep frustration in mental health-threatening situations. Individuals with low level of anxiety, rigidity, aggression are more inclined to understand the importance of seeking professional help. An individual with lower frustration and aggressiveness will less likely choose destructive behaviors (addictions to alcohol, self-harm, etc.).

Disclosure: No significant relationships.

Keywords: mental health literacy; young people; emotional state; Republic of Bashkortostan

EPV1072

Incidence and predictive factors of non adherence to therapy in young adults attending a psycho social center in Milan: a retrospective observational "Real world" study

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Introduction: Non adherence to psychotropic drugs is associated with negative outcomes, including hospitalizations, aggressive behaviors, suicide attempts and increased premature mortality. It represents a psychiatric challenge, especially in young adults who show higher risk of non-adherence to treatment

Objectives: Firstly this study evaluates the incidence of non-adherence to therapy in 18-24 years patients from a Psycho-Social Center in Milan; and then to analyze the predictive factors of non-adherence.

Methods: In this retrospective "Real Life" observational study, 120 outpatients aged 18 to 24 years, from Psycho-social Center of L. Sacco University Hospital in Milan, were recruited in 2019. Non-adherence to treatment, according to the World Health Organization, was considered "a modality of assuming medications that does not correspond to healthcare professionals' recommendations". Statistical analysis were performed with chi-square, ANOVA and linear regression tests, setting significance to $p<0.05$.

Results: 88 of 120 outpatients (73.3%) received an indication to psychopharmacological treatment. Of these, 23 (26.1%) did not show adherence to therapy. Results showed a positive association between non-adherence and increased hospitalizations ($p<0.01$), oral antipsychotics ($p<0.05$) and drop-out rates ($p<0.001$). A significant correlation was also observed between non-adherence and Intellectual Disability ($p<0.05$), Bipolar Disorder ($p<0.05$), psychotic symptoms ($p<0.05$), alterations in affectivity and mood ($p<0.005$), alterations in sleep pattern ($p<0.05$), school dropout ($p<0.05$) and poor family support ($p<0.01$).

Conclusions: This study confirms that non-adherence has a relevant incidence in young-adults psychiatric population, highlighting the importance of effective and structured assessment in clinical practice to identify predictive factors and risk profiles associated with this phenomenon.

Disclosure: No significant relationships.

Keywords: Adherence to treatment; Promotion of mental health; Territorial psychiatry; young adults

EPV1074

Explanations on school task procrastination reported by medical students: A qualitative study at a public university in South-eastern Brazil

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Introduction: How do medical students, who have self-criticism of being procrastinators of their study obligations, deal psychologically with daily tasks? The experience of procrastination by those who are considered high-performance students involves resources of mental health to cope with guilt, exhaustion, or even self-sabotage. According to MeSH used by PubMed, procrastination is 'the deferment of actions or tasks to a later time, or to infinity'.