

emotional regulation. Therefore, future interventions could focus on boosting these resilience factors. Further resilience research could include emotional regulation and self-esteem as protective factors for resilience in adolescent mental health. As these variables have been identified, they can help find more pieces to the complex puzzle of resilience.

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EV1017

Mental health care of the family – Reality and innovative projects in the Russian practice

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Introduction Psychosocial functional deficiency of persons with mental disorders covers the most important kinds of activity: work, education, independent living, and interactions with people, family interactions. Important aspect of rehabilitation practice is work with the family, relatives, and the nearest environment of patients due to decrease in the field of marriage or stable cohabitation.

Objective To determine adaptive-preventive potential of the family in the area of mental health.

Material and methods The analysis of multilevel characteristics of adaptation of 414 adult persons (patients with mental disorders and members of their families) with use of system approach and the methodical complex (“The Passport of Health of the Family”) has been carried out.

Results We define the adaptive-preventive potential of the family of mental patient as biological (genetic) and social-psychological opportunities of family system of the individual to compensate the limits of ontogenetic (life) cycle of the family of several generations caused by the illness of the family member. Novelty of the “Clinical-psychological model of anti-relapse behaviour based on interaction of mental patients, their families, persons from the general population and experts in the field of mental health” project consists of scientific justification of development of multilevel (individual, family, society) model of anti-relapse behavior.

Conclusion This multidisciplinary project is aimed at the persons entering into risk groups for development of mental disorder (for example, persons with sub-syndrome symptoms or with biological, and psychological or social risk factors) and the persons entering into risk groups for relapse of the existing mental disorder.

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EV1018

“The Wounded Healer”: An anti-stigma program targeted at healthcare professionals and students

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Introduction “The wounded healer” (TWH) is an innovative method of pedagogy that blends art with science that is delivered by an award-winning doctor with first-hand experience of a mental health condition. The aim of this study is to evaluate the effectiveness of TWH at reducing stigma from healthcare professionals and students towards their peers with a mental health condition.

Background TWH has been delivered to more than 30,000 people in 9 countries on 5 continents worldwide and has been integrated into the medical school curricula of 4 UK universities. TWH also featured in the 2015 iMed Congress in Lisbon, Portugal, the largest medical student congress in Europe ($n = 1000$).

Methods We conducted a cross-sectional, mixed-methods study on participants who attended TWH in venues across the UK. Paper questionnaires containing stigma constructs with response items on a Likert-scale were hand distributed to participants. Free-text comments were subjected to thematic analyses.

Results Two hundred and nineteen over 256 participants recruited responded (85% response rate); 207/219 (94%) of respondents agreed or strongly agreed that TWH made them realise that medical students and doctors who experience mental distress can recover and achieve their goals.

Themes that emerged from analyses of free-text comments included, “inspirational”, “merits of blending art with science”, and “benefits of receiving a talk from a doctor with first-hand experience of a mental health problem”.

Discussion Our findings suggest that TWH might be effective at reducing stigma from healthcare professionals and students towards their peers with mental health problems. More robust research in this area is needed.

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EV1019

Student psychiatry audit and research collaborative (SPARC): A new UK initiative to improve recruitment in psychiatry

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Introduction The UK has longstanding problems with psychiatry recruitment. Various initiatives aim to improve psychiatry's image among medical students, but involve research and none are student-led. Providing opportunities to take part in psychiatry research and quality improvement could increase the number of students who choose to enter the speciality.

Objectives We have developed the student psychiatry audit and research collaborative (SPARC), a student-led initiative for nationwide collaboration in high-quality research and audits.

Methods Our model is inspired by the success of the UK Student audit and research in surgery (STARSurg). Area teams, located in medical schools, take part in multi-centre projects. The area teams consist of medical students, who have the main responsibility for collecting data; a junior doctor, to supervise the process; and a consultant, with overall responsibility for patient care. The data collected centrally and analysed by a team of medical students and doctors. Student leads from each site are named authors on result-

ing papers. All other students are acknowledged and are able to present the work.

Results We have completed our first audits in Cardiff and London; other sites will return data in 2017. Student feedback indicated a high level of satisfaction with the project and interest in psychiatry as a future career.

Conclusions This initiative aims to tackle the recruitment problems in psychiatry by giving students a chance to take part in high quality research and audits.

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EV1020

Promotion of mental health literacy and mental well-being in a Portuguese unemployed population sample: Effectiveness assessment of a capacity building community-based intersectoral intervention

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Introduction Economic crises have consequences on labor market, with impacts on mental health (MH) and psychological well-being (PWB). We describe the effectiveness of an intervention among unemployed, performed within EEA Grants Healthy Employment project.

Objectives Evaluate the effectiveness of an intervention for MH literacy, PWB and resilience among unemployed.

Aims MH and PWB promotion, common mental disorders prevention and inequalities reduction linked to unemployment.

Methods A five modules intervention (life-work balance; impact of unemployment on PWB and MH; stigma; depression and anxiety; health promotion) distributed by 20 hours was developed based on literature reviews and a Delphi panel. It was delivered to unemployed from two public employment centers (PECs). Inclusion criteria: 18–65 years old; registration in PEC for less than a year; minimum of nine years of formal education. Control groups from the same PECs received the care-as-usual. Measures of psychological WB, MH self-reported symptoms, life satisfaction, resilience and mental health literacy were collected through an online survey before and one week after intervention.

Results Overall, 87 unemployed participated, 48% allocated to the intervention group (IG); 56% women (21–64 years old), average education was 15 years. Mixed measures ANOVA showed that the interaction between time and group was significant for PWB and MH literacy measures. The IG showed better self-reported PWB and improved MH literacy after intervention, compared to controls. No significant interactions were found for MH symptoms, life satisfaction and resilience.

Conclusions This study shows the contribution of short-term community-based interventions in increasing MH literacy and PWB among unemployed.

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EV1021

The benefits of physical activities in patients with dual diagnosis

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Introduction The work describes the benefits of physical activities in patients with dual diagnosis in a psychiatric clinic of Rio de Janeiro city, Brazil.

Objectives Present the benefits of physical activities inside the hospital space. Evaluate the impact of the introduction of regular physical activity practice in patients having dual diagnosis in hospitalization environment.

Aims Demonstrates the decrease of the resistance to treatment in hospitalization regime, the behavioral and social improvement of patients, as well as the physical and mental capacities and the wellness promotion during and after the treatment.

Methods Forty-five patients carrying the dual diagnosis, hospitalized in the clinic for the period of 1 year, were monitored. All the patients were assessed by a general practitioner, a psychiatrist and a physiotherapist, before starting the physical activity, being the classification of mental disorders ICD-10 used for the diagnosis. The patients were treated with psychotropics, according to the diagnosis and the signs and symptoms presented. The therapeutic project offered physical and psychological treatment, promoting the recovery possibility through aerobic and anaerobic ludic physical activities inside the therapeutic environment.

Results All the patients presented improvement in the physical and mental capacities and in socializing. In the physical activities, the patients participated respecting their limitations, respecting the next and having a higher body perception.

Conclusions Through the development of the activities, the patients demonstrated excellent involvement and interaction with the treatment, favoring their psychological and behavioral recovery and impacting positively their response to the treatment of various mental disorders.

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EV1022

The effects of support interventions on anxiety and depression in women with preterm labor during hospitalization

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Aim To examine the effects of support interventions on anxiety, depression in women hospitalized with preterm labour at admission and 2 weeks.

Background Hospitalized pregnant women with preterm labour have significantly higher anxiety and depression levels. Few studies have explored the effects of support interventions on anxiety, depression in such women.

Methods A randomized, single-blind experimental design was used. The control group ($n = 103$) and intervention group ($n = 140$)