

and these two factors affect the occurrence of PRL. The average score does not affect the manifestations of anxiety, depression and the occurrence of BPD

**Disclosure of Interest:** None Declared

## EPV0215

### Is body image misperception associated with sociodemographic factors and life habits? a cross-sectional study 1399 Tunisian school-adolescents

F. Mohamed<sup>1</sup>, S. Sellami<sup>2\*</sup>, D. Amira<sup>1</sup>, J. Fares<sup>3</sup>, G. Rim<sup>3</sup> and M. Jihenne<sup>1</sup>

<sup>1</sup>Department of Psychiatry, Ibn el Jazzar University Hospital, Kairouan, Tunisia, Kairouan; <sup>2</sup>Department of Psychiatry, Mohamed Taher Maamouri University Hospital, Nabeul, Tunisia, Nabeul and <sup>3</sup>Department of Epidemiology, Farhat Hached University Hospital, Sousse, Tunisia

\*Corresponding author.

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**Introduction:** Understanding adolescents perceptions of their weight status and the factors influencing these perceptions is pivotal for developing targeted interventions and policies to counteract the rising obesity trends.

**Objectives:** This cross-sectional study aimed to determine the accuracy of weight status perceptions among Tunisian adolescents compared to objective metrics and to identify sociodemographic characteristics and life habits associated with the underestimation of weight status.

**Methods:** A cross-sectional, school-based study was conducted among a randomized sample of adolescents attending secondary schools in Sousse, Tunisia. A total of 1399 students participated, with anthropometric measurements taken, and a pre-tested Arabic questionnaire administered to gather sociodemographic data and perceived weight status, assessed using the Figure Rating Scale (FRS). The accuracy of perceived weight status was determined by comparing the measured weight status with participants; self-reported perceptions. We evaluated the association between body weight distortion and life habits which included regular physical activity, screen time (time spent on internet per day), number of fruits and vegetables consumed per day, and fast-food consumption.

**Results:** The study achieved an 86.68% response rate, with over half of the participants being female (60.5%), and the average age being 17 years. The majority of adolescents (41%) perceived themselves as having normal body weight, while 34.5% perceived themselves as underweight, 16.6% as overweight, and 7.9% as obese. However, based on BMI categories, 72.6% had a normal measured weight, 20.4% were overweight, and 6.9% were obese. A substantial proportion of participants (45.6%) underestimated their weight status, with a significant proportion being objectively overweight or obese (26%). Furthermore, we found a significant association between the perception of weight accuracy with four correlates: gender, mother educational level, regular physical activity, and the number of fruits and vegetables consumed per day.

**Conclusions:** The findings revealed a disparity between perceived and actual weight status among Tunisian adolescents, with a

significant underestimation of weight status, particularly among those who are overweight or obese. The results highlighted the crucial need for interventions that address weight perception inaccuracies and promote healthy weight awareness and management among adolescents in Tunisia. The study underscored the importance of further research to understand the development and progression of body weight underestimation throughout adolescence and the roles of lifestyle behaviors in shaping weight perceptions.

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## EPP0374

### Watersports Inclusion Games: The Benefits for Participants and the Impact of COVID-19 on Access

M. Killalea<sup>1\*</sup>, A. Warratch<sup>1</sup>, J. Murphy<sup>2</sup> and E. Barrett<sup>3</sup>

<sup>1</sup>School of Medicine, University College Dublin; <sup>2</sup>Irish Sailing and <sup>3</sup>Child and Adolescent Liaison Psychiatry, Children's University Hospital Temple Street, Dublin, Ireland

\*Corresponding author.

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**Introduction:** The Watersports Inclusion Games is a free annual weekend event, where young people with a range of physical and intellectual disabilities and their families/siblings participate in various inclusive watersports activities.

**Objectives:** This study aims to assess the psychological benefits of watersports for young people with various physical and intellectual disabilities and investigate the extent of the impact of the COVID-19 pandemic on their access to watersports.

**Methods:** Following a literature review, a survey containing both quantitative and qualitative aspects was constructed using Survey-Monkey and circulated to the parents/guardians of participants three times following the event. The survey was completed anonymously on an opt-in basis and 28 responses that met our criteria for analysis were collected. Qualitative data from free-text responses were grouped under themes and quantitative data was analysed using SPSS.

**Results:** Despite 64% (n=18) of respondents indicating that their disability increased their vulnerability to COVID-19 in some capacity, the effect of the pandemic on accessibility was not statistically significant. This could be due to the small response number, or the everyday limitations participants faced prior to the pandemic. 92% (n=25) of participants indicated that there was great inclusion in the watersports activities and that they were "very beneficial" regarding the possibility of the whole family's participation [p=0.005]. The survey also found a statistically significant association between the event's activities being considered both "accessible" and "very beneficial" in terms of boosting self-confidence, with 57.1% of responses indicating agreement to this. (p=0.016)

**Conclusions:** Full-family participation and accessibility of activities were key facilitators to the enjoyment and benefit of participants. Programmes should be established that allow able-bodied siblings and young people with disabilities to participate in the same activities.

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