

for an early interventions and prevention of consequences of this pathology.

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EV926

Dietary pattern and mental health: review of literature

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Introduction If we are what we eat, are we eating ourselves into depression and anxiety? There has been an emerge evidence supporting a role for lifestyle factors in the development of these conditions.

Objective To review evolving concepts and gain insight on the phenomenon of dietary pattern and mental health.

Methods Bibliographic search in Pubmed for articles published between 2010 and 2015, using the keywords words mental health, diet and depression, from the 220 articles found, 68 were included.

Results From the 68 selected articles, 19 were reviews, 3 randomized controlled trials and 2 meta-analysis. The scientific community agrees that substantial global changes in the food system have had a highly detrimental impact on dietary patterns. Thirty-three articles found a positive correlation between unhealthy dietary patterns and poorer mental health or better mental health with healthy eating habits, such as a potential protective role of mediterranean diet (or similar) with regard to the prevention of depressive disorders. A recent systematic review by Baskin et al (2015) revealed positive associations between poor quality and unhealthy diets and antenatal depressive and stress symptoms. Healthy diets were inversely associated with antenatal depressive and anxiety symptoms.

Conclusion Although there is some evidence on the association between dietary quality and mental health, we can't tell if it's a casual linkage or what are the biological pathways that mediate these relationships. Therefore, randomized control trials of diet are necessary to disentangle the effects of multiple health behaviors on mental health.

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Promotion of mental health

EV928

Attitude toward mental health in the Republic of Georgia

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The stigma, discrimination and human rights violations that individuals and families affected by mental disorders suffer are intense and pervasive.

In order to study attitude toward mental health problems, more than 1000 population from the different region of Georgia have been interviewed within 3 months (May-July 2015) in their household.

The scope of questions used in the survey were based on the questionnaire proposed by the NHS Information Centre, Mental Health and Community.

The population of Georgia showed high levels of understanding and tolerance of mental disorders. Despite of this, the fear and exclusion toward people with mental illness were almost twice as more, compare to the countries, where community mental health services are developed. More than half of the interviewed reported that institutional care is quite sufficient for providing treatment and suggested that person with mental disorder should not have rights to a job. Social status, income and occupation did not play any role in terms of attitude.

Majority of the respondents thought that mentally ill patient is a person who is violent or who need isolation due to the disturbed or inadequate behavior.

The survey revealed that the attitude toward persons with mental disorders in the republic of Georgia less likely is based on evidence and objective information. The lack of knowledge and awareness of mental health issues increase stigma and discrimination regarding the people with mental health problems and prevent them from the integration into the society.

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Relationship between attitude toward spirituality and attitude and performance of spiritual care among nurses

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Introduction Although spiritual care is commonly regarded as a nursing task, in practice, it is often provided inadequately.

Objective The purpose of this study was to examine relationship between attitude toward spirituality and the attitude and performance of spiritual care among nurses who working in hospitals of Iran university of medical sciences.

Methods This was a correlative-descriptive study. Spiritual Perspective Scale (SPS) and Nursing Spiritual Care Perspective Scale (NSCPS) were used to gather the data. A number of 166 nurses participated in this study.

Results Findings showed that of nurses' spirituality attitude score was 4.98 ± 1.1 which indicated high attitude toward spirituality. The total average of nurses' attitude about spiritual practices was 3.67 ± 0.51 , which signified the positive attitude of nurses about spiritual practices. Findings revealed that positive spiritual attitude had a significant correlation with 6 out of 12 expressed spiritual interventions. In addition, spiritual attitude generally had a significant positive correlation with spiritual interventions. The positive spiritual attitude had a significant correlation with only 3 items out of 11 for the attitude toward spiritual practices. There was no correlation between spiritual attitude and the attitude toward spiritual practices.

Conclusion In spite of the positive attitude, nurses did not perform half of the spiritual interventions which most of them were in line with fulfilling the patients' religious needs. Establishment of in-service education program regarding spiritual care practice by role play and modeling methods are recommended.