

## O0040

### The association between autistic traits and quality of social interactions in the daily life of adolescents and young adults

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**Introduction:** Autism spectrum disorder (ASD) is a heterogeneous group of neurodevelopmental conditions characterized by difficulties in social communication and the presence of restricted interests and repetitive behaviors. Autistic traits are distributed along a continuum in the general population and are negatively associated with social functioning also in non-autistic subjects. Several studies have evaluated the association between autistic traits and the quantity of social interaction; however, evidence on the relationship between autistic traits and quality of social interaction is still scarce.

**Objectives:** To evaluate the association between autistic traits and the quality of social interactions in daily life in youths from the general population using the experience sampling method (ESM).

**Methods:** During a six-day experience sampling period, 349 twins and 248 of their siblings aged between 15 and 34 reported the quality of their everyday social interactions. Autistic traits were assessed using the Autism Spectrum Quotient (AQ). The association between autistic traits and quality of social interaction was tested in separate multilevel linear and logistic regression models.

**Results:** When participants were alone, higher autistic traits were associated with a sense of being less safe ( $B=-0.02$ ,  $p=0.02$ ). When participants were in company, higher autistic traits were associated with a higher preference for being alone ( $B=0.02$ ,  $p<0.001$ ) and higher sense of being judged ( $B=0.03$ ,  $p=0.001$ ). Moreover, while in company, higher autistic traits were associated with a decreased pleasure of being in company ( $B=-0.03$ ,  $p<0.001$ ), a lower sense of being safe in company ( $B=-0.03$ ,  $p<0.001$ ), and a lower sense of belonging to a group ( $B=-0.02$ ,  $p<0.001$ ).

**Conclusions:** The preliminary results of the present study showed that autistic traits may influence the quality of social interactions in daily life. Future studies may clarify the mechanisms underlying this association. Assessing autistic traits in youth may help improve the outcome of psychosocial interventions of youths presenting difficulties in social interactions.

**Disclosure of Interest:** None Declared

## O0041

### Intervention to promote mental health and psychosocial support to promote social cohesion in the context of ongoing crisis and post conflict

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**Introduction:** Armed conflicts, collective situations of adversity, and gross social injustices cause widespread mental suffering in affected populations. In these crises, conflicts break down and traditional community support mechanisms are weakened or destroyed. The loss of trust in others and the lack of hope for change undermine social cohesion at the deepest levels of communities. Therefore, it is important not to overlook the psychosocial impacts of social injustice and violence on the individual and society undermines other efforts to build peaceful societies. Nevertheless, the use of mental health and psychosocial support (MHPSS) approaches to support social cohesion is still very uncommon.

**Objectives:** The objective of the proposed intervention in the Ituri province of the Democratic Republic of Congo was to complement the economic recovery activities of the most vulnerable populations with a psychological support approach. This was to ensure more sustainable results in the appropriation of problem management strategies through the strengthening of individual well-being and group support mechanisms.

**Methods:** The psychosocial intervention is organized around a community psycho-education to sensitize the populations to mental health issues and to promote the awareness of their possible suffering in order to access a psychological care system. The protocol included five weekly group sessions designed to strengthen participants' individual and collective psychological resources. Several indicators were measured to assess the impact on social cohesion (psychological well-being, psychological resilience, prosocial behavior, etc.)

**Results:** In eight months of intervention between July 2021 and February 2022, 1024 people were able to participate in the psychological support program. 90% of them showed improvement in psychological well-being, daily functioning and resilience. In addition to these very optimistic results on individual aspects, 65% of the participants increased the level of prosocial behaviour.

**Conclusions:** The psychosocial intervention proposed in an area of permanent conflict and adversity was mainly aimed at improving the well-being of people showing signs of distress to make them better able to complete their economic activity project. The results showed that taking into account the psychosocial dimension, not only reduced distress and allowed people to better project themselves in the future, but also promoted prosocial behavior. All these elements contribute strongly to social cohesion.

**Disclosure of Interest:** None Declared

## O0042

### Qualitative study on the factors leading to variation in experience of the Foundation Psychiatry Fellowship of the Royal College of Psychiatrists

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**Introduction:** The Psychiatry Foundation Fellowships were created by the Royal College of Psychiatrists (RCPsych) as a route to encourage foundation doctors to consider psychiatry as an exciting medical discipline.

**Objectives:** This study aimed to explore the Psychiatry Foundation Fellows' experience of applying to the Fellowship, their expectations prior to being appointed, the benefits of the fellowship, the

barriers to gaining those benefits, any common factors raised, and any suggestions about how to improve the fellowship.

**Methods:** The researcher was a leadership fellow in medical education and simulation in the Foundation school of East of England. Ethical approval was obtained through Higher Education England as this was a service evaluation. Recruitment was purposive and participants were contacted by a gatekeeper. Four 1:1 interviews took place, the interviews were audio recorded, transcribed and the transcripts were analysed with thematic analysis.

**Results:** Preliminary Themes

Opportunities/ Facilitators	Pursuit of Psychiatry-related opportunities; Study leave budget for Psychiatry-related courses Balint group while in psychiatry rotation Guaranteed psychiatry rotation	
Barriers	Psychiatry Fellowship supervision	-Location of supervisor -Frequency of supervision -Supervisors' availability to meet at a time convenient for fellow rather than on a fellow's day off -Allocation of supervisors who were willing to act as a mentor, who had suggestions for projects and were committed to stay in the role for the 2 years.
	Social connection with other psychiatry foundation fellows	-Data protection rules -Lack of community -40 fellows spread across the UK -Fellow's rotas preventing them from pursuing social connections -Lack of Balint group with other Foundation fellows
	Identity as a Psychiatry foundation fellow	-Lack of recognition / awareness by clinical supervisors -Difficult to take advantage of the opportunities of the fellowship -Fellow needing to advocate for oneself -Balint group of psychiatry rotations was usually for core psychiatry trainees -Rota coordinators gatekeepers for study leave
	Identity as a foundation doctor	-Timing of the psychiatry rotation -Feel "out of the loop" compared to peers when entering acute hospitals after psychiatry rotation, if it is first in FY1
	Impact of Covid	-Intense medical rotations, poorly staffed rotas -All non-departmental teaching was suspended, which made it even more difficult to justify self-development -One social opportunity per year only, to meet other Foundation fellows

**Conclusions:** The Psychiatry Foundation Fellowship was generally a positive experience in terms of fostering enthusiasm for psychiatry. A sense of community among fellows and recognition among clinical supervisors in acute trusts were felt to be lacking. The themes were used to shape RCPsych's future plans for the Psychiatry Foundation Fellowship.

**Disclosure of Interest:** None Declared

O0043

**Resilience of people with a history of mental disorder during the COVID-19 pandemic: a 2-years longitudinal prospective study**

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**Introduction:** During the COVID-19 pandemic, people with mental disorders were exposed to a common and prolonged source of stress. Studies focusing on the consequences of the pandemic on individuals with a history of mental disorder are scarce, but they suggest a higher vulnerability as compared to the general population.

**Objectives:** We aimed at identifying predictors of stress resilience maintained over time among these people during the first two years of the pandemic.

**Methods:** The presented study is part of a larger 2-year, 5-wave international longitudinal online survey.

The Patient Health Questionnaire, the Generalized Anxiety Disorder scale and the PTSD Checklist DSM-5 were used as latent class indicators for a proxy measure of distress. Specifically, a Latent-Class Analysis was performed to identify a group that showed resilient outcomes across all waves.

We investigated socio-demographic characteristics, economic and housing status, lifestyle and habits, pandemic-related issues, and chronic disease. Adherence to and approval of the restrictions imposed, trust in governments and the scientific community during the pandemic were also assessed. Social support, fear of contamination and personal values were investigated respectively through the Oslo