

events that occur in our everyday life. Maladaptive schemas have been proven to be at fault for the inability to face different challenges.

Objectives: This study aims to find the differences in emotional schemas between subjects with history of psychiatric disorder and subjects without a psychiatric disorder.

Methods: We realized a case-control study matched for age and gender, and analyzed the answers of 28 subjects (14 women and 14 men) to Leahy Emotional Schema Scale (LESS); 14 of which have a personal history of psychiatric disorders, while the remaining 14 had no such history. The LESS evaluation was part of a bigger study and was addressed to the general population, over 18 years old. The test was applied online, with the informed consent of the subjects.

Results: The mean age of the participants was 40.28 ± 13.98 . Out of the 14 subjects with a psychiatric diagnosis, 71.43% have a job, 21.43% are retired and 1% are still studying. There was a significant difference between the two groups regarding the Higher Values dimension of the Emotional Schemas ($p=0.0419$). Also, the question regarding the feeling of shame when it comes to their own feeling, showed significant difference between the two groups ($p=0.0211$).

Conclusions: As opposed to the subjects without a history of psychiatric disorder, those who do have a psychiatric diagnosis, feel more often devalued and ashamed, therefore having a lower self-esteem.

Keywords: emotional schemas; mental health; LESS; Psychiatric disorders

EPP1007

News about medicine affect compliance in people with hypochondriac beliefs

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Introduction: The context of infodemic and necessity of preventive behavior (Roy et al., 2020) demands for studies of the role of news in compliance including health priming (Gibbons, 2003, Pechmann, 1999). Especially important is a topic the effect of news about traditional and alternative medicine (Furnham, Forey, 1994) their impact on subjective compliance.

Objectives: The aim was to study the relationship to medicine and subjective compliance in people with hypochondriac beliefs after priming by negative news about traditional and alternative medicine.

Methods: 122 healthy adults (56 males, mean age 40.7 ± 13.6) were randomized to conditions (control, negative news about traditional medicine, negative news about alternative medicine); then they read and appraised four news (in two experimental groups one of them was about medicine); filled changes in emotions after reading (PANAS, Carver et al., 1989), Cognitions About Body and Health Questionnaire (Rief et al., 2018), checklist of relationship to medicine and compliance.

Results: Moderation analysis indicates that in people with higher hypochondriac beliefs negative news about alternative medicine lead to lower readiness to use these methods but also to comply

with any medical recommendations ($p<.01$). In people with higher hypochondriac beliefs negative news about traditional medicine decrease readiness to use it but not alternative medicine ($p<.01$).

Conclusions: Negative news about formal medicine situationally decrease readiness to use it while negative news about alternative medicine situationally decrease any readiness for treatment. Research is supported by the Russian Foundation for Basic Research, project No. 20-013-00799.

Keywords: hypochondriac beliefs; compliance

EPP1008

The traps of the internet in the covid era

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Introduction: The paper presents the results of one international study due by our team in the period of restrictions imposed by Covid-19, between March and June 2020.

Objectives: To inform the population about the risks concerning the excessiv use of internet To prevent the effects of those behaviors which affects the global functioning of individuals

Methods: Questionnaire applied to a number of 549 subjects, 18 to 60 years old, 217 from Romania and 332 from other European and Asian countries

Results: The results allowed us to verify the assumption that there is a change in communications needs of individuals, as well gender and age differences in terms of time spent on the internet during the covid period.

Conclusions: The issue of psycho-education regarding the awareness of dangers and the traps of the virtual era remain relevant.

Keywords: psycho-education; traps; Covid; Internet

EPP1009

Help-seeking behavior of inmates in norwegian prisons

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Introduction: While prison inmates have an increased risk of mental illness, psychiatric services are often less accessible and insufficient for this group. A low level of awareness or a fear of becoming stigmatised could also influence the help-seeking behaviour of some inmates.

Objectives: To study the knowledge and beliefs regarding mental health and mental illness as well as the help-seeking behaviour of inmates in Norwegian prisons.

Methods: We describe a study of help-seeking behaviour and mental health literacy of prisoners. This is a qualitative study involving in-depth interviews with inmates in prisons in North Norway.

Results: Recruitment and data collection is ongoing. Central topics in the interviews are inmates' associations regarding positive mental health and how they can enhance their own well-being while in prison, and how other external factors can contribute to increased well-being. Furthermore, the inmates are asked about their attitudes, beliefs, and knowledge regarding mental illness, and what they think might be factors that can contribute to the development of mental illness. Moreover, we cover topics such as the inmates' beliefs regarding the treatment of mental illness, strategies for handling such health problems, and sources of information regarding mental health and mental illness.

Conclusions: The study will increase knowledge about how prisoners think about mental health and mental illness and the help-seeking behaviours of prison inmates. In a next step, this understanding can be utilized in improving information about well-being, mental illness, and psychiatric services to prisoners.

Keywords: help-seeking; health promotion; health literacy; inmates

EPP1010

Contributions to the study of the relationship between blood pressure and mental health

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Introduction: Blood pressure (BP) refers to the pressure that the blood exerts on the walls of blood vessels. There is a number of evidences that show that depression, anxiety, and also stress have a high incidence in people suffering from hypertension.

Objectives: To correlate blood pressure levels with psychopathological symptomatology levels and to compare differences between genders, age and education levels.

Methods: This was a descriptive, inferential and correlational study encompassing 1407 participants, aged from 18 – 89 years of age (average age = 36 years). Measures included biomedical data - systolic blood pressure and diastolic blood pressure, arrhythmias and heart-beat, as well as the demographic variables - sex, age and education of the participants; mental health (psychopathological symptomatology) was measured using the Portuguese version of the BSI.

Results: In the present study there were no statistically significant relationships between Systolic Blood Pressure, Diastolic Blood Pressure and General Symptom Index, as well as for each BSI dimension. Nevertheless, statistically significant differences were found between Diastolic Blood Pressure and obsessions-compulsions, interpersonal sensibility and hostility. Also, there are statistically significant differences for BP according to gender and education.

Conclusions: This study brings important contributions to the study of the associations between blood pressure and mental health, with import implications for intervention and prevention.

Keywords: Cardiovascular indicators; Blood pressure; mental health; Psychopathological symptomatology

EPP1012

Mental health essentials for future healthcare professionals. A public health capacity building initiative.

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Introduction: Mental disorders in Europe represent the leading cause of disability and the third leading cause of overall disease burden, following cardiovascular disease and cancers. As future healthcare professionals, with an imminent role in tackling this global health issue, we acknowledge that Mental Health is not adequately included in the medical curriculum. To address this gap, this workshop was created to equip medical students with the knowledge and skills that will empower them to lead a pioneering role in advocating for mental health for their patients, peers, and communities.

Objectives: By the end of the workshop, all participants should have: - Increased their knowledge in the field of Mental Health disorders - Increased their skills in the field of Mental Health (preventive practices, intervention strategies towards others, etc.) - Explored the relations between stigma, vulnerability, and Mental Health - Strengthened the international perspective and global understanding concerning mental health issues

Methods: This workshop utilized principles of non-formal education and was planned according to the 4MAT system to meet all four learning styles through theory blocks, space for reflection, practical application of knowledge, and future opportunities for application of content. This was achieved through various methodologies including presentations, self-discovery activities and exercises, roundtable debates, simulations, and role-playing.

Results: obtained

