

Objectives: This study aims to assess the impact of the COVID-19 pandemic on the mental health of Tunisian women and its association with social media addiction.

Methods: This study was conducted using an online survey, between April 25 and May 6, 2020. Women were asked about sociodemographic information, lockdown conditions. The Facebook Bergen Addiction Scale (FBAS) was used to evaluate addiction to Facebook and social media. The Depression Anxiety and Stress Scales (DASS-21) was used to evaluate depression, anxiety and stress.

Results: We included 751 participants. Scores of the FBAS ranged from 6 to 30 and the mean score was 16.49 (\pm 5.4). Forty percent ($n = 300$) of respondents might have facebook addiction, as per the scale. A significant positive correlation was found between Facebook addiction score and DASS scores of depression ($p = 0.001$, $r = 0.43$), anxiety ($p = 0.001$, $r = 0.39$) and stress ($p = 0.001$, $r = 0.41$).

Conclusions: Women who have higher rates of distress are more likely to have a problematic Facebook use during the COVID-19 pandemic which suggests that smartphone and internet use may be part of coping strategies implemented for the emotional distress secondary to this pandemic.

Disclosure: No significant relationships.

Keywords: Addiction; social media; Behavioural addiction; coronavirus

EPV0725

Intimate partner violence and self-esteem

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doi: 10.1192/j.eurpsy.2021.2208

Introduction: The impact of intimate partner violence (IPV) can be devastating on women's psychology. Moreover, IPV may destroy women's self-esteem and self-identity.

Objectives: To identify sociodemographic characteristics associated with IPV and to assess self-esteem among women victims of IPV.

Methods: It was a descriptive and analytical study over a period of 03 months from June 1st to August 31st, 2018 including all cases IPV female victims in forensic department at Habib BOURGUIBA University Hospital, Sfax. In addition to epidemiological data, Rosenberg scale were used to assess the victim's self-esteem.

Results: Among 142 female IPV victims, only 60 (22.3%) agreed to answer our questionnaire. Their median age was 33.5 years (27-41 years). Victims did not pass high school in 61.7% of cases and they were unemployed in 53.3% of cases. Most women got married at 23 years-old (20-26). The average length of marriage was 7 years (3-14 years). Bruises and abrasions were the most frequent lesions (58.3% and 56.7% of cases). Rosenberg Scale score's mean was 28.3 ± 4.3 . Self-esteem was low or very low among 70% of victims.

Conclusions: Female victims of IPV do not have a specific profile and low self-esteem is quite common among them. Additional

research is needed to better understand the extent of the problem and to develop more effective reporting methods.

Disclosure: No significant relationships.

Keywords: self-esteem; women; assault; Intimate partner violence

EPV0726

The regulation of emotions: Gender differences

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doi: 10.1192/j.eurpsy.2021.2209

Introduction: Emotional regulation, understood as the emotional ability to repair emotional states, is a skill closely linked to adaptation during aging. People who are capable to manage their emotions have greater control over moods, applying adaptive regulation strategies that allow them to maintain positive moods and modify or regulate negative ones. It has been observed that gender can be a relevant variable related to emotional regulation. In this sense, it is considered that women may be more skillful than men to emotional regulation strategies, benefiting from more successful emotional management strategies.

Objectives: Verify if there are differences in the ability of emotional regulation between older men and women.

Methods: The sample consisted of 851 healthy older adults, of whom 299 were men and 554 women. The participants were recruited from elderly leisure centers in the city of Valencia (Spain). To assess emotional regulation, the regulation dimension of the Trait Meta-Mood Scale 24 (TMMS-24) was used.

Results: Significant differences were obtained in the emotional regulation dimension based on gender ($F(1, 851) = 0.075$, $p = 0.010$), finding higher levels in women than in men (3.64 vs. 3.49).

Conclusions: There is an apparent advantage of women in relation to emotional regulation, showing more skill than men in the management of emotional states. This is an important finding considering the impact of emotional regulation on adaptation during aging. This adaptive advantage has a great importance in generation pleasant emotional states that contribute to healthy aging.

Disclosure: No significant relationships.

Keywords: women; emotion; Emotional Regulation; Gender

EPV0727

A review of pregnancy counseling with abnormal fetuses

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doi: 10.1192/j.eurpsy.2021.2210

Introduction: This review study examines the cases of improving the therapeutic skills of therapists and areas of counseling and the

important cases that midwives have to provide services and manage conditions if Diagnosis of an abnormal fetus requires attention.

Objectives: We aim to find the best ways of counseling for helping parents with diagnosed abnormal fetuses

Methods: A search conducted by using the keywords congenital anomalies, psychological counseling, prenatal counseling in PubMed, science direct, clinical key and Google scholar search engine. after screening, the complete data of 20 articles were included in this review article.

Results: The results showed that pregnancy counseling with abnormal fetuses includes medical and psychological counseling. In medical counseling, knowledge of the types of tests and their interpretation is important, and prenatal screening training programs for health care providers should be revised based on their educational needs. In psychological counseling, to meet the needs of a changing population of clients Midwives in the context of the wider healthcare system need accurate knowledge of religious beliefs and cultural contexts of their clients in order to take the best approach to relevant care. The occurrence of a diagnosis of congenital anomaly during transmission to parents adds to the accumulation of stress-related events that may increase the risk of developing psychological symptoms in the early stages after diagnosis.

Conclusions: Considering the different cultures of different countries of the world, midwifery counseling skills play an important part in the diagnostic and therapeutic process. Therefore, creating extraordinary educational programs on university education is needed for midwives.

Disclosure: No significant relationships.

Keywords: congenital anomalies; psychological counseling; prenatal counseling

EPV0728

An overview of the psychological effects of common contraceptive methods on women

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doi: 10.1192/j.eurpsy.2021.2211

Introduction: The psychological effects of using any method of contraception are not hidden from anyone but in different methods, they have different effects.

Objectives: We aim to investigate the different psychological effects of common contraceptive methods in women.

Methods: A search conducted by keywords “contraception”, “psychological effects” and “women” in PubMed, Science Direct, Scopus and Clinical Key and Google Scholar search engine. Finally, data from 12 articles were used for this review study.

Results: The positive and negative psychological effects were slightly different in consumers. The effect of OC and IUD and sterilization on sex life compared to condoms was reported to be positive and in menstrual experiences, OC consumers reported higher satisfaction than other methods, in particular, IUD. The regret in using sterilization was higher than in other methods. Psychopathological disorders and psychological disorders

developed while using these methods should be differentiated. Negative psychological effects of women using contraceptive methods are often due to their mental background to a mother's role and fertility and the conflict that exists in these methods with their mental image. Also, cooperation and understanding of spouses on the acceptance of these methods and their positive or negative impact has been reported to be very effective.

Conclusions: Before providing any method of contraception, it is recommended to provide comprehensive counseling on each method and follow up with women while consuming to reduce these symptoms and improving their effectiveness.

Disclosure: No significant relationships.

Keywords: Contraception; psychological effects; women

EPV0729

Galactorrhoea as a side effect due to Bupropion- a case report

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doi: 10.1192/j.eurpsy.2021.2212

Introduction: Bupropion is a NDRI antidepressant with action on both serotonin and nicotinic receptors. Endocrine and sexual adverse effects are very rare and hence very unlikely to cause hyperprolactinemia. We report a case of a patient who developed galactorrhoea following Bupropion augmentation of Escitalopram. A 24 yr old unmarried nulliparous female was brought with complaints of low mood, loss of interest, decreased concentration in studies from 20 days. She was also reported to be smoking cigarettes since 2 years with occasional alcohol use. There was no menstrual abnormalities nor any use of regular medication. On MSE there was depressed affect with negative cognition and occasional death wishes with normal perception. HAM-D Score was 17-19. She was started on Escitalopram 10 mg/day and Clonazepam 0.5 mg/day. Depressive symptoms improved and 2 weeks later Bupropion 150 mg/day was added as anti-craving and for augmentation owing to residual depressive symptoms.

Objectives: Bupropion induced Galactorrhoea

Methods: Cross-sectional

Results: Within 2 weeks of starting Bupropion, she reported with complaint of galactorrhoea. Prolactin level came out to be 28.67 ug/L. Brain imaging was also reported to be normal. Escitalopram was stopped and substituted with Mirtazapine 7.5 mg/day, continued for a week. There was no improvement, hence Mirtazapine and Bupropion were discontinued and started on Sertraline 25 mg/day. Galactorrhoea started reducing within next 4-5 days and completely subsided within a week of stopping Bupropion.

Conclusions: Bupropion has action on serotonin receptors which might be hypothesized as cause. Also, it is a potent CYP2D6 inhibitor, causing increase levels of Escitalopram.

Disclosure: No significant relationships.

Keywords: Bupropion; Galactorrhoea