moreover people with serious mental illness have higher rates of mortality and morbidity. (Patrick W. Corrigan, et al., 2014). The contact mental-health-care professionals have with people with mental illness is associated with positive attitudes towards civil rights, however it does not reduce stigma as does social contact such as with friends or family members with mental illness. (Henderson C et al., 2014)

Objectives: This is the Albanian substudy of a larger multicenter study. We aimed to investigate the attitudes of specialists and trainees in psychiatry in Albania.

Methods: An anonymous online questionnaire was sent by email to the participants. We used questions on sociodemographic and professional details as well as requested personal information regarding their lived experience. The self reporting Opening Minds Stigma Scale for Health Care Providers was used to measure stigmatising attitudes, which contains 15-statements and 3-subscales: Attitude, Disclosure and Help-seeking and Social distance.

Results: Altogether 59 professionals completed the questionnaire, 59% of them worked as adult (n=35) and 41% as child psychiatrists (n=24). 58% were specialists (n=34) and 41% trainees (n=24). Based on their responses, 12% of them (n=7) have ever sought help for their own mental health problems. Regarding case discussion, supervision or Balint groups, 81% of the sample (n=48) was open to these; however, it was accessible for only 46% of the sample. The median stigma scores were the followings: attitude: 13 (11-16), Disclosure: 10 (9-12) and Social distance: 12 (9-13), total score: 35 (31-40); however, none of these were associated with any of the above variables.

Conclusions: Stigma is present towards people with mental health problems and psychiatrist play their part in it as well. Further investigation is needed into Albanian psychiatrists' stigmatising attitudes to find appropriate anti-stigma interventions for them.

Disclosure of Interest: None Declared

EPP0227

Stigma and contact with mental illness in a university population through volunteering: a case-control study

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doi: 10.1192/j.eurpsy.2023.557

Introduction: Stigma in mental illness has a negative impact on the daily functioning of the patient, their personal development and their clinical prognosis. Direct contact with people who suffer from this pathology could modify the stigma towards these populations.

Objectives: The objective of the study is to assess whether the stigma of mental illness in university students is modified by contact with people suffering from mental illness, established through volunteering activities with that population.

Methods: Observational case-control study. The sample is made up of young subjects (18 to 35 years old) who have studied or are studying a university degree during the 2021-2022 academic year. The cases (n=91) are subjects who have ever volunteered with people diagnosed with mental illness. Those who have not had this experience constitute the control group (n=237).

The variables were collected by completing an anonymous online questionnaire. To analyze stigma, the Attribution Questionnaire-27 questionnaire was used, which offers a total score as well as 9 domains related to stigma. Statistical analysis (including multiple linear regression) was performed with the statistical package IBM SPSS Statistics, version 20.

Results: Once adjusted for age and gender, the case group scores lower, with statistically significant differences, in the subscales Anger (p-value: 0.001), Dangerousness (p-value: 0.000), Fear (p-value: 0.000), Coercion (p-value: 0.028), Segregation (p-value: 0.000), Avoidance (p-value: 0.000), as well as in the Total Score (p-value: 0.000). Likewise, it is also observed that the group of cases score higher on the Help subscale (p-value: 0.002).

Coefficients

Model	Unstandardized Coefficients B	Standardized Coefficients Std. Error	Beta	t	Sig.	95% Confidence Interval for B Lower limit	Upper Limit
(Constant)	72,745	10,931		6,655	,000	51,234	94,256
Volunteering	13,100	3,196	,236	4,098	,000	6,810	19,391
Age	,669	,342	,113	1,956	,051	-,004	1,342
Gender	-,196	2,941	-,004	-,067	,947	-5,983	5,591

a. Dependent Variable: Total Score

Conclusions: Previous contact with patients with mental illness through voluntary activities seems to favor less stigma towards mental pathology.

Disclosure of Interest: None Declared

EPP0228

Probiotics as Adjuvant Treatment for Psychiatric Disorders: A Systematic Review

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doi: 10.1192/j.eurpsy.2023.558

Introduction: Many psychiatric illnesses have been linked to the gut microbiome, with supplements such as probiotics showing some efficacy in alleviating the symptoms of some psychiatric illnesses. Though probiotics alone have been found to be efficacious in alleviating the symptoms of psychiatric illnesses, the combination of probiotics and first-line psychotropic medications has not been investigated as thoroughly.

Objectives: The primary objective of this review was to evaluate the current literature investigating the effects of adjuvant probiotic or synbiotic administration in combination with first-line psychotropic treatments for psychiatric illnesses.

Methods: A systematic search of four databases was conducted using key terms related to treatments for psychiatric illnesses, the gut microbiome, and probiotics. All results were then evaluated based on specific eligibility criteria. The salient outcome measures from the studies that met this eligibility criteria were then extracted and analysed.