

EPP0108

Coercion rates in different mental health care models: flexible assertive community treatment vs care as usual

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Introduction: In 2018, within the Horizon 2020 program, RECOVER-E project activities were initiated in Montenegro. During the years 2019 and 2020 Community mental health team (CMHT) within the Special Psychiatric Hospital Kotor was established. This team became responsible for management of treatment of a group of users with severe mental health illnesses, based on the principles of „Flexible Assertive Community Treatment (FACT – A Dutch model).

Objectives: The main objective of this research was to establish whether there were substantial differences regarding the use of seclusions, restraints and forced medication during the hospital readmissions in the group of patients treated by the CMHT, compared to usual mental health care in Montenegro.

Methods: A sample of 202 users of mental health services from Kotor and surrounding municipalities were recruited. Patients were randomized into two similar-sized groups - intervention group, whose treatment was managed by the multidisciplinary CMHT, and control group where treatment as usual was continued (out-patient treatment without field work and hospital readmissions during the psychotic relapses).

To estimate and follow-up the frequency of application of coercive measures in this research, hospital documentation was used.

Results: Patients in the intervention group had statistically significant less coercive intervention (such are mechanical restraining, seclusions, isolations and forced medication) during the study. There were no significant differences in the number of hospital days and readmission rates.

Conclusions: This study showed that CMHT care could reduce some of the coercive measures during the treatment of severe mental illnesses.

Disclosure of Interest: None Declared

EPP0109

Peculiarities of the anhedonia phenomenon in schizophrenic and affective disorders

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Introduction: Anhedonia is a transdiagnostic psychopathological phenomenon, which is assessed as «core» for several diseases, first of all - schizophrenic and affective spectrum disorders. The problem of clinical features differentiation and identification of anhedonia's neurobiological mechanisms in the structure of the affective

and schizophrenic spectrum disorders is still topical and far from being resolved.

Objectives: The aim of the study was comparative research of the relationship between the features of neurocognitive functioning and the manifestations of anhedonia among patients with disorders of the schizophrenic and affective spectra.

Methods: The sample consisted of 40 patients, 17 patients with schizophrenic spectrum disorders and 23 patients with affective spectrum disorders were examined. We used next psychometric techniques to research anhedonia: Revised Social Anhedonia Scale (RSAS), The Temporal Experience of Pleasure Scale (TEPS), Physical Anhedonia Scale (PAS). We used following methods to study neuropsychological features: Dynamic praxis; Color interference test; Arithmetic Tasks; Plot picture; Number of skips and impulsive errors; Reverse and straight rows; Verbal fluency; Number of repetitions; Rey-Osterritz figure.

Results: Patients with schizophrenia spectrum disorders show lower scores of pleasure anticipation ability and ability to experience pleasure in the social sphere. Neuropsychological indicators of prefrontal cortex dysfunction demonstrate a positive relationship ($p = 0.035$) with the severity of social anhedonia and a negative relationship with the ability to anticipate pleasure. Thalamus and forehead dysfunction indicators mainly show a negative relationship with the ability to directly experience pleasure. Indicators of dysfunction of the parietal, occipital and temporal lobes have single connections with different parameters of anhedonia.

Conclusions: Manifestations of different parameters of anhedonia demonstrate their heterogeneity among patients with schizophrenic and affective spectrum disorders. Patients with schizophrenic spectrum disorders have greater difficulty with anticipation of pleasure and the ability to experience pleasure in the social sphere. The ability to anticipate pleasure is more strongly related to prefrontal brain function, whereas the ability to experience pleasure directly is related to subcortical brain function.

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Anxiety Disorders and Somatoform Disorders 01

EPP0110

Perceived stress, psychological empowerment and social support among nurses working in psychiatric acute units

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Introduction: Perceived stress in the case of health professionals in general and, more specifically, nurses is a frequent phenomenon and occurs when the demands of the clinical environment exceed the available resources in order for nurses to manage the problems that arise.

Objectives: The objective of our study was to investigate the relationship between social support and psychological empowerment with perceived stress of nurses working in psychiatric acute units.

Methods: Our study sample consisted of 153 nurses working in psychiatric acute units, located in Athens area. Participants completed a questionnaire that included a) demographic characteristics, b) the Perceived Stress Scale, c) the Psychological empowerment scale, and d) the Social Support Questionnaire Short Form (SSQ-6).

Results: The majority of our sample were female (62.7%), graduates of Technological Education (47%), married (60.8%), permanent employees (81.7%), working in psychiatric units for over than twenty-one years (34.6%), with an average age of 45.3 ± 6.7 years. The 64.7% of our sample considered the night shift as the most aggravating. The 3 main reasons that caused nurses the greatest stress were (a) lack of staff, (b) dangerousness and (c) workload. Psychological empowerment was positively correlated with social support ($r=0.39$). When nurses perceived greater social support, were more psychologically empowered as well. Women ($b=1.43$) compared to men, as well as those who had more years of service in a psychiatric ward ($b=0.6$), compared to younger employees exhibited a statistically significant higher level of subjective stress. Nurses who considered that night shifts were the most aggravating exhibited more stress ($b=1.45$). Female nurses ($b=3.35$), compared to males and those who were scheduled to work more day shifts ($b=0.25$) exhibited higher levels of psychological empowerment. Married nurses reported higher levels of social support ($b=5.66$). In contrast, older nurses ($b=-0.44$), as well as nurses who were scheduled to work more night shifts ($b=-1.28$), reported statistically significant lower social support.

Conclusions: It is necessary to capture the levels of perceived stress of nurses working in psychiatric acute units and the development of strategies by utilizing the parameters that contribute to reducing stress and act protectively in the workplace, as well as family and wider social environment.

Disclosure of Interest: None Declared

EPP0111

The influence of depression symptoms on postmorbidity adaptation of patients after SARS-CoV-2 infection

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Introduction: The study discusses the possibility of assessing postmorbidity adaptation in depressed patients who had SARS-CoV-2 infection, within the framework of a multimorbidity model. This model takes into account not only mental, but also somatic clusters and allows to identify non-randomly occurring, related conditions and their impact on the ability to recover.

Objectives: The aim of the study is evaluation of the impact of psychosomatic and anxiety symptoms of depression on the formation of postmorbidity adaptation in a group of patients who underwent outpatient SARS-CoV-2 infection.

Methods: The data of 54 patients aged 25-55 years with a current depressive episode who underwent outpatient SARS-CoV-2 infection were analyzed. We used the Hamilton depression rating scale (HDRS); the somatic condition was assessed using a general

assessment of the patient's function limitation at the stage of convalescence. A linear regression analysis was performed to assess the association of psychosomatic and anxiety symptoms with somatic condition in SARS-CoV-2 infection, regardless of other factors.

Results: An association was established in patients with SARS-CoV-2 infection showing signs of psychosomatic and anxiety symptoms of depression. Patterns of somatic and anxiety symptoms were independently associated with impaired postmorbidity adaptation, other manifestations of depression did not show such association. This fact raises the question of whether depression syndrome is really associated with an impaired postmorbidity adaptation in the postcovid period, or only certain specific symptoms of somatic anxiety explain the low readaptation capacity in this group of patients.

Conclusions: Identification of clusters of symptoms associated with an impact on the full recovery possibilities in the SARS-CoV-2-postmorbidity period can significantly help in providing high-quality and targeted psychopharmacological care.

Disclosure of Interest: None Declared

EPP0112

N-acetylcysteine (NAC) and in psychodermatological conditions. Is it useful?

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Introduction: Pathologic grooming disorders can lead to clinically significant distress and functional impairment. Various psychopharmacological and nonpharmacological treatments have been used to ameliorate the symptoms of these disorders. N-Acetylcysteine (NAC) is a newer modality in the treatment of these disorders and has shown promise in treatment of obsessive-compulsive and related disorders.

Objectives: To determine whether NAC is useful in the treatment of body-focused repetitive behavior disorders.

Methods: A literature review was carried out in PubMed using the descriptors: "body-focused repetitive behaviour disorders" "grooming disorders" AND "N-Acetylcysteine".

Six results were obtained when using the time limit of 5 years. We selected two of them for their relevance to the PICO question. Subsequently, the search was repeated using the same descriptors and the time limit in the Cochrane Library, Epistemokinos and Tripdatabase, in which no additional results were found.

Results: Overall, thirty-three articles were included in these systematic reviews that we studied, which consisted of 23 case reports, one case series, and seven randomized controlled trials. Dosing of oral NAC ranged from 450 to 3,000 mg per day, and treatment periods lasted from 1 to 8 months. Side effects were uncommon, mild, and usually gastrointestinal in nature, with severe aggression reported in one child. Two randomized controlled trials showed a significant improvement in trichotillomania and excoriation disorder in adults. The other two were performed in pediatric population, showing no statistical difference. Two randomized