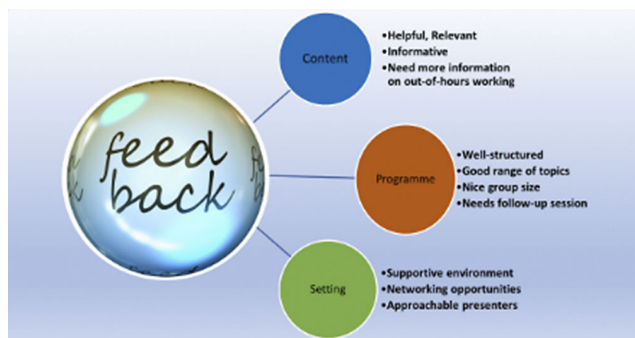


Image 2:

Logistics of becoming an educator and examiner	Details of out of hours' on-calls and support available	Getting involved in service development projects
Processes around appraisal and revalidation	Information on college roles at the National & Regional level	Questions around legal advice Mental Health Act Assessments
Maintaining work-life balance and Wellbeing	Developing & maintaining relationships with the multidisciplinary team	Supervision spaces available for non-clinical concerns

Image 3:



Conclusions: The BHFT Startwell initiative has been running successfully for the past five years and been valued by the new consultants. We are therefore continuing to working towards embedding the programme futher and ensuring sustainably for the future. We are looking to share our experience in the hope that similar programmes are set up and our newer colleagues can enjoy a long, fulfilling, and enjoyable career.

Disclosure of Interest: None Declared

EPP0154

Mental health impact of the Russian-Ukraine war on Canadian residents with or without Ukrainian descent

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Introduction: War tends to produce fear. The devastating and traumatic occurrences of war can have both short- and long-term effects on the mental well-being of populations. Russia's invasion of Ukraine indirectly affects all populations, especially individuals of Ukrainian descent.

Objectives: To assess the mental health impact of the Russian invasion of Ukraine on Canadian residents who subscribed to 'Text4Hope Ukraine' program and to ascertain if there are differences in mental health impacts between those with and without Ukrainian descent.

Methods: Canadians were invited to self-subscribe to the text messaging program. An online survey was used to collect socio-demographic, war-related, and clinical information; stress, resilience, likely anxiety disorder and likely depressive disorder from subscribers. Outcome measures included baseline scores using validated scales. Data were analyzed using SPSS Version 25. To examine the association of psychological problems with the socio-demographic and war-related factors, univariate analysis using the Chi-square/Fishers Exact test was performed with two-tailed significance ($p \leq .05$). An independent sample t-test with two-tailed significance ($p\text{-value} \leq 0.05$) was employed to assess the differences in the respective mean scores of the psychological problems across the two groups. The first group represents the participants who did not have citizenship or ancestors from Ukraine (NUk), while the second group represents the respondents are Ukrainian who either have previously held citizenship or have ancestors/family from Ukraine (Ukr). No imputation of missing data and reported data represents the complete responses

Results: Study findings reflected prevalence of low resilience (59.7%), moderate to high stress (87.5%), likely Generalized Anxiety Disorder (45.8%) and likely Major Depressive Disorder (38.9%). Respondents who identified as female had a higher likelihood of presenting with low resilience ($\chi^2(1) = 5.68, p = .02$) and likely Generalized Anxiety Disorder ($\chi^2(1) = 4.85, p = .03$) compared to male respondents. There was no statistically significant difference in the mean scores of the four psychological problems based on any of the variables that suggest Ukrainian descent or not ($p > .05$).

Conclusions: War can have negative impacts on all populations irrespective of their location, or association of individuals with the impacted country. This study provides valuable insights into the mental health impact of the Russian invasion of Ukraine on a specific sample of Canadian residents who subscribed to the 'Text4Hope Ukraine' text messaging program. This information is relevant when planning mental health intervention for this population. Governments should target and provide adequate mental health and psychosocial support or interventions for global populations at risk during war.

Disclosure of Interest: None Declared

EPP0155

Thyroid psychosis: when your hormones take over your mind: a case report

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Introduction: Hyperthyroidism, characterized by excessive production of thyroid hormones, is a common endocrine disorder that affects various body systems. While most commonly recognized for its classic symptoms such as weight loss, tremors, and palpitations,