

**Conclusions:** SOUL Programme is a highly effective and cost-efficient intervention model for treatment of schizophrenia in a developing country setting. Our 10 year follow up study confirms the feasibility of this intervention model through close working with families of our patients.

**Disclosure:** No significant relationships.

**Keywords:** Charitable; Developing Country; Outreach service; schizophrenia

## O0101

### Descriptive study on the working conditions of residents of psychiatry in Madrid: working hours and 24-hour on call shifts.

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**Introduction:** Resident physician's working conditions are linked to poor health outcomes of professionals and patient's safety. Previous studies suggest that residents in Spain have difficulties enjoying mandatory rest after on-call shifts.

**Objectives:** This study aims at describing the working conditions: working hours and the absence of mandatory rest periods after a 24h on-call shift in residents of psychiatry in the region of Madrid.

**Methods:** A descriptive observational cross-sectional study was carried out through an anonymous survey adapted from the available literature.

**Results:** Up to 24,1% of the surveyed residents could not enjoy mandatory resting periods after a 24 hour on-call shift and the mandatory weekly rest of at least 36 hours was not done in up to 17% of the cases with statistical significance ( $p < 0.05$ ). The average number of 24 hours on call shifts residents had to work per month was 5, which exceeds the maximum weekly hours allowed by law.

**Conclusions:** The findings reveal a violation of resident physician labor rights in relation to resting times after on-call shifts, weekly breaks and working hours. These phenomena pose a significant threat to resident physician's health and patient safety.

**Disclosure:** No significant relationships.

**Keywords:** on call; resident physician; rest

## O0102

### The Success of Headucate: The Student-Led Mental Health Society

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**Introduction:** Headucate: University of East Anglia, a university student-led society, was founded almost 10 years ago by medical

students to promote mental health education and raise awareness and funds for mental health causes.

**Objectives:** Headucate aims to spread mental health awareness and reduce stigma by working with schools, universities, other societies and charities internationally.

**Methods:** Headucate delivers workshops for children aged 4-18 in primary and secondary schools, community and youth groups and university students. These sessions were delivered in-person pre-COVID and online as interactive webinars since 2020, to spark discussion around mental health, and provide information about the variety of supports available for young people.

**Results:** In the past decade, Headucate UEA has grown to become one of UEA's largest student-led groups boasting over 175 members in 2020-2021 from all courses. Within the online world, Headucate's events have reached worldwide. The initiative has received national recognition, won national student awards and has expanded to set up three further Headucate branches nationwide. Outreach has accelerated and the school workshops reached over 1,000 students in the past year.

**Conclusions:** Headucate has grown from strength to strength and has plans to continue to develop, with passionate student drivers behind the project. Expansion of the project could include a national mental health university directory, bringing together like-minded mental health advocate students around the country and creating new Headucate branches across the country. To further develop, Headucate could expand outreach to the elderly community as discussed by previous committee.

**Disclosure:** No significant relationships.

**Keywords:** Schools; Headucate; mental health; Children

## Perinatal Mental Health

### O0104

#### The role of subclinical depressive symptomatology during the prenatal period in cortisol rhythm alterations and postpartum depression risk

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**Introduction:** Cortisol, the hormonal endpoint of Hypothalamic Pituitary Adrenal (HPA) axis, coordinates the body response in front of daily stressful situations. Disturbances in cortisol circadian rhythm have been implicated in the pathophysiology of depression and neurodevelopment lasting consequences. Although pregnancy entails a progressively increase in cortisol levels, the consequences of subclinical depression traits during pregnancy in cortisol circadian rhythm remains unclear.