

Perceived Stress and Food Consumption Among Pakistani Medical Students – a Survey Study

Mr Saad Azam^{1*}, Ms Haania Shahbaz² and Dr Fiza Azam³

¹Shaikh Khalifa Bin Zayed Al Nahyan Medical & Dental College, Lahore, Pakistan; ²Dow Medical College, Karachi, Pakistan and

³Dorset County Hospital, Dorchester, United Kingdom

*Presenting author.

doi: 10.1192/bjo.2024.109

Aims. The aims of this study included investigating the relationship between perceived stress levels and food consumption patterns amongst Pakistani medical students. Additionally, the study meant to determine whether there is a significant difference in food choice between high-stress and low-stress groups of students. Lastly, the study aimed to identify the specific food types most commonly consumed by medical students under high stress conditions.

The investigators of this study hypothesised that there is a significant difference in food choices between high-stress and low-stress groups of medical students.

Among the common health problems reported by medical students, stress stands out as one. Factors related to educational and psychological domains result in the development of stress. Changing dietary patterns is a commonly employed strategy used to deal with stress.

Methods. This study utilised an online survey administered among medical students across Pakistan. The data collection period was 4 weeks from 5th July to 5th August 2023. The survey was distributed conveniently using social media platforms. Sampling was done via the snow-ball method. Data analysis was done via SPSS.

Results. Our results from the population of 138 females (68.6%) and 63 males (31.3%) concluded that there were no significant differences in the perceived stress score between genders (p -value = 0.377) and between hostelites and non-hostelites (p -value = 0.816) using the Mann–Whitney test. We found statistically significant differences in the perceived stress score among the different frequencies for the consumption of snacks (p = 0.02) and fast foods (p = 0.008), but the stress score remained non-significant for fruits and vegetables (p -value = 0.089), ready-to-eat foods (p -value = 0.134), and sweets (p -value = 0.051) with the Kruskal–Wallis test.

Conclusion. While previous studies have shown a difference in perceived stress across genders and living arrangements, ours found none. In addition, we found snacks and fast foods to be the go-to for students in times of stress, but the consumption of healthier foods was not associated with a lower level of stress.

Abstracts were reviewed by the RCPsych Academic Faculty rather than by the standard *BJPsych Open* peer review process and should not be quoted as peer-reviewed by *BJPsych Open* in any subsequent publication.

Development and Preliminary Testing of App-Based Culturally-Adapted Psychoeducation for Bipolar Disorder in Pakistan

Ms Muqaddas Asif^{1,2}, Mr Ameer B. Khoso^{1,2}, Prof Nasim Chaudhry¹, Prof Imran B. Chaudhry^{3,2*} and Dr Muhammad Ishrat Husain^{4,5}

¹Pakistan Institute of Living and Learning, Karachi, Pakistan;

²University of Manchester, Manchester, United Kingdom; ³Ziauddin University, Karachi, Pakistan; ⁴Centre for Addiction and Mental Health, Toronto, Canada and ⁵University of Toronto, Toronto, Canada

*Presenting author.

doi: 10.1192/bjo.2024.110

Aims. Bipolar disorder (BD) leads to marked disability, morbidity, and premature death. Although pharmacological agents are an essential part of BD treatment, psychosocial interventions have played an important role in enhancing treatment adherence, functioning and quality of life in patients with BD. Building on a successful pilot randomised controlled trial (RCT) of a Culturally adapted PsychoEducation (CaPE) intervention for BD, CaPE is currently being evaluated in a large multicenter RCT for its clinical and cost-effectiveness across Pakistan. However, innovations are urgently needed due to limited human resources and disproportionately high clinical needs to bring effective interventions to scale. This study aims to develop and test a mHealth iteration of CaPE, digital CaPE (dCaPE), to be delivered via a mobile app.

Methods. The study will utilise a two-phased approach to i) develop a user-centred dCaPE mobile application and ii) assess the feasibility and preliminary efficacy of dCaPE for people with BD in a randomised controlled trial in Pakistan. For application development, we have conducted discussion groups with stakeholders i.e., mental health professionals (psychiatrists, psychologists, nurses) (n = 8) and patients and carers (n = 10) to gauge their valuable insights for app design, visual elements, cultural sensitivity, motivational and mood-monitoring features, and app functionality to improve user experience.

Results. The findings from discussion groups informed the importance of visual elements, specifically font size and style. Participants recommended the use of soft and soothing colours like white, grey, and soft shades of pink to prevent overstimulation. Additionally, participants highlighted the need for culturally and linguistically inclusive features, including emojis and audio messages for effective engagement and to address the challenge of low literacy. The mHealth approach was deemed highly valuable, especially given the prevalence of mental health challenges and associated stigma. Endorsed by participants, the dCaPE application will offer customized psychoeducation messages along with daily 5-item (mood, energy, sleep, medication, and irritability) screening, a weekly comprehensive test for manic and depressive episodes based on DSM–5 criteria; weekly reminders to regulate sleep and eating habits, and visual representations of weekly mood monitoring reports with the incentive of badges or rewards for goal achievers.

Conclusion. This research has the potential to enhance clinical outcomes, social and occupational functioning, and the overall quality of life for BD patients while addressing substantial mental health treatment gaps with impact and implications extending to various low-resource settings.

Abstracts were reviewed by the RCPsych Academic Faculty rather than by the standard *BJPsych Open* peer review process and should not be quoted as peer-reviewed by *BJPsych Open* in any subsequent publication.

Review of Published ECTAS Data Set From 2012/2013 to 2021

Dr Vellingiri Raja Badrakalimuthu*

Surrey & Borders Partnership NHS Foundation Trust, Guildford, United Kingdom

*Presenting author.

doi: 10.1192/bjo.2024.111

Aims. Electroconvulsive Therapy Accreditation Service (ECTAS) publishes minimal data set collected from ECT services subscribing to ECTAS accreditation. The aim of this study is to review minimal data set published by ECTAS towards understanding