

health challenges associated with the children's vision, frequent need for acute medical care, and hospital admissions.

Healthcare workers should provide early and proactive planning of medical and social support for children and their families using a family-centered approach.

**Disclosure of Interest:** None Declared

## EPP0258

### The relationship between parental reflective function, cognitive emotion regulation and parental perception of the infant

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**Introduction:** The literature indicates that parental reflective functioning (PRF) is crucial to a good parent-child relationship. Furthermore, genuine parental mentalizing also promotes adaptive emotion regulation in attachment relationships. However, no prior study assessed the relationship between parental mentalizing, emotion regulation and object relation in the early years.

**Objectives:** We examined the relationship between PRF, cognitive emotion regulation and perception of the infant among parents of children up to five years old.

**Methods:** In our cross-sectional, non-clinical study, 136 parents completed the Parental Reflective Functioning Questionnaire, the Cognitive Emotion Regulation Questionnaire and the Mother's Object Relationship Scale - short form. In our 12 moderator models, we chose the subscales of the parental perception of the infant (invasiveness and warmth) as dependent variables, the subscales of adaptive and non-adaptive strategies of cognitive emotion regulation as independent variables, and the three subscales of PRF (pre-mentalization, interest and curiosity, certainty about mental states) as moderators.

**Results:** Warmth had a positive, weak correlation with adaptive strategies ( $r(134) = 0.27, p < 0.007$ ), with certainty in mental states ( $r(134) = 0.24, p < 0.007$ ) and interest and curiosity ( $r(134) = 0.23, p < 0.007$ ); the correlation between interest and curiosity and non-adaptive strategies was moderate and positive ( $r(134) = 0.32, p < 0.007$ ). None of the subscales of PRF moderated the relationship between the subscales of emotion regulation and the perception of the infant. The use of adaptive emotion regulation strategies was more likely to affect the perception of warmth ( $B = 0.05 (t = 2.0584, p = 0.0415)$ ,  $B = 0.04 (t = 1.7887, p = 0.0760)$ ), and the use of non-adaptive strategies was more likely to affect the perception of invasiveness ( $B = 0.08 (t = 2.1333, p = 0.0348)$ ,  $B = 0.09 (t = 2.3164, p = 0.0221)$ ).

**Conclusions:** Our results suggest that cognitive emotion regulation plays a role in object relation; therefore, we recommend promoting

adaptive cognitive emotion regulation strategies among mothers in the early years.

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## EPP0259

### Perceived helpfulness of various sources of help for 5 mental illnesses

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**Introduction:** 1 in 8 people worldwide live with a mental illness (MI). This is expected to rise with increasing societal pressures. Despite the availability of evidence-based treatments, MIs remain undertreated. In Singapore, efforts such as the 'It's OK to Reach Out' campaign was launched to encourage help-seeking. Help-seeking behavior is complex; determined by an interplay of factors including perceptions towards help sources. As seeking ineffective sources contributes to unmet needs, understanding beliefs towards various sources of help is vital.

**Objectives:** The study aims to examine perceived helpfulness of various sources of help for 5 mental illnesses and changes in perceptions towards them over time.

**Methods:** The Mind Matters 2023 (M2) is an ongoing nationwide survey of mental health literacy among Singapore residents aged 18-65 years. Analysis is based on a preliminary sample (N=2500). Interviewers read a vignette depicting 1 of 5 randomly assigned MIs- depression (DP), schizophrenia (SZ), obsessive-compulsive disorder (OCD), alcohol abuse (AA) or dementia (DT). Respondents were asked to rate whether 10 Professional/Informal sources and 12 Actions were 'helpful', 'harmful' or 'neither' for the person in the vignette. Frequencies of helpful ratings were compared with the first Mind Matters study (M1) conducted in 2015 (N=3006).

**Results:** In M2, seeing a psychiatrist, psychologist and counsellor were rated helpful most frequently (79%-96%) while seeking traditional medicine and religious advisors were rated the least (12%-60%) across the vignettes, except for DT where doctor and close family (81%-85%) replaced psychologist and counsellor (66%-70%). Compared to M1, phone counselling saw an increase in helpfulness rating across all vignettes ( $p < .05$ ) except AA. For Actions, reading about how others dealt with similar problems was rated helpful most frequently (76%-89%) while dealing with problems on one's own was rated the least across all vignettes (3%-11%) in M2. Compared to M1, being more social saw an increase in helpfulness ( $p < .001$ ) rating for DP but a decrease for AA ( $p < .001$ ). Admission to an institution was associated with a decrease in helpfulness rating for DP ( $p = .006$ ) and OCD ( $p = .04$ ) but increase for AA ( $p = .03$ ).

**Conclusions:** The findings suggest recognition that MIs would be helped by professionals and self-reliance is ineffective to address these problems. Increased perceived helpfulness of telephone counselling was promising as studies have shown high client satisfaction coupled with its potential in reducing some barriers to care. Differences in directional changes in helpfulness rating for institutional care and socialising for DP and AA may represent understanding of the importance of behavioral activation and