

Taking part in sport events that have the potential to increase the social awareness and reaching national media in order to popularize the cause.

Methods: First came creation of a page in the social media. Afterwards came the preparation of video materials and e-posters on the following topics: mental health, stigma, myths and facts about mental disorders, early trauma, mental disorders. The materials were posted and “boosted”. All this was accompanied by numerous media events and interviews on national media. In order to garner more attention there were two participations in a 750km bike ultra marathons.

Results: The complex approach of the cause „I ride with you” (Az Karam s teb) led to the establishment of a popular page in the social media. Within 1 year the page got 1500 followers. The page content was shared 733 times. There were 12 national media appearances. All these numbers represent a small but significant step in mental health promotion.

Conclusions: In order to promote healthy “mental environment” we must use diverse and contemporary approaches.

Disclosure: No significant relationships.

Keywords: cause; sport; Bulgaria; mental health promotion

EPV1081

The impact of COVID-19 on mental health charity fundraising: An account from the perspective of fundraisers

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Introduction: The dawn of COVID-19 brought new rules, restrictions, and lockdowns but this led to the unlikely fall of many sectors, including the charitable sector. There has been a significant decline in funding received by mental health charities, especially during the pandemic. This study looks at the subsequent impact on fundraisers and mental health promotion during COVID-19.

Objectives: The main aim was to uncover how the COVID-19 pandemic has affected the way that mental health charities fundraise, raise awareness, and promote mental health. This aimed to look at the impact of the COVID-19 pandemic on fundraisers supporting mental health charities and their opinion on whether fundraising has either helped or hindered mental health promotion.

Methods: Accounts from fundraisers and local representatives for mental health charities during the COVID-19 pandemic were analysed. Common themes looked at the impact, adaptation, and reasons why fundraisers decided to help during a tough period for the charitable sector.

Results: Mental health charities expressed difficulty in sourcing funds to support their users, especially in a vulnerable time. Fundraisers tried innovative ways to promote mental health and raise money for charities.

Conclusions: Altruism and understanding how precious services such as mental health charities are for the population was the main driver for fundraisers. Mental health charities adapted by turning to online communication and reached out to fundraisers to continually highlight the importance of mental health to their users and fundraisers.

Disclosure: No significant relationships.

Keywords: mental health; Covid-19

EPV1082

Utilitarian Concept of Mind and Mental Health

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Introduction: Many classification system and mental health act in many country attempted to define mental illness but mental health perse has not been defined. Some unaddressed question like “ what is diseased in mental illness, what do you treat or set right by treatment, how the psychiatrist say that a pateint is improved and describe or define mental health” are addressed.

Objectives: Working concept for professionals of all allied clinical disciplines. Enable them to understand mental illness and mental health in a uniform and consistent way. Enable all MHP to speak the same language, without room for personal bias. Avoid misconceptions and reduce the stigma with mental illness

Methods: We divided spectrum of mental health into *Mentally Healthy, Not Healthy, Unhealthy and ill* . Based on two dimension: 1. *impact on self* and 2. *Impact on other*. *Awareness of ones own self, ability to relate well with other and ones own actions are useful to self as well as others* are the three arms of mental health.

Results: A presentation was given to psychiatrist & allied sciences professional & members from judicairy, technolocrats, industrialist and educationist. Interaction was recorded and analysed, people even gave their responses comments and suggestions by mail and writing.

Conclusions: Mind is defined as a functional concept consists of *Mood Thought and Intellect* which is nicely amalgamated in a synchronised manner which always function in unison and the constituents cannot function in isolation. The three arms of the mental health are used to develop a tool to measure the same. All details will be discussed during the presentation.

Disclosure: No significant relationships.

Keywords: Promotion of mental health; mind and mental health; impact on self and impact on others; mental health tool

EPV1085

“Permissiveness, guiltiness, anxiety”: A qualitative study on emotional meanings of school task procrastination reported by occupational therapy students in South-eastern Brazil

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Introduction: According to the Medical Subject Headings, the vocabulary used by PubMed, procrastination is ‘the deferment of actions or tasks to a later time, or to infinity’. Studies on procrastination

are increasing, especially among university students, gaining prominence in academic literature. However, studies on the procrastination phenomenon have been mainly quantitative, correlating such experiences with clinical and behavioral manifestations. Specific research with occupational therapy students is lacking in the literature.

Objectives: To interpret symbolic meanings related to life experiences of the procrastination phenomenon of school tasks as reported by occupational therapy undergraduate students, self-referred as procrastinators.

Methods: Clinical-qualitative design. Data collected through semi-directed interviews with open-ended questions in-depth. Clinical-Qualitative Content Analysis generated categories discussed in the light of the psychodynamic theoretical framework. This study was carried out in a private Brazilian university. The sample was closed by the information saturation criterion.

Results: Seven students were interviewed. Procrastination comes associated with anxiety as productivity, but not reported as an “executive drive”, that would imprison the individual in a vicious cycle. There are defense mechanisms referred to as self-preservation for not assume responsibilities for tasks. Ineffective strategies seem to be experienced by the students to avoid procrastination, but without resolving possible psychodynamic conflicts related to the task.

Conclusions: Students’ procrastination ambivalently affects their daily lives, although they can report the phenomenon as negative. It is suggested further qualitative studies that explore specifically meanings of procrastinating personal activities, in general, considering these individuals will work precisely in a therapeutic approach in the field of occupations of the people.

Disclosure: No significant relationships.

Keywords: mental health care; Qualitative research; procrastination; Occupational therapy

EPV1087

Hidden role of gut microbiome in mental health

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Introduction: The recent literature indicates that the gut microbiota may affect brain functions through endocrine and metabolic pathways, antibody production and the enteric network while supporting its possible role in the onset and maintenance of several neuropsychiatric disorders, neurodevelopment and neurodegenerative disorders.

Objectives: The aim of this work is to discuss the role of probiotics, prebiotics, or synbiotics as a potential treatment for symptoms of depression, anxiety, and stress.

Methods: Pub Med database was searched using following key words: “probiotics”, “prebiotics”, “mental disorders”, “psychological disorders”.

Results: Although the exact mechanism is unknown, there is a link between the gut and mood disorders. Psychosocial factors, such as quality of life or well-being, are greatly influenced by gut function and there is a strong correlation between psychosocial features and gastrointestinal disorders. Elevated stress, anxiety, and depression

are linked to intestinal dysbiosis and mood disorders are disproportionately high in patients with functional gut disorders. So, probiotics may provide benefit when used in conjunction with current antidepressant medications. Probiotics may exert their therapeutic benefits by restoring microbial balance in the gut, and also by minimizing gastrointestinal complaints, allowing for the effects of antidepressant medication to not be reduced. Stress and immune responses were improved following psychobiotic intervention in stressed adults. Psychobiotics offer potential alternative treatment options in mood disorders and their accompanying symptoms.

Conclusions: Pro and prebiotics can improve mental health and psychological function and can be offered as new medicines for common mental disorders. However, more clinical studies are required to support the clinical use of probiotics.

Disclosure: No significant relationships.

Keywords: microbiome; mental health; probiotics; psychobiotics

EPV1091

Effects of relaxation slide-films on the functional state of psychology students

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Introduction: Visual images and music have long been known as a means to optimize emotions (Galeev, 1976; Gotsdiner, 1993). Together (eg in audio-visual slide-films) they may help students and professional cope with the negative side of intensive workloads (fatigue, stress, anxiety).

Objectives: Our study attempts a multi-level assessment of the relaxation effect of a slide-film as part of student education.

Methods: Sample - 46 psychology students. The 20 minute relaxation film was shown after lectures and discussion of a forthcoming examination. Measures: standard psychological and physiological functional state tests and a cognitive task before and after the film (Leonova & Kapitsa, 2003); an original questionnaire revealing individual associations and experiences felt during the film.

Results: The results showed pronounced subjective discomfort and anxiety before the film. The relaxation film resulted in lowered blood pressure, increased subjective comfort, decreased fatigue and acute anxiety, and negative emotion scores, as well as higher productivity in performing the cognitive test (Student t-test, $p < 0.005 - 0.001$). Concentration on the film subject, as well as the combination of the student’s thoughts and associations around the plot, showed a positive correlation with the amount of relaxation effect.

Conclusions: Our research showed that using the relaxation slide-film (with imagery and music) can provide positive effects on students’ functional state. It also revealed the importance of the relevance of individual experience to the subject of the film to obtain optimal positive effects.

Disclosure: No significant relationships.

Keywords: relaxation techniques; audio-visual slide-film; functional state