

Introduction: One of the most important factors that represents a threatening both physical and psychological health in our lives is the individual's risk behaviour. Though emotions exert a strong influence on risk decision-making, the literature studying the role of emotional abilities on the tendency to engage in risk behaviour is scarce.

Objectives: The aim was to explore the relationship between emotional intelligence (Attention, Clarity, and Repair) and risk behaviour in its different domains (Ethical, Health, Financial, Social, and Recreational domains). We also examined whether there were gender differences in both variables.

Methods: A Spanish community sample of 1435 participants ($M_{age} = 29.84$, ranging from 18 to 70 years old; 61.9% women) were assessed in levels of EI and risk-taking by the TMMS-24 and DOSPRT-30 scales.

Results: The result revealed that emotional intelligence was positive related with Social and Recreational domains, and negative related with Ethical and Health domains. Moreover, women showed higher scores for EI and Social risk-taking domain than men, and men showed higher scores for Ethical, Financial, Health, and Recreational risk-taking domains.

Conclusions: These findings show and support that EI is differentially related to risk behaviour depending on the risk domain studied. We suggest that higher levels of EI could be adaptive for risk behaviour regardless the directionality of the relationship. Considering the impact of health-related risky behaviours on public health and individual well-being, the development of effective risk prevention programs that train emotional abilities could reduce the incidence of these behaviours in our society.

Disclosure: No significant relationships.

Keywords: Emotional Intelligence; Gender differences; risk-taking; risk domain

EPV1065

Raising community awareness to improve access to mental health services in Bali

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Introduction: Changing attitudes and behaviour regarding mental health and help-seeking is a complex process, especially in poorer areas where access to mental health services is relatively new. Data from the Indonesian national health survey indicate that after the introduction of the Universal Health Coverage a large number of people suffering from mental illness remain untreated

Objectives: This study aims to address this issue by seeking the views of community leaders (i.e. village and banjars leaders) on ways to raise community awareness to improve access to mental health services, increase service utilisation rates and reduce the duration of untreated mental illness in Bali.

Methods: This is a qualitative study with community leaders (i.e. village and banjar leaders) in communities in Bali on barriers and facilitators of accessing mental health services for people.

Results: In Bali they still have faith in the traditional healer so if they see one and the mentally ill patient is getting better then they don't think they need to go to the hospital. According to the community leaders the determinants for non-uptake of mental health services were mental health awareness should be integrated systematically starting at primary care and must be complemented by secondary care, and have linkages to informal community-based services and self-care. The community leaders can play a role in awareness-raising by empowerment the community and other logics in community care setting.

Conclusions: Community awareness can improve access to mental health services, increase service utilisation rates and reduce the duration of untreated mental illness in Bali

Disclosure: No significant relationships.

Keywords: mental health; community awareness; access; Bali

EPV1066

Factors associated to stigma in mental health workers of Castilla y Leon. The role of burnout and work motivation.

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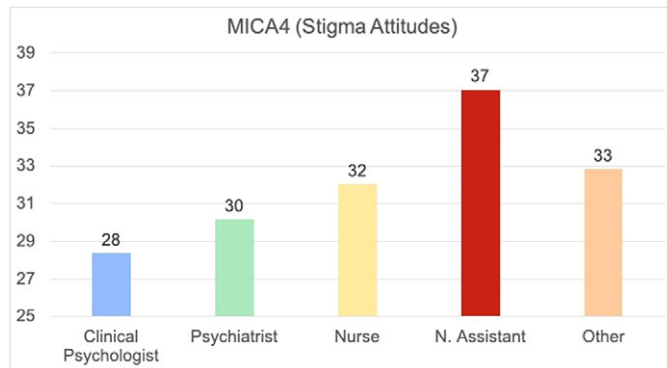
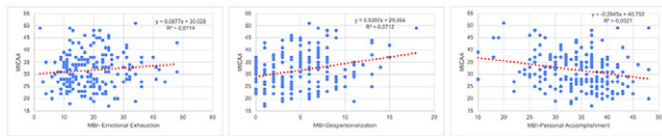
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Introduction: Stigma is one of the most important barriers to help-seeking, treating maintenance and recovery for people suffering mental disorders. These attitudes, when present in mental health workers, may have a negative effect on the quality of health care.

Objectives: to evaluate the levels of stigma in a representative sample of mental health workers and to explore potential modifiable factors associated to stigma attitudes.

Methods: An online survey was conducted on the mental health workers of Castilla y León (Spain, 2409164 habs) while projecting the 2022 *Mental Health Humanization plan* in order to assess educational skills, burnout (Maslach MBI), Professional Quality of life (CVP-35) and Stigma attitudes (Mental Illness: Clinician's Attitudes Scales, MICA4) together with sociodemographic and work position variables.

Results: 193 workers completed the survey. Stigma Attitude values of the sample were low (MICA4: 31.71; SD:7.3) and burnout were low or medium (medium Emotional Exhaustion: 19.22; SD:8.89; low Depersonalization: 4.91; SD:3.61; Medium Personal Accomplishment: 34.17; 6.3). In the linear regression ($R^2=0.249$; $F:11,527$; $p<0,001$), a lower Stigma was predicted by psychologist (Beta:0,207; $p=0,003$) or psychiatrist position (Beta:0,204; 0,005), Self-efficacy assessed by the item "I am qualified" in the CVP-35 (Beta:-10,144; $p=0,023$), and a higher stigma was predicted by nurse assistant position (Beta: -0.230; $p=0.001$), Depersonalization Burnout dimension (Beta:0,351; $p<0,001$) and years of service (Beta:0.148; $p=0,023$)



Conclusions: Some groups of mental workers are more vulnerable to develop stigma attitudes. These, may be increased by fatigue and burnout. Future interventions should determine if reducing burnout and increasing capacitation may be effective in stigma eradication

Disclosure: No significant relationships.

Keywords: stigma; burnout; humanization; mental health workers

EPV1067

Efficient self-regulation of human functional states as a predictor of work success under long-term innovation stress

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Introduction: Research data indicate the necessity of efficient human functional states' (HFS) self-regulations for successful work execution, and not only for those professionals, who work under extreme work conditions; efficient HFS self-regulation is discussed as one of the key professional competences in socio-economic jobs as well (Friedman, 2003; Landy & Conte, 2021). Moreover, ability of efficient HFS self-regulation could be viewed as a differentiative competence for separation of professionals with normal and high work achievements (Spencer L. & Spencer S., 1993).

Objectives: The empirical study was targeted to investigate HFS self-regulation efficiency as a predictor of work success under long-term innovation stress.

Methods: The longitudinal research was conducted in college teachers (n=50) during the period of organizational innovations. The empirical data were obtained by the diagnostic set of methods for self-assessment of attitudes towards innovations as a factor of long-term work strain, coping strategies and self-regulation means, chronic fatigue and burnout as the main consequences of long-term stress manifestations (Hobfoll, Dunahoo, Ben-Porath & Monnier, 1994; Leonova, 2012).

Results: The significant diversity in the level of HFS self-regulation efficiency in teachers with different work success has been found

($p < 0,05$). Teachers with the highest level of work results have a well-developed system of self-regulation means, which allows them to cope with innovation stress.

Conclusions: The empirical data revealed patterns of effective self-regulation means, which are adequate to situational requirement, professional norms and rules of organizational behavior. Obtained results formed the basis for the elaboration of training course for HFS self-regulation skills development.

Disclosure: No significant relationships.

Keywords: human functional state; effective self-regulation of functional states; tensed work conditions; work

EPV1068

Proactive approach to recreation and efficiency of recovery in flexible work arrangements

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Introduction: Flexible work arrangements promote not only acceptable and convenient work modes; for many professionals flexible work leads to increase in workload and in working time (Rubery et al., 2016; Thompson et al., 2015). As the result, lack of recreation time could be named as a direct consequence of high workload (Pang, 2017). The key problem is the investigation of attitudes towards recreation and recovery: are professionals more reactive or proactive in their recreation planning, and do they recover well?

Objectives: The aim of the research: to reveal (1) typical types of recreation planning for professionals with high level of work flexibility and (2) recovery efficiency level.

Methods: The research was conducted in representatives of various professions, who work in flexible work arrangements (n=378). The diagnostic set included inventories for assessment of recreation planning type (Luzyanina, Kuznetsova, 2014) and recovery efficiency (Leonova, 2019).

Results: Two types of recreation planning have been found: proactive (26% of respondents) and reactive (74%). For the reactive approach lack of targeted strategies of recreation planning has been found. Proactive approach is characterized by tracking signs of resources decrease and advance planning of work breaks. There are differences in recovery efficiency ($p < 0,001$) in proactive and reactive professionals: non-efficient recovery is typical for the majority of professionals with the reactive type to recreation planning.

Conclusions: The detailed analysis of proactive/reactive approaches manifestations and peculiarities of recreation planning could help to predict not only the recovery level, but the mechanisms of advanced self-regulation, adequate to high work flexibility.

Disclosure: No significant relationships.

Keywords: flexible work arrangements; recreation planning; proactive/reactive approach to recreation; recovery