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**Introduction:** Accurate and objective risk assessment is important in the evaluation of many mental disorders and behaviours. For example, in the evaluation of suicidal behaviour or the assessment of accidents in ADHD. Video games could contribute to improve the assessment and increase engagement.

**Objectives:** Our hypothesis is that the proposed videogame can precisely evaluate risk. In addition, the developed game is able to indirectly assess the risk. This feature is useful in setups where patients are prone to lie.

**Methods:** We have developed a car driving video game where users are told that they should drive near to the border but not too much. We record distance to the border and each key pulsation every 0.1 seconds.



**Results:** It has been observed that the median of recorded distance positively correlated with the score obtained by Self-report of Risk-taking Behaviors (SRB). In addition, the interquartile range significant correlates with the global score obtained in this questionnaire.

**Conclusions:** The proposed videogame is able of performing an accurate risk assessment. Our game takes seven minutes and it does not need complicated nor expensive hardware and could be deployed online. Results obtained open up new possibilities of creating video games which make an objective assessment risk.

**Keywords:** Self-report of Risk-taking Behaviors; risk; video games; e-health

## EPP1145

### Preliminary data on the psychometric proprieties of the italian version of the reflective functioning questionnaire

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**Introduction:** Assessing mentalizing abilities is a complex issue. Only recently an instrument assessing mentalizing capacity as a whole, the Reflective Functioning Questionnaire (RFQ), has been developed.

**Objectives:** To reach the purpose of our study, we investigated the psychometric proprieties of the Italian version of the RFQ.

**Methods:** The study was conducted on a sample including a group of violent offenders and a group of community participants. All subjects fulfilled the RFQ, the Personality Inventory for DSM-5 (PID-5) and the Aggression Questionnaire (AQ).

**Results:** The theoretical model was defined and analysed by using Partial Least Squares-Path Modelling with high-order construct definition. Data showed good psychometric proprieties of the Italian version of the RFQ. Also, specific patterns of correlations were identified between the RFQ subscales and both PID-5 and AQ scores. Offenders significantly differed from controls only in relation to one subscale of the RFQ.

**Conclusions:** Data supported the factorial structure of the RFQ found in the original validation study. Results also support the existence of a second-order variable, mentalizing, resulting from the convergence of hypomentalizing and hypermentalizing.

**Keywords:** RFQ; italian validation; Reflective functioning; psychometric properties

## EPP1146

### Preliminary results of the validation study of the italian version of the nature relatedness scale 6 items

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**Introduction:** The construct of nature relatedness (NR) has received a growing attention in the last decades. Past research suggest that NR may be involved in both positive (e.g. well-being) and negative (e.g. technological addictions) psychological outcome.

**Objectives:** In addition, some evidences suggest that the construct may be tightly related to emotion regulation capacities. Despite Nisbet et al. (2009) recently developed a short measure to investigate the construct, this has not been still validated in the Italian context.

**Methods:** We performed three studies to validate the Italian version of the NRS-6 and to extend the nomological network of the construct. In the first study, we tested, throughout Structural Equation Modelling, the factorial structure of the instrument and gender invariance. In the second study, construct validity of the instrument was tested examining correlation pattern between NRS-6 scores and scores obtained on the Connection to Nature Scale, the Difficulties in Emotion Regulation Scale and the Ways of Savoring Checklist. Finally, a longitudinal study tested the temporal stability of the measure and the predictive role of NR on technological addiction.

**Results:** Data documented a good factorial structure of the instrument, satisfying invariance proprieties and a good test-retest

reliability. Also, analyses supported the good convergent and predictive validity of the instrument.

**Conclusions:** The Italian version of the NRS-6 appears a reliable and useful tool that can be used in future research. Our studies extend the nomological network of the construct shedding light on the tight relationship of NR with the capacity to regulate positive emotions.

**Keywords:** Savoring; validation; factorial structure; Nature Relatedness

### EPP1147

#### Longitudinal association between daytime sleepiness and cognitive decline in dementia: A study protocol

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**Introduction:** Dementia is a major cause of disability worldwide. About 25%-40% of patients with mild to moderate dementia are affected by sleep-awake cycle disturbances, including increased daytime sleepiness and insomnia. However, little is known about the specific impact of excessive daytime sleepiness on the cognitive decline of dementia patients.

**Objectives:** To evaluate the impact of daytime sleepiness on the cognitive decline of dementia patients. Additionally, longitudinal associations with functional impairment and neuropsychiatric symptoms will be explored.

**Methods:** A longitudinal study will be conducted in a psychogeriatric consultation. Patients will be consecutively invited according to predefined eligibility criteria. Those aged  $\geq 65$  years, with dementia diagnosis or Mini-Mental State Examination (MMSE)  $< 24$ , and with a knowledgeable caregiver, will be included. The exclusion criteria are: a caregiver  $< 18$  years, terminally ill, incapable to communicate or with a known diagnosis of insomnia, sleep related respiratory disorders, central hyperinsomnia, restless legs syndrome or sleep paralysis. Participants will undergo an assessment with a comprehensive protocol including: Montreal Cognitive Assessment (MoCA), Barthel and Lawton Index, Epworth Sleepiness Scale (ESS), Neuropsychiatric Inventory (NPI) and Global Deterioration Scale (GDS). Participants will be re-assessed 6 months after the initial evaluation. The Health Ethics Committee of Hospital Universitário de São João granted the study authorization (n° 260/2020).

**Results:** Findings will be disseminated via publication in peer-reviewed journals and presentations at national and international scientific conferences.

**Conclusions:** This study will address key questions on the relation of daytime sleepiness and dementia outcomes, in order to undertake corrective and preventive non-pharmacological and pharmacological approaches.

**Keywords:** dementia; Daytime sleepiness; Cognitive decline; longitudinal study

### EPP1148

#### Conceiving and evaluating novel therapeutic strategies with patients and peer practitioners: The case of urban remediation program

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**Introduction:** While extensive recent data details risk factors for psychoses in urban milieu, insights regarding recovery processes in cities are scarce. This hampers the translation of promising epidemiological and neuroimaging findings into effective therapeutic strategies. Given the twofold higher incidence of psychoses in cities and the fact that 68% of world population will be urban by 2050, it becomes an urgent matter of psychiatric care.

**Objectives:** This presentation details specific targets for therapeutic interventions in city context to further discuss a pioneering participatory project with the aim to conceive a novel city specific recovery-oriented program.

**Methods:** Based on most recent research data, some of which our own, a comprehensive survey of urbanicity studies and an overview of main avenues for developments will be presented.

**Results:** Urban milieu is a complex dwelling space made of protective and disruptive features. During each life course they may form unique combinations hampering or enhancing psychological well-being. Urban living is not only correlated with higher prevalence of psychoses, but also with better access to health care and lower rates of treatment resistant schizophrenia, pointing to some beneficial aspects of city living on recovery processes. The interplay between personal characteristics, urban resources and supportive social environments seems pivotal to recovery calling for multilevel interventions (CBT interventions, peer-support, go-alongs, resocialization) and integration of different stakeholders (patients, peer-practitioners, community actors).

**Conclusions:** Participatory approach (design thinking, urban lab etc.) represents an important means of innovation and ensures the best match between patients needs and therapeutic propositions.

**Keywords:** Psychoses; Urbanicity; recovery; Participatory design

### EPP1149

#### Measuring COVID-19 anxiety among russians: Examining the psychometric properties of russian translations of the covid-anxiety scale and the fear of coronavirus-19 scale

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**Introduction:** Both the COVID-Anxiety Scale and the Fear of Coronavirus-19 Scale have been recently developed to facilitate research on COVID-19 anxiety.