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#### EW0229

### “To live”: An experimental brief therapy for patients who attempt suicide

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**Background/introduction** It is widely known that attempted suicide is the main risk factor for suicide and repeated suicide attempts. However, there is a lack of evidence for follow-up interventions/treatments reducing suicidal behavior in this population. The aim of the present study was to describe a novel-therapy as a potential treatment with effectiveness in reducing suicidal behavior. One of the main objectives of this project is to potentiate the benefits of the usual treatment in patients with history of suicidal attempt.

**Description and method** “To live” is a proposal of short psychotherapeutic intervention program for patients with recent suicide attempts. The participants were randomly allocated in two groups, one worked as our control group ( $n=8$ ), which had the usual treatment (individual outpatient care), and the other group ( $n=8$ ) underwent the usual treatment plus the experimental treatment. This treatment consists of a well structured program, in which participants receive eight group sessions followed by regular contact through telephonic calls over 12 months. In order to evaluate its impact and measure results, a set of structured interviews and clinical questionnaires have been applied in different times: time zero (before admission), time one (in the end of the intervention), time 2 (1 month after intervention), then at each every 3 months over a 12 month follow up period.

**Results/conclusion** By the time this study was conducted, the experimental program was being administered, therefore no results could be taken. However, preliminary findings suggest the effectiveness of the program in reducing suicidal behavior in a real-world clinical setting.

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#### EW0230

### The impact of emotional intelligence on the emotional state of nurses in public hospitals in Cyprus

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**Introduction** The term emotional intelligence (EI) has gained more and more popularity in the last two decades and has been studied in various workplace settings.

**Objectives/aims** The purpose of the present study was to estimate the EI in nursing personnel, to examine which factors are associated with EI and how EI correlates with their emotional state.

**Methods** A cross-sectional study was conducted from April to May 2016 in a representative sample of nursing personnel from seven public hospitals of Cyprus. A total of 585 nurses completed the Greek Emotional Intelligence Scale (GEIS), consisting of 52 items measuring four basic emotional skills and scored on a 5-point Likert scale (from low (52) to high (260) EI). Furthermore, the Depression, Anxiety, and Stress Scale (DASS 21) was applied. Statistical analyses were performed using the SPSS v.20.0.

**Results** Overall mean EI scores were 184.11 for males and 184.82 for females. Being married and having children as well as having leading position was associated with higher EI ( $P=0.024$ ,  $P=0.002$ ,  $P=0.012$ , respectively). The highest EI scores were identified between the middle aged nurses (36–50 years,  $EI=191.5$ ,  $P=0.000$ ) and nurses with more years of work ( $>12$  years,  $EI=189.59$ ,  $P=0.000$ ). The overall EI scores have moderate negative correlation with the emotional state of the nurses ( $P=0.000$ ).

**Conclusions** The present study reveals under-optimal EI scores and confirms the negative relationship with the emotional state of nurses. Based on the literature, the EI can be developed, thus suitable programs could substantially improve the emotional skills in nursing personnel.

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#### EW0231

### Help-seeking and psychological distress in university students: Findings from a cross-sectional online survey in the UK

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**Introduction** With most mental health disorders emerging in the later teenage years, university students are arguably an at-risk population with increased mental health support needs. This population is characterised by important, life-changing transitions (moving away from home, friends and family) and new potential stressors (including increased academic pressures and relational challenges). Research to examine determinants of mental health help-seeking behaviours in university students is needed to ensure emotional health needs are being met at this critical time.

**Objectives** To examine levels of psychological distress and mental health help-seeking behaviours in a sample of UK university students. By identifying factors associated with help seeking, we can better understand the mental health needs of this population and inform support provision.

**Methods** This study draws on data from the social and emotional well-being in university students (SoWise) study, an online survey which aimed to examine risk and resilience for social and emotional well-being in young people attending a UK university.

**Results** Whole sample analysis ( $n=461$ ) showed help seeking was significantly associated with psychological distress, current life stressors and anxious attachment and not associated with perceived mental health stigma. Sub-group analysis ( $n=171$ ) suggests being female and older significantly predicted help seeking in students with mild/moderate psychological distress.

**Conclusions** Younger males with mild/moderate psychological distress are less likely to seek mental health support and repre-