

(in the organization), type of employment bond and professional group.

Aims Positive actions inside organizations promote positive emotional states.

Method One hundred and thirty workers from local administration (men, $n=78$; 60%; age, $M=44.22$; $SD=8.67$; range = 19–63 years old) filled in the Self-Compassion Scale, the Organizational Commitment Questionnaire, the Organizational Virtuosity Questionnaire and the Depression, Anxiety and Stress Scales.

Results There was a positive association between organizational commitment and organizational virtuosity. Optimism and integrity (organizational virtuosity dimensions) positively correlated with the self-criticism dimension and with self-compassion total score. Some dimensions of mental health (depression and stress) were negatively associated with organizational virtuosity. Employees with less education, belonging to a professional group less qualified or with an unfavourable employment bond perceived the organization as less virtuous, and were less committed.

Conclusion Promoting positive actions inside organizations seem to encourage positive emotional states in individuals. The development of a compassionate capacity, by self-compassion and mindfulness, humanize both individuals and organizations. These workers, with their leaders, can promote affective and normatively committed workforces, presenting positive perceptions about organizational virtues.

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EV940

Tests get me nervous: A case of pharmacological enhancement

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Introduction The use of drugs to improve cognitive performance (pharmacological enhancement) is a practice that increases in frequency, especially in individuals with a high degree of academic education, university students, and workforce with high responsibilities. Legal substances such as alcohol and caffeine, prescription drugs such as modafinil or methylphenidate and some illegal drugs such as amphetamines or cannabis are utilized to improve cognitive performance, maintain wakefulness, or induce sleep. Perception of risk is low in many cases. Internet has facilitated the illicit access to prescription drugs with astonishing ease.

Objective and methods We want to exemplify through a clinical case, how the access to some of these substances through internet is very easy, and how, in this case, the use of Modafinil (drug indicated for narcolepsy) with the objective of maintaining academic performance aggravates symptoms of anxiety in a 22-year university patient.

Results Exposition of clinical case in the poster.

Conclusions The use of substances (“smart drugs”) presents risks for both physical and psychological health that sometimes are not perceived by the user. It is surprising that a highly educated

individual has taken Modafinil without researching for a deep understanding of the side effects of the drug.

Internet access of regulated substances that should only be prescribed by a physician to be used on very concrete symptoms is extremely easy. In the case of the Modafinil, it is possible to access its purchase by simply searching the words “purchase/buy Modafinil” in any internet browser.

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EV941

Mental health and empathy: Do nursing students have better attitudes to psychiatric patients?

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Background Stigma towards mental illness has a major impact on the quality of life and the health care of psychiatric patients. Several studies have reported that health professionals have more negative attitudes than general population.

Aims To explore empathy and attitudes towards mental illness in nursing students (NS) and non-health university students. Our purpose is to see how NS have more empathic and less stigmatizing attitudes towards psychiatric patients, compared to other university students.

Methods We tested 96 university students (50 NS and 46 non-health university students), with the following questionnaires anonymously filled out:

- Community attitudes towards mental ill (CAMI), to evaluate the different students’ attitudes towards mental illness;
- Empathy quotient (EQ), to assess empathy.

Results NS differs from the other group in 5 items of CAMI ($P<0.05$ in 3 items and $P<0.01$ in 2 items), and Authoritarianism subscale ($P=0.023$). This shows that NS have a greater general awareness and less stigmatizing attitudes about the need to hospitalize the mentally ill, the difference between psychiatric patients and general population, the wrong need of segregation and the real causes of mental illness. There is also a significant difference in EQ (items 6, 21, 25, 44, 59): future nurses seem to have a slightly higher empathy, even though the EQ total score does not differ in the two groups.

Conclusions These results suggest that there is a difference with respect to the attitudes towards psychiatric patients in NS and students who do not follow health-care courses: NS have more empathetic and less stigmatizing attitudes.

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EV942

Different attitudes toward psychiatry and psychiatric patients in nursing students: Can personal experiences reduce stigma?

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Background Psychiatric patients often do not receive the same health treatment reserved for patients with no mental disorders. Stigma in mental-health nurses can worsen the patients' healing time and quality of care.

Objective To explore the different attitudes towards mental illness and psychiatry in nursing students (NS) of the first and the final year of university, and the importance of having visited a psychiatric ward and having known a psychiatric patient.

Methods Fifty NS completed the following tests:

- Community attitudes towards mental ill (CAMI);
- Attitudes towards psychiatry (ATP-30);
- Empathy quotient (EQ).

Results NS of the final year differ significantly from those of the first year in 4 CAMI items, in Authoritarianism subscale ($P=0.041$), Social Restrictiveness ($P=0.029$) and Community Mental Health Ideology ($P=0.045$), indicating a more mature and responsible approach to psychiatric patients, without considering them a threat to be secluded. EQ does not show a significant difference in empathy, not even considering the individual items. Final year NS also have more positive attitudes toward Psychiatry in 3 ATP-30 items and total score ($P=0.01$). Those who visited a psychiatric ward have more positive attitudes towards mental illness and Psychiatry, in 6 CAMI items and 3 ATP-30 items. Having personally known a psychiatric patient leads to positive attitudes in only a few CAMI items.

Conclusions Last-year NS, who have had more direct relationships with patients through practical training, have more empathetic and less stigmatizing attitudes. It is also very useful to attend a psychiatric ward during the nursing training.

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EV943

The development of headucate in mental health awareness

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Introduction Headucate is a pioneering student-led society at the University of East Anglia (UEA), founded in 2012. Mental health stigma exists widely and is a well-known barrier to accessing support. This presents a need for education and raising awareness about mental illness.

Objectives The goal is to spread mental health awareness locally, measured by school outreach and events organised. This is achievable through Headucate's collaboration with the university and schools to convey the message each year.

Aims Headucate aims to raise mental health awareness and tackle stigma, with the intention of reaching the university, schools locally and communities nationally.

Methods Headucate delivers workshops for secondary schools. This involves interactive sessions to stimulate discussions about mental health and illness, and where to find help. Additionally, there are university-held talks from a variety of guest speakers who are experts in this field.

Results It has expanded beyond medical students to involve the whole university, with a shared interest in mental health awareness. Research conducted by Headucate in 2014–2015 has indicated there is a statistically significant ($P<0.001$) increase in the knowl-

edge about mental illness and knowing where to get help following school workshops.

Conclusions The success has transformed from starting as an idea into one of UEA's largest student societies which will continue to expand. Future goals include a mental health awareness campaign and collaborating with student groups at the university, to host events that link mental health to other causes. Furthermore, Headucate is hoping to expand outreach to the elderly community.

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EV944

Factors influencing attitudes towards seeking professional psychological help: Findings from a multi-ethnic Asian population-based study

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Introduction Various socio-demographic variables have been shown to influence attitudes towards seeking professional psychological help (ATSPPH), while negative ATSPPH can act as a barrier to mental healthcare, resulting in under-utilization of psychological services.

Aims and objectives To explore the factor structure of the ATSPPH scale and determine whether any significant socio-demographic differences exist in relation to ATSPPH among a nationally representative sample.

Methods Data was extracted from a population-based, cross-sectional survey conducted between March 2014 and March 2015 among Singapore Residents aged 18–65 years ($n=3006$). Respondents completed the 10-item ATSPPH scale and also provided socio-demographic information. Exploratory factor analysis (EFA) was performed to establish the factor structure of the ATSPPH scale. Multivariable linear regression analyses were conducted to examine socio-demographic factors associated with ATSPPH.

Results EFA revealed that the ATSPPH scale formed three distinct dimensions comprising "Openness to seeking professional help", "Value in seeking professional help" and "Preference to cope on your own". Higher "Openness to seeking professional help" scores were significantly associated with 18–34-year-olds and unmarried respondents, whilst Malay ethnicity and lower education were significantly associated with lower openness scores. Malays, Indians and lower education were significantly associated with lower "Value in seeking professional help" scores, whereas higher "Preference to cope on your own" scores were significantly associated with lower education.

Conclusion Population subgroups including those with lower educational levels and different ethnic groups have more negative ATSPPH. Tailored, culturally appropriate educational interventions which reduce negative ATSPPH are needed, which effectively target these populations.

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EV946

Dermatologists, acne and psychological counseling

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