

range of models of mental health care. The new measure of patient experience will focus for the first time on the patient's perception of individual qualities/behaviour of a patient, clinician, caregiver, and their interaction. Phase I of this thesis involved reviewing the existing SDM interventions and SN interventions in mental health, as well as reviewing the existing instruments used to measure SDM in mental health research and practice. Phase II will involve developing and revising the new measure of SDM using stakeholder feedback in an iterative process. Stakeholders will include patients, their caregivers, and clinicians recruited from community mental health services in England.

**Results:** To define SDM and the most relevant aspects of it, data from the literature review and exploratory focus groups will be evaluated together. A pool of draft questions will be generated, covering all aspects of the identified themes. These questions will be further refined following discussions with people with lived experience of mental illness (i.e., peers) and academics who have the relevant expertise in SDM and psychometric measure development. This will establish content validity and ensure wording clarity, to be accessible for all English language requirements.

**Conclusions:** The new SDM measure will ensure effective evaluation of SDM experiences of people with mental illness. It will be an important step forward in advancing the study and application of SDM in mental health care. It will lay the foundation for further research into the needs of patients and their SNs regarding SDM in mental healthcare.

**Disclosure of Interest:** None Declared

### EPV0593

#### The relationship between psychiatric symptoms and childhood trauma

M. G. Almeida<sup>1\*</sup>, M. E. C. Virginio<sup>1</sup> and J. R. A. Almeida<sup>2</sup>

<sup>1</sup>PUC and <sup>2</sup>Uel, Londrina, Brazil

\*Corresponding author.

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**Introduction:** Recent evidences suggest that situations of abandonment, neglect and abuse are risks factors for onset of psychopathology in adulthood. This association occurs in that traumatic events in the early stages of development and may trigger severe and disabling psychiatric disorders in adults.

**Objectives:** The present study aimed to evaluate the associations between the occurrence and severity of childhood trauma and the development of psychiatric disorders in hospitalized teenagers of the Hospital Psychiatric Vida Londrina/Pr.

**Methods:** The sample was consisted of 14 psychiatric patients, evaluated for severity of psychiatric symptoms by the Beck Scale for Suicid Ideation (BSI); Beck Depression Inventory (BDI); Beck Anxiety Inventory (BAI); Beck Hopelessness Scale (HAD) and the Barratt Impulsiveness Scale (BIS-11).

**Results:** In the sample studied, 84% of the teenagers reports that they had some type of childhood trauma. The results indicate that traumas are associated mainly with the development of mood disorders and also with increasing severity of psychiatric symptoms,

specially the depressive symptoms, hopelessness, suicidal ideation and impulsivity. Teenagers with emotional neglect, emotional abuse and physical neglect demonstrated having five times more risk of personality disorder. Individuals who suffered physical abuse; sexual abuse and physical neglect presented at three times more risk of committing suicidal attempts.

**Conclusions:** These data demonstrate the relevance of trauma childhood as a trigger for psychiatric symptoms.

**Disclosure of Interest:** None Declared

### EPV0594

#### Mental health evaluation in senior year medical students

M. A. Ghrab<sup>1\*</sup>, I. Sellami<sup>1,2</sup>, A. Haddar<sup>1</sup>, M. Hajjaji<sup>1,2</sup>, K. Jmal Hammami<sup>1,2</sup> and M. L. Masmoudi<sup>1,2</sup>

<sup>1</sup>Occupational medicine, University Hospital Hedi Chaker, Sfax, Tunisia and <sup>2</sup>University of Sfax, Sfax, Tunisia

\*Corresponding author.

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**Introduction:** Medical studies are known for being difficult and hard. They require a lot of dedication and hard work from students. This takes a toll on their mental health over the years.

**Objectives:** Detect signs of anxiety, depression, and stress levels in 5<sup>th</sup>-year medical students.

**Methods:** This study was cross-sectional through a self-administered pre-established questionnaire for medical students during September and October 2022. We used the General Anxiety Disorder-7 (GAD-7) questionnaire, the Patient Health Questionnaire-9 (PHQ-9) and the Perceived Stress Scale-10 (PSS-10). The satisfaction level with the choice of the medical field as a career was assessed on a scale ranging from 1 to 10.

**Results:** Our population consisted of 54 5<sup>th</sup>-year medical students. The average age was 22.94±0.78 and 64.8% were female. All our population were singles. Active smokers represented 9.3% and alcohol consumption was reported by 9.3% of the participants. More than half of the population (51.9%) had a regular leisure activity. Most of the students had no medical history (72.2%) or psychiatric history (94.4%). The mean satisfaction level from choosing the medical field was 7.43±1.84. The mean GAD-7 and PHQ-9 scores were respectively 3.50±3.80 and 4.70±4.42. The PSS-10 score had a mean of 14.07±5.29. Five students (7.4%) presented self-harm thoughts. Students who were less satisfied with their choice of the medical field as a career had significantly higher scores of PHQ-9 (p<0.001), GAD-7 (p=0.004) and PSS-10 (p=.042).

**Conclusions:** Medical studies are the first step for these young doctors in their professional careers, which presents further psychological stressors. More attention towards the mental health of this population is needed to properly prepare them for their future.

**Disclosure of Interest:** None Declared