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Background Psychiatric patients often do not receive the same health treatment reserved for patients with no mental disorders. Stigma in mental-health nurses can worsen the patients' healing time and quality of care.

Objective To explore the different attitudes towards mental illness and psychiatry in nursing students (NS) of the first and the final year of university, and the importance of having visited a psychiatric ward and having known a psychiatric patient.

Methods Fifty NS completed the following tests:

- Community attitudes towards mental ill (CAMI);
- Attitudes towards psychiatry (ATP-30);
- Empathy quotient (EQ).

Results NS of the final year differ significantly from those of the first year in 4 CAMI items, in Authoritarianism subscale ($P=0.041$), Social Restrictiveness ($P=0.029$) and Community Mental Health Ideology ($P=0.045$), indicating a more mature and responsible approach to psychiatric patients, without considering them a threat to be secluded. EQ does not show a significant difference in empathy, not even considering the individual items. Final year NS also have more positive attitudes toward Psychiatry in 3 ATP-30 items and total score ($P=0.01$). Those who visited a psychiatric ward have more positive attitudes towards mental illness and Psychiatry, in 6 CAMI items and 3 ATP-30 items. Having personally known a psychiatric patient leads to positive attitudes in only a few CAMI items.

Conclusions Last-year NS, who have had more direct relationships with patients through practical training, have more empathetic and less stigmatizing attitudes. It is also very useful to attend a psychiatric ward during the nursing training.

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EV943

The development of headucate in mental health awareness

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Introduction Headucate is a pioneering student-led society at the University of East Anglia (UEA), founded in 2012. Mental health stigma exists widely and is a well-known barrier to accessing support. This presents a need for education and raising awareness about mental illness.

Objectives The goal is to spread mental health awareness locally, measured by school outreach and events organised. This is achievable through Headucate's collaboration with the university and schools to convey the message each year.

Aims Headucate aims to raise mental health awareness and tackle stigma, with the intention of reaching the university, schools locally and communities nationally.

Methods Headucate delivers workshops for secondary schools. This involves interactive sessions to stimulate discussions about mental health and illness, and where to find help. Additionally, there are university-held talks from a variety of guest speakers who are experts in this field.

Results It has expanded beyond medical students to involve the whole university, with a shared interest in mental health awareness. Research conducted by Headucate in 2014–2015 has indicated there is a statistically significant ($P<0.001$) increase in the knowl-

edge about mental illness and knowing where to get help following school workshops.

Conclusions The success has transformed from starting as an idea into one of UEA's largest student societies which will continue to expand. Future goals include a mental health awareness campaign and collaborating with student groups at the university, to host events that link mental health to other causes. Furthermore, Headucate is hoping to expand outreach to the elderly community.

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EV944

Factors influencing attitudes towards seeking professional psychological help: Findings from a multi-ethnic Asian population-based study

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Introduction Various socio-demographic variables have been shown to influence attitudes towards seeking professional psychological help (ATSPPH), while negative ATSPPH can act as a barrier to mental healthcare, resulting in under-utilization of psychological services.

Aims and objectives To explore the factor structure of the ATSPPH scale and determine whether any significant socio-demographic differences exist in relation to ATSPPH among a nationally representative sample.

Methods Data was extracted from a population-based, cross-sectional survey conducted between March 2014 and March 2015 among Singapore Residents aged 18–65 years ($n=3006$). Respondents completed the 10-item ATSPPH scale and also provided socio-demographic information. Exploratory factor analysis (EFA) was performed to establish the factor structure of the ATSPPH scale. Multivariable linear regression analyses were conducted to examine socio-demographic factors associated with ATSPPH.

Results EFA revealed that the ATSPPH scale formed three distinct dimensions comprising "Openness to seeking professional help", "Value in seeking professional help" and "Preference to cope on your own". Higher "Openness to seeking professional help" scores were significantly associated with 18–34-year-olds and unmarried respondents, whilst Malay ethnicity and lower education were significantly associated with lower openness scores. Malays, Indians and lower education were significantly associated with lower "Value in seeking professional help" scores, whereas higher "Preference to cope on your own" scores were significantly associated with lower education.

Conclusion Population subgroups including those with lower educational levels and different ethnic groups have more negative ATSPPH. Tailored, culturally appropriate educational interventions which reduce negative ATSPPH are needed, which effectively target these populations.

Disclosure of interest The authors have not supplied their declaration of competing interest.

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EV946

Dermatologists, acne and psychological counseling

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Introduction In psychotherapeutic clinic, patients without visible marks of acne report this experience with great emotional charge, even when it occurred many years before.

Objectives This observation arose the interest in investigating the psychological impact of acne, which led us to find out what acneic subjects think of their disease, how they deal with it and, simultaneously, evaluate the beliefs of dermatologists on it. The present work is part of an investigation whose aim is to develop a program for the promotion of skills to deal with acne and its effects.

Methods The inventory of beliefs, behaviours and treatment of acne – ICA – was developed through the content analysis of non-structured interviews to health care professionals and to patients with acne and/or who had it. This inventory was applied to a convenience sample ($n = 367$), to a university sample ($n = 1666$) and to a sample of 95 dermatologists – the 16 questions related to the beliefs on acne.

Results We found general agreement with some statements. Most respondents agree with a group of statements, though opinions are divided. Most respondents “disagree” or “disagree more than agree” with “...ingestion of chocolates or dairy products would cause acne”. Finally, there is no consensus about “...caused by the combination of psychological and hormonal factors”.

Conclusions Further studies are needed, on the impact of acne in patient’s quality of life. We also found great interest of promoting a close collaboration between dermatologists and psychology.

Disclosure of interest The authors have not supplied their declaration of competing interest.

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EV947

The perceived problem solving skill of Iranian nursing students:

A cross-sectional study

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Background The ability to solve problems and make decisions creatively has become paramount to new nursing graduates, as these skills assist them with recognizing and evaluating situations that require prompt attention. The purpose of this study was to determine and compare nursing student’s perceived levels of own problem solving skills in various years of their 4-year program.

Methods This is a cross-sectional study. Three hundred and twenty-two undergraduate nursing students in BSc nursing program participated in this study. The study setting was nursing School of Iran university of medical sciences. The Problem solving inventory (PSI) was used to data gathering. The scale was divided into three subscales including: problem-solving confidence (PSC), approaching avoidance style (AAS), and personal control (SC). Students involved in the study signed the study Informed consent.

Results Findings showed that the mean score of total problem solving skill was 89.52 ± 21.58 . The mean score of the 4th year students in PSI was less than other year students (84.18 ± 27.47 vs 89.13 ± 18.71 , 91.57 ± 21.87 , and 91.52 ± 20.8). This study finding revealed that 4th year students in 3 factors of problem solving (PSC, AAS, PC) considered themselves more successful than others. Meanwhile, when the results are compared according, no significant differences occurred among the student in different years ($F: 1.46, P \leq 0.22$).

Conclusion Educating should help students to reach the desired levels of problem solving skills by allowing them to acquire and practice these abilities in the field. Nursing students with advanced problem solving skills will be essential for this changing society.

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EV948

Stigma: Dimensions and correlates in a multi-ethnic population

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Introduction Mental health stigma is a multidimensional concept that encompasses many different themes and definitions. Public stigma is defined as the degree to which the general public holds negative views and discriminates against a specific group.

Objective To understand the context and correlates of stigma in multi-ethnic Singapore.

Aims The current study aimed to (i) explore the factor structure of the Depression Stigma Scale and the Social Distance Scale using an exploratory structural equation modelling approach and (ii) examine the correlates of the identified dimensions of stigma in the general population of Singapore.

Methods Data for the current study came from a larger nationwide cross-sectional study of mental health literacy conducted in Singapore. All respondents were administered the Personal and Perceived scales of the Depression Stigma Scale and the Social Distance scale to measure personal stigma and social distance respectively.

Results The findings from the factor analysis revealed that personal stigma formed two distinct dimensions comprising “Weak-not-Sick” and “Dangerous/Unpredictable” components while social distance stigma items loaded strongly into a single factor. Those of Malay and Indian ethnicity, lower education, lower income status and those who were administered the depression and alcohol abuse vignette were significantly associated with higher weak-not-sick scores. Those of Indian ethnicity, 6 years of education and below, lower income status and those who were administered the alcohol abuse vignette were significantly associated with higher dangerous/unpredictable scores.

Conclusion There is a need for well-planned and culturally relevant anti-stigma campaigns in this population.

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EV949

Hospitalization durations and remission rates of patients in a psychiatry clinic

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Objective The duration of hospitalization is related to many well-documented factors in literature. However, little is known about psychiatric patients and psychiatric service delivery in non-Western developing countries. It is supposed that major contributing factors in discharge are remission rates and functional levels. Therefore, this naturalistic preliminary study aimed at analyzing and describing the hospitalization duration and remission rates of a psychiatric population treated in the mental health inpatient facility.

Methods A total of 88 male patients, who were hospitalized in a psychiatry clinic were included in the study. They were evaluated at