

often not provided. To reduce the risk of perinatal mental illness in women with ND, improvements must be made to the delivery of perinatal care and the knowledge of those providing the care.

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ComPASSION: A Screening Tool for Type 1 Diabetes and Disordered Eating (T1DE)

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doi: 10.1192/bjo.2024.201

Aims.

Background: In 2018, NHS England funded a one-year project of a combined approach for physical and mental health services to support those with type 1 diabetes and eating disorders – ComPASSION Project. Part of this project looked to develop a questionnaire screening tool to improve early recognition of those at risk of T1DE.

Aims: To assess the effectiveness of an adapted questionnaire in identifying patients at risk of T1DE in a routine diabetes clinic. To this end, we focussed on two main aspects:

1. Discussion around weight and body image – patient discussion topic.
2. Diabetes distress score.

Methods. Data from a modified questionnaire was collected retrospectively from diabetes clinics across two hospital sites July 2019–March 2020 with a total study size of 300 patients. Questionnaire responses from those with T1DE were compared with those without.

Results. The questionnaire screening tool is an effective screening tool identifying Type 1 diabetic patients at risk of disordered eating. Patients with T1DE were more likely to raise concerns regarding weight and/or body image. Diabetes distress scores were significantly greater in T1DE patients.

Conclusion. Healthcare professionals should be alert to patients with Type 1 diabetes at risk of disordered eating. Early identification of patients with T1DE is possible when using patient discussion topics and assessing the diabetes distress score. Further studies are needed to assess the effectiveness of this questionnaire screening tool on a larger population.

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Socio-Demographic and Clinical Characteristics of First-Ever Admitted Psychiatric Inpatients in Palestine: A Cross-Sectional Study

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doi: 10.1192/bjo.2024.202

Aims. Bethlehem Psychiatric Hospital is the only psychiatric hospital in the West Bank. Epidemiological data on mental health in Palestine is very limited due to the lack of research in this area. This study aims to evaluate the socio-demographic characteristics and clinical outcomes of first-time admitted patients at Bethlehem Psychiatric Hospital over a year period.

Methods. A retrospective cross-sectional study was conducted at the Bethlehem Psychiatric Hospital, reviewing the medical records of patients admitted for the first time between October 2022 and October 2023. Data collection was conducted manually by residents through an Excel sheet. Next, demographic characteristics (socioeconomic and demographic measures), relevant history (past medical, psychiatric, and forensic), presenting episode characteristics, and current hospitalization (admission, hospital stay, and discharge) were studied descriptively.

Results. Of the 140 patients admitted for the first time to the psychiatric hospital between October 2022 and October 2023, the mean age was 32.6, a majority (70%) were male, more than half were single, around two-thirds finished high school, and 13.6% had a university degree. Only 41.4% of patients were referred from a medical or legal source. The overwhelming majority of the patients had poor prior outpatient follow-up.

Substance use was common (Tobacco: 63.8%, alcohol: 16.1%, and other substances: 26.4%). Family history of psychiatric illness was found in 40% of the cases, and prior imprisonment in 42%.

The most common presenting complaints included: sleep disturbances (84.3%), and physical aggression (73.6%). Delusions were elicited in 72.9% (most commonly persecutory-paranoid, and least commonly grandiose and reference delusions). Hallucinations were present in 38.6% of admissions, auditory hallucinations were the most common. 15.4% had depressed mood, and 22.1% had current suicidal ideations.

Involuntary admissions constituted 62.1% of all admissions. A third of urine drug tests, conducted in 68.6%, came back positive. Patients stayed a mean of 17.8 days. A diagnosis was reached in 82.1% of patients, the most common established diagnosis was Schizophrenia spectrum (42.9%). Around a third were discharged against medical advice.

Conclusion. This is the first study conducted on Palestinian psychiatric inpatients. The results of this study suggest that most patients who are admitted had poor outpatient care. Delusions were elicited in the majority of patients, amongst different final diagnoses.

There is a need for more research on Palestinian psychiatry, integrative social services, and better mental health regulations to protect the rights of mental health patients.

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Gender Differences Amongst First-Time Admitted Psychiatric Inpatients in Palestine

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doi: 10.1192/bjo.2024.203

Aims. Bethlehem Psychiatric Hospital is the only psychiatric hospital in the West Bank. Gender differences aren't widely studied in medical Palestinian research, therefore, data on it is very scarce. This study aims to study gender-based patterns of clinical and demographic characteristics amongst patients admitted for the first time at Bethlehem Psychiatric Hospital over a year.

Methods. A retrospective cross-sectional study was conducted at the Bethlehem Psychiatric Hospital, reviewing the medical records of patients admitted for the first time between October 2022 and October 2023. First, data collection was conducted manually by residents transferring information from paper-based files to an Excel sheet. Next, sociodemographic and clinical variables were selected. Finally, the 21st version of IBM SPSS was used to analyze the role of gender factors.

Results. For the 140 patients admitted for the first time to the psychiatric hospital between October 2022 and October 2023, the majority (70%) were male, with a mean age of 31.6 for males and 35 for females.

Most variables showed no significant differences between male and female patients. Of the variables that showed significantly ($p < 0.05$) higher occurrence in male patients were imprisonment, physical aggression (78.6% of males, 61.9% of females), smoking (84.4% of males, 14.3% of females), and substance use (36.7% of males, 2.3% of females). However, length of stay, clozapine prescription, and parents' consanguinity were significantly higher in women.

Conclusion. This is the first study conducted about gender differences in Palestinian psychiatric inpatients. Some elements pointing to antisocial traits (like imprisonment and substance use) were more common in males, while women stayed longer at the hospital. Studying these measures and their etiology is crucial for better understanding and management.

There is a need for more research on gender differences, and Palestinian psychiatry as a whole, integrating social-economic, cultural, and medical views, to provide better equitable care for patients, and be able to advocate better for them.

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Connecting Past Trauma With Current Mental Health Challenges: A Photovoice Study Exploring Men's Experiences

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doi: 10.1192/bjo.2024.204

Aims. While evidence suggests men experience high rates of trauma, there is little qualitative research investigating men's experiences of past trauma and current mental health challenges. This study aimed to obtain a richer understanding of the trauma histories embedded in men's accounts of living with depression, anxiety, and suicidality, and how men responded to these challenges.

Methods. Twenty-one New Zealand-based men were recruited from the community and asked to take photographs depicting their experiences of living with depression, anxiety, and suicidality including what had helped or hindered their recovery.

Participants shared their narratives and photographs in semi-structured interviews.

Results. The findings show an array of participant experiences of past trauma at the individual, family and community level. Three themes were inductively derived to describe how men responded to these traumas: (1) *struggling to survive* which describes the isolation and emotional pain of men's ever-present trauma, heightened by engaging in risky coping strategies; (2) *connecting with past trauma* referred to the participants' understanding of their trauma, disclosure (or not) and help-seeking; and (3) *moving forward* detailed the strategies employed by participants to overcome these challenging experiences and mend and sustain their mental health.

Conclusion. The findings reinforce the importance of in-depth qualitative work towards revealing the impact of past trauma on men's current mental health as well as how men make sense of, disclose and cope with experiences of trauma. These findings have important implications for mental health practitioners working with men. Addressing trauma histories in men seeking help for current mental health challenges may play a key role in improving mental health services and interventions for men.

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Developing a Digital Therapeutic for Alcohol Reduction – a Pilot Study of Curb, an App for People Who Want to Change Their Relationship With alcohol

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doi: 10.1192/bjo.2024.205

Aims.

1. Evaluate user engagement.
2. Evaluate safety.
3. Evaluate efficacy.
 - a. To reduce drinking.
 - b. To address comorbid symptoms of anxiety and depression.

Methods.

Study Population

Participants applied via social media, identifying as individuals seeking to change relationships with alcohol. Inclusion criteria: Aged >18, Alcohol Use Disorder Identification Test (AUDIT) score of 8–16, no history of withdrawal symptoms, or AUDIT score 16–20 but already abstinent for >14 days. Participants who had already been abstinent for >30 days excluded.

The Programme

Participants given unlimited access to Alma mobile application (app) for 4 weeks. Programme consisted of daily pledge to cut down drinking, drink diary to record alcohol use, weekly feedback on Generalised Anxiety Disorder-7 (GAD-7) scores and Patient Health Questionnaire-9 (PHQ-9) depression scores, unlimited access to mindfulness videos to manage cravings.

Statistical analysis

Mixed-effects linear regression used for analysis.