

dysmorphia related to femininity rather than solely driven by societal beauty ideals.

**Methods:** Data from 228 female college students, both undergraduate and graduate, were collected via online surveys. The survey instruments included a sociodemographic form, the Eating Attitude Test, the Gender Roles Attitude Scale, and the Multidimensional Body-Self Relations Questionnaire.

**Results:** The average age of the participants was 24.41 (18-33) years. Regression analysis revealed that age ( $\beta=-0.155$ ,  $p=0.015$ ), the belief that physical appearance would be less important if they were male ( $\beta=0.292$ ,  $p<0.001$ ), and maternal criticism about weight ( $\beta=0.239$ ,  $p<0.001$ ) were influential factors in shaping eating attitudes. Surprisingly, no significant relationship was found between eating attitudes and traditional gender roles ( $\beta=0.072$ ,  $p=0.246$ ). However, we did establish a connection between aspiring to meet ideal thinness standards and perceiving women as disadvantaged in the workplace due to their traditional gender roles ( $t(226)=2.32$ ,  $p=0.021$ ), as well as with maternal criticism ( $t(225)=3.55$ ,  $p<0.001$ ).

**Conclusions:** Our findings suggest that the absence of a direct link between eating attitudes and traditional gender roles may be attributed to an individual's perception of their environment rather than their self-assessment of masculinity within an egalitarian context. Notably, maternal influences specifically their criticism regarding their daughters' weight and the roles assigned to mothers significantly shape these perceptions and, consequently, eating behaviors, aligning with existing literature (Ferreira et al., 2021). This underscores the need to consider eating disorders within a broader biopsychosocial framework, encompassing attitudes toward the world and one's role within it.

**Disclosure of Interest:** None Declared

### EPV1103

#### The approach of physiotherapists in the management of patients with persistent pain and comorbid anxiety/depression: are there any differences between male and female professionals?

G. Nicolini<sup>1\*</sup>, M. Chiesa<sup>2</sup> and M. Buoli<sup>3</sup>

<sup>1</sup>Department of Mental Health, Department of Biomedical and Clinical Sciences Luigi Sacco, Luigi Sacco Hospital, University of Milan;

<sup>2</sup>Department of Psychiatry, University of Milan and <sup>3</sup>Department of Neurosciences and Mental Health, Fondazione IRCCS Ca' Granda Ospedale Maggiore Policlinico, Milan, Italy

\*Corresponding author.

doi: 10.1192/j.eurpsy.2024.1671

**Introduction:** Chronic pain is a prevalent condition that is frequently complicated by concomitant mood and anxiety disorders. Very preliminary data indicate that female physiotherapists could have a better attitude towards psychiatric disorders.

**Objectives:** Purpose of the present article is to identify eventual differences in the management of patients with chronic pain and anxiety/mood disorders depending on the physiotherapists' gender.

**Methods:** An ad-hoc questionnaire was developed and sent to physiotherapists by e-mail. The two groups identified by gender were compared by unpaired sample t tests for continuous variables and  $\chi^2$  tests for qualitative ones. A binary logistic regression was

then performed with factors that resulted statistically significant at univariate analyses as independent variables and gender as dependent one.

**Results:** Female physiotherapists (compared to male ones) resulted to be more confident in the prosecution of physiotherapy by patients with Generalized Anxiety Disorder (GAD) comorbidity ( $t=2.46$ ,  $p=0.01$ ) and by patients who had received a visit with a mental health professional ( $t=2.79$ ,  $p=0.01$ ). Furthermore, female physiotherapists versus male ones believed that pharmacotherapy was less associated with motor side effects ( $t=2.90$ ,  $p<0.01$ ) and more frequently recognized the importance of a training to identify affective disorders ( $t=2.65$ ,  $p=0.01$ ) and the need of more education in mental health ( $t=2.85$ ,  $p=0.01$ ). The binary logistic regression model confirmed that female professionals (compared to male ones) were less likely to work as freelance in private institutions ( $p=0.015$ ) and were more confident in the prosecution of physiotherapy by patients with GAD comorbidity ( $p=0.05$ ).

**Conclusions:** Female compared to male physiotherapists resulted to be more comfortable with patients affected by mental conditions and to be more aware of the need of training on mental health. Implementation of mental health education for male physiotherapists is probably necessary and further studies are needed to confirm the results of the present study.

**Disclosure of Interest:** None Declared

### EPV1104

#### Influence of neuromarketing on the increase in shopping anxiety in women in the city of Santa Marta

K. L. Perez Correa<sup>1\*</sup> and A. Guardiola Esmeral<sup>1</sup>

<sup>1</sup>Magdalena, Universidad Cooperativa de Colombia, Santa Marta, Colombia

\*Corresponding author.

doi: 10.1192/j.eurpsy.2024.1672

**Introduction:** New technological trends and access to more information have generated an anxious disorder and the need to obtain everything that the consumer society has to offer, this has increased with the influence of neuromarketing in internet ads.

**Objectives:** The objective that was raised in the present investigation was to analyze the influence of neuromarketing in the increase of anxiety reflected in compulsive purchases of women in the city of Santa Marta.

**Methods:** The field research design is non-experimental and cross-sectional, the sample taken was of 500 women with purchasing power of more than three Colombian minimum wages.

The IDARE Ch. Spielberger, R. Díaz Guerrero et al. (1966) checklist was applied; To review the relationship between advertising with neuromarketing, anxiety and compulsive purchases, a Likert-type scale instrument was designed and validated with the Alpha Cronbach Coefficient. Analysis of Covariance ANOVA, inferential statistics and SPSS were performed.

**Results:** 57% of the women meet the criteria for the IDARE clinic. The analysis of the questionnaire showed a goodness of fit of  $R^2 = 0.697$ . The result indicates that the more hours women spend on the internet with access to ads focused on neuromarketing, the more they feel the need to buy, and this generates anxiety processes.

**Conclusions:** The mental triggers used by neuromarketing accelerate the need in women to buy the solutions that they sell and the same need to buy is evident in the signs of anxiety that is reflected in the women under study. Training that educates women to spend less time connected to the Internet is recommended, but it is also essential that they understand that advertising and marketing exert pressure that increases their anxiety and need to purchase, so it is recommended the implementation of training in personal management and control.

**Disclosure of Interest:** None Declared

## EPV1105

### From legislation to reality: Understanding gender-based violence in Tunisia

K. Mahfoudh\*, S. Hamzaoui, S. Walha, D. Mezri, A. Ouertani, U. Ouali, A. Aissa and R. Jomli

Psychiatry "A", Razi Hospital, Manouba, Tunisia

\*Corresponding author.

doi: 10.1192/j.eurpsy.2024.1673

**Introduction:** Tunisia marked a significant milestone in the fight against gender-based violence with the adoption of Organic Law No. 2017-58. This pioneering law in the region enhanced the protection of women and girls' rights and introduced harsher penalties for perpetrators of sexist violence. However, the journey toward eradicating violence against women is complex and multifaceted.

**Objectives:** Our aim is to explore how Tunisian women perceive gender-based violence and their attitudes towards it.

**Methods:** A cross sectional online survey designed using Google Forms and distributed on social media platforms (Facebook, Instagram) was conducted from August 30<sup>th</sup> to September 25<sup>th</sup> 2023. The questionnaire, presented in the Tunisian dialect, included questions about personal experiences with violence, knowledge of gender-based violence laws as well as their perceptions and attitudes towards gender-based violence. The sample consisted of women from various regions of Tunisia.

**Results:** In our study, we analyzed a sample comprising 110 Tunisian women, with 46.4% falling within the 20 to 30 age bracket and 36.4% belonging to the 30 to 40 age range. Half of the survey participants were unmarried, and the majority of them (97.3%) had attained a university-level education.

Our research revealed that 45.5% of the surveyed women reported instances of gender-based violence in Tunisia. However, only a minority of these individuals (22.2%) initiated legal proceedings, primarily citing a lack of confidence in the judicial system and fear of potential reprisals as their reasons.

A majority of the participating women expressed deep concern regarding the issue of violence against women in Tunisia.

When asked about their perceptions of the most prevalent types of violence in Tunisia, 76.36% believed that psychological violence was the most common, followed by sexual violence (21.3%). Economic and physical violence were perceived as less frequent (9.9%; 12.6%). These women attributed the primary factors contributing to violence against women in Tunisia to cultural norms and laws that they considered inadequately stringent. Indeed, 83.3% of them believed that the current legislation was not stringent enough to

deter potential perpetrators, and 37.3% indicated that they were unaware of the existing legal framework.

**Conclusions:** Despite legislative advancements, gender-based violence remains a pressing concern in Tunisia. These findings underscore the importance of increasing awareness about available resources for victims, educating individuals about women's rights and mental health, and building trust in the judicial system.

**Disclosure of Interest:** None Declared

## EPV1106

### Pros and cons of alternative therapy omega-3 fatty acids during pregnancy and lactation for mental problems

L. Boronin\* and I. Nastas

Department of Mental Health, Medical Psychology and Psychotherapy, State University of Medicine and Pharmacy, Chisinau, Moldova, Republic of

\*Corresponding author.

doi: 10.1192/j.eurpsy.2024.1674

**Introduction:** Fatty acids omega-3 are irreplaceable. They stabilize cell membranes, nerve impulses, homeostasis, immune reactions, the birth process, the psycho-emotional state of the fetus-mother dyad. Correlations between adequate dietary intake of omega-3 and cognitive health have been described in detail. According to the literature, docosahexaenoic acid is associated with the synthesis of serotonin, dopamine, acetylcholine, glutamate, neuroprotective and anti-apoptotic action, has antidepressant effect. Omega-3 makes up 60% of neuronal membrane phospholipids. Under clinical aspect, according to publications, fish oil reduces the risk of preterm birth by 44%.

**Objectives:** The aim is to study the risks and benefits of using omega-3 during pregnancy and lactation in patients with mental disorders.

**Methods:** Comparative analysis of evidence-based scientific publications for the use of omega-3 fatty acids in pregnancy and lactation.

**Results:** The body level of omega-3 depends on the quantitative intake from food, as well as gene polymorphism and age. For pregnant and lactating women are recommended 200-300 mg per day or about 300 g per week from food. Deficiency of omega-3 (protectins) affects the processes of myelination, neurogenesis, synaptogenesis, the metabolism of neurotransmitters, cell differentiation, neuronal migration and inflammatory responses.

**Conclusions:** There are many probably mechanisms of action of omega-3, namely: Enhances peroxisomal oxidation, reduces the synthesis of triglycerides in the liver; inhibits plasma acyltransferase. Omega-3 acts on phospholipids of the cell membranes of the nervous system and retina, their adequate functioning, improve psychomotor development of newborns. It was found the effect of decreasing the levels of cytokines and depressive symptoms, as well the risk of food allergies and depression. In conclusion, in adequate doses, omega-3 fatty acids seems to be useful in deficiencies and for prophylactic purposes in pregnancy and lactation.

**Keywords:** omega-3 fatty acids, pregnancy, lactation, mental disorders.

**Disclosure of Interest:** None Declared