morning chronotype corresponds to higher levels of most indicators of health related quality of life excluding the level of mental health.

Disclosure of Interest: None Declared

EPV0763

Assessment of the relationship between psychotic-like experiences and traumatic life events: a cross-sectional study

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Introduction: Traumatic life events (TLEs) have been associated with the entire spectrum of psychosis outcomes, including risk and severity of psychotic disorders and psychotic-like experiences (PLEs). In a non-clinical setting, understanding the relationship could help improve prevention services.

Objectives: The aim of this study is to establish the relationship between TLEs and PLEs.

Methods: A cross-sectional study was conducted in a Tunisan business and engineering school from March 2022 to June 2022. Participants completed the Tunisian dialect version of the Prodromal Questionnaire-Brief (PQ-B), a validated self-report instrument designed to evaluate prodromal symptoms. TLEs such as physical, sexual, and emotional abuse, as well as neglect experiences, lived or witnessed have been assessed along with bullying experiences.

Results: The final sample size consisted of 358 participants, with a median age of 22 ± 2.22 years, with a sex ratio (M/F) of 1.41. More than half of the participants (58.6%) reported having experienced TLEs (49% in the preceding 6 months) while 31% had experienced bullying or abuse in school (27.9% in the preceding 6 months). The mean total score of the PQ-B for the study population was 7.27 ± 4.387, 36.3% reached the threshold and were defined as PQ-B-positive subjects. Those with a lifetime history of major life events were more likely to screen positive on the total score PQ-B (p = 0.000), as were those with a lifetime history of bullying or abuse (p = 0.000).

Conclusions: Understanding the factors that interact in the significant association between PLEs and TLEs may provide useful information for prevention programs and the improvement of mental health.

Disclosure of Interest: None Declared

EPV0764

Urban planning, noise pollution and mental health outcomes

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Introduction: In large cities around the world, many sources of noise including traffic, domestic, construction, and industrial activities, contribute to urban noise pollution, which is now, a major concern in public health as declared by the WHO, for more than a decade (in 2011).

Objectives: The aim of this study was to try to find potential recommendations and references in terms of urban planning, particularly with the emergence of smart cities, to combat the problem of noise pollution and related mental health hazards.

Methods: We conducted a comprehensive review of the scientific literature using the following keywords: cities, smart cities, noise, pollution and mental health.

Results: Our research found that the continuous exposure to high noise levels could lead to psychological and physiological problems, such as hearing disorders, high blood pressure, heart disease, inconvenience and sleep disorders. While recent evidence indicates that road traffic noise has a negative impact on mental health and that aircraft noise significantly increases the risk of depression, there are not enough studies to date to properly assess the relationship between urban noise pollution and mental health hazards such as anxiety, mood disorders, sexual disturbance, cognitive impairment, learning disabilities, dementia, etc. In the field of urban planning, there is also a lack of reliable data on individual exposure to environmental noise in space and time, and on its effects on mental health.

Conclusions: Various noise mitigation strategies in urban renewal plans are proposed, such as the implementation of noise mapping to provide the detailed spatial distribution of noise levels in urban areas, their sources and time intervals, noise barriers along traffic arteries, vegetation and landscaping. New infrastructure projects involving new expressways and high-speed trains as well as the widening of major roads in their central areas are also suggested.

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The impact of eating habits on mood disorders (A prospetive study to show the importance of food on preventing mental heath disorders)

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Introduction: Adopting a traditional healthy eating pattern is strongly associated with a more stable, adaptive, and serene mood. In contrast, adopting a modern and industrialized diet is linked to a higher incidence of anxiety and depressive disorders.

To prevent mood disorders, a varied diet rich in colorful fruits and vegetables is recommended. Studies show that the consumption of vegetables, whole grains, and fruits can help prevent the risk of major depression and anxiety disorders by more than 35%. A well-rounded plate, rich in micronutrients (trace elements, vitamins, minerals), is essential for the proper functioning of our brain and its emotional areas.

Our brain requires significant amounts of iron, zinc, magnesium, and vitamins B, E, D, and K. Unfortunately, our modern diet often lacks sufficient intake of these essential micronutrients. A deficiency in iron or zinc is associated with a significantly higher risk