

**EPP0152**  
**A Study on the Disclosure of People with Mental Illness**

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**Introduction:** People with mental illness often experience a concealable stigmatized identity that may be invisible to others. As a result, they are often faced with the dilemmas of whether to disclose or conceal their diagnosis and their experience. However, in order to overcome the social stigma and self-stigma that hinder their recovery, they must establish a network and social support through identity disclosure.

**Objectives:** This study investigates the effect of clinical characteristics (symptom and social function level), self-stigma and social support on the disclosure of people with mental illness.

**Methods:** The research was conducted with 236 respondents who are currently using community mental health services. (Male: 51.9%, Female: 48.1%; Mean age = 47.97±13.24; SPR: 66.8%, other diagnosis: 33.2%).

**Results:** Most respondents disclosed their mental illness to health service providers and family, but they are least open about their identity toward neighbors and co-workers. A regression analysis of predictors of disclosure revealed that only social functioning level and social support had significant predictive power. It was discovered that individuals with better level of social function and social support disclosure more about their mental illness.

**Conclusions:** A program that increases social functions and support network can be recommended to improve disclosure efficacy.

**Disclosure of Interest:** None Declared

**EPP0153**  
**The Startwell initiative in Action: A Project supporting Early-career Consultant Psychiatrists in a Southeast UK mental health trust.**

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**Introduction:** Transition to a consultant role is a challenging time for an early career psychiatrist, as the high level of structure and guidance available during psychiatric training ceases when training is complete. The Royal College of Psychiatrists, UK therefore pioneered the Startwell initiative to ease this transition. This consultant-led initiative proposed embedding good habits and robust coping mechanisms early on, to enable psychiatrists to thrive in their roles and is based on six main pillars (New consultants (StartWell) (rcpsych.ac.uk) **Image 1: Startwell framework.** Berkshire Healthcare NHS Foundation Trust (BHFT) is a mental

healthcare provider based in Southeast England where we designed a project to enhance support to new consultants, based on Startwell principles.

**Objectives:** The aims of this project were to:

- Improve the experience of early career psychiatrists taking on their first consultant role in BHFT.
- Ensure that the new consultants are provided with relevant information and resources to fulfil their roles safely.
- Set up a system for ongoing support for new consultants till they complete five years in their post.

**Methods:** Having discussed the feasibility of setting up a local Startwell initiative in BHFT, plans were presented to the medical director and medical staff committee including new consultants, for their input. Under the guidance from senior consultants, monthly meetings were arranged which offered professional development talks and peer support. As several themes emerged at these meetings, we stratified and aligned these local to the RCPsych Startwell framework (**Image 2:Themes**). An induction folder was also collated with all the relevant information in paper and digital format. In addition, a yearly bespoke induction event for new consultant psychiatrists was delivered from 2019-2022 except in 2021, during the pandemic.

**Results:** We used Likert scales to gather quantitative feedback (**Table 1**) with free box for comments to capture qualitative feedback (**Image 3**). Feedback response rate for the three cohorts were 75%, 70% and 80% respectively.

	2019	2020	2022
<b>Overall Satisfaction</b>	100%	75%	100%
<b>How relevant was the content of the programme to your new role?</b>	70%	100%	100%
<b>How far did the programme meet your expectations?</b>	100%	75%	100%

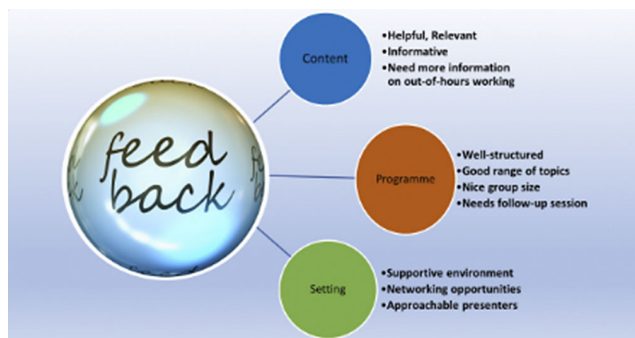
Image:



Image 2:

Logistics of becoming an educator and examiner	Details of out of hours' on-calls and support available	Getting involved in service development projects
Processes around appraisal and revalidation	Information on college roles at the National & Regional level	Questions around legal advice Mental Health Act Assessments
Maintaining work-life balance and Wellbeing	Developing & maintaining relationships with the multidisciplinary team	Supervision spaces available for non-clinical concerns

Image 3:



**Conclusions:** The BHFT Startwell initiative has been running successfully for the past five years and been valued by the new consultants. We are therefore continuing to working towards embedding the programme futher and ensuring sustainably for the future. We are looking to share our experience in the hope that similar programmes are set up and our newer colleagues can enjoy a long, fulfilling, and enjoyable career.

**Disclosure of Interest:** None Declared

## EPP0154

### Mental health impact of the Russian-Ukraine war on Canadian residents with or without Ukrainian descent

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**Introduction:** War tends to produce fear. The devastating and traumatic occurrences of war can have both short- and long-term effects on the mental well-being of populations. Russia's invasion of Ukraine indirectly affects all populations, especially individuals of Ukrainian descent.

**Objectives:** To assess the mental health impact of the Russian invasion of Ukraine on Canadian residents who subscribed to 'Text4Hope Ukraine' program and to ascertain if there are differences in mental health impacts between those with and without Ukrainian descent.

**Methods:** Canadians were invited to self-subscribe to the text messaging program. An online survey was used to collect socio-demographic, war-related, and clinical information; stress, resilience, likely anxiety disorder and likely depressive disorder from subscribers. Outcome measures included baseline scores using validated scales. Data were analyzed using SPSS Version 25. To examine the association of psychological problems with the socio-demographic and war-related factors, univariate analysis using the Chi-square/Fishers Exact test was performed with two-tailed significance ( $p \leq .05$ ). An independent sample t-test with two-tailed significance ( $p\text{-value} \leq 0.05$ ) was employed to assess the differences in the respective mean scores of the psychological problems across the two groups. The first group represents the participants who did not have citizenship or ancestors from Ukraine (NUk), while the second group represents the respondents are Ukrainian who either have previously held citizenship or have ancestors/family from Ukraine (Ukr). No imputation of missing data and reported data represents the complete responses

**Results:** Study findings reflected prevalence of low resilience (59.7%), moderate to high stress (87.5%), likely Generalized Anxiety Disorder (45.8%) and likely Major Depressive Disorder (38.9%). Respondents who identified as female had a higher likelihood of presenting with low resilience ( $\chi^2(1) = 5.68, p = .02$ ) and likely Generalized Anxiety Disorder ( $\chi^2(1) = 4.85, p = .03$ ) compared to male respondents. There was no statistically significant difference in the mean scores of the four psychological problems based on any of the variables that suggest Ukrainian descent or not ( $p > .05$ ).

**Conclusions:** War can have negative impacts on all populations irrespective of their location, or association of individuals with the impacted country. This study provides valuable insights into the mental health impact of the Russian invasion of Ukraine on a specific sample of Canadian residents who subscribed to the 'Text4Hope Ukraine' text messaging program. This information is relevant when planning mental health intervention for this population. Governments should target and provide adequate mental health and psychosocial support or interventions for global populations at risk during war.

**Disclosure of Interest:** None Declared

## EPP0155

### Thyroid psychosis: when your hormones take over your mind: a case report

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**Introduction:** Hyperthyroidism, characterized by excessive production of thyroid hormones, is a common endocrine disorder that affects various body systems. While most commonly recognized for its classic symptoms such as weight loss, tremors, and palpitations,