

Introduction: Chronic pain patients often contend with insomnia symptoms, creating a reciprocal relationship that adds complexity to their condition. Evaluating interventions targeting insomnia in this population becomes paramount, given the intertwined nature of pain and sleep disturbances.

Objectives: This retrospective pretest design aimed to assess the efficacy of an Internet-delivered sound healing intervention in reducing insomnia severity and addressing sleep- and pain-related parameters among individuals with chronic pain.

Methods: Conducted as a community-based project, Tuning for Health provided support to individuals grappling with long-term illnesses. The intervention involved the virtual delivery of a specially crafted sound track using tuning forks over a 6-week period, supervised by an experienced therapist and administered weekly for an hour. Participants were instructed to play the track daily at a time convenient for them. A total of 68 participants (mean age 59.3 years) completed the intervention. Outcome measures, including the Insomnia Severity Index (ISI), a sleep diary, and assessments for anxiety, depression, and pain-related parameters, were collected at the end of the 6-week intervention and repeated after a 6-month follow-up. Negative effects were monitored and reported.

Results: Significant immediate interaction effects (time by treatment) were observed for the pain severity, ISI and various sleep parameters, such as sleep efficiency, sleep onset latency, early morning awakenings, and wake time after sleep onset. A time effect for anxiety and depression was noted at the 6-month follow-up. The group exhibited highly significant improvements in pain-related parameters. At the 6-month follow-up, sustained enhancements in sleep parameters and mental health were reported, with no reported side effects.

Conclusions: These unique results suggest the potential efficacy of sound healing in alleviating chronic pain and associated insomnia. Further research with a larger sample size is warranted to validate these findings. Combining sound healing with other treatments may offer enhanced outcomes for individuals dealing with both chronic pain and comorbid insomnia. This study lays the groundwork for future investigations into the promising intersection of sound healing, chronic pain management, and sleep improvement.

Disclosure of Interest: None Declared

Migration and Mental health of Immigrants

EPP0164

Social Determinants and Mental Health in Newly Arrived Young Migrants in Spain

M. Franch-Roca^{1*}, A. Gabarrell-Pascuet^{1,2}, E. Salomon-Mallat¹, M. Group¹, J. M. Haro^{1,2} and P. Cristóbal-Narváez^{1,2}

¹Research and Development Unit, Institut de Recerca Sant Joan de Déu, Barcelona and ²Centre for Biomedical Research on Mental Health (CIBERSAM), Madrid, Spain

*Corresponding author.

doi: 10.1192/j.eurpsy.2024.368

Introduction: Research has shown that factors related with the migratory process (such as travelling alone, living away from family, and discrimination after arrival) considerably increase the risk of mental health problems in young migrants. Moreover, they are among the most vulnerable migration groups with a high risk of social exclusion.

Objectives: To identify coping strategies and behavioural changes used to deal with perceived discrimination and its impact on the emotional well-being and mental health of newly arrived young migrants in Spain.

Methods: A subsample of 15 audio-recorded in-depth qualitative interviews were analysed from the national action-research Migra-salud project (II IN 190517 EN 162 FA 01). The interviews were transcribed, translated from Arabic to Spanish, and analysed through content analysis.

Results: Most participants were males (93.3%; n=14), ranging from 18 to 20 years, and from Morocco (93.3%; n=14). All participants were from foster care placements in Barcelona and arrived to Spain as minors. Newly arrived young migrants reported that they perceived themselves as being healthy before the migratory process. Adverse experiences during the journey and discrimination after arrival impacted their well-being and mental health. Specifically, they reported perceived discrimination in their daily life due to culture, language, or origin. This negatively impacted their well-being and mental health, increasing their emotional distress response and 'undervalued or inferior' and 'vulnerable' feelings about themselves. Concerning coping with discrimination, they reported using internalised coping strategies such as 'ignoring' or 'not responding' for fear of having their legal documents revoked or not obtaining them. Their behavioural changes often occurred when they perceived unfair treatment or prejudice towards their migrant status or their socioeconomics, culture or religion. These changes were motivated by being more accepted by the local community by 'westernisation or cultural assimilation' and by 'creating a good image' of oneself and its culture.

Conclusions: Findings establish that the cumulative experience of post-migration stressors (such as discrimination) negatively impacts their mental health and well-being in the long term. This suggests the need for specific policies and services to address this population's effects of post-migration risk factors. Further research is needed to explore the causes and effects of perceived discrimination on mental health more closely and to develop more targeted and effective interventions.

Disclosure of Interest: None Declared

EPP0165

Mental disorders in internally displaced persons: clinical features, therapy, prevention

N. O. Maruta*, T. V. Panko, V. Y. Fedchenko, I. O. Yavdak and O. E. Semikina

Borderline psychiatry, "Institute of Neurology, Psychiatry and Narcology of the NAMS of Ukraine" SI, Kharkiv, Ukraine

*Corresponding author.

doi: 10.1192/j.eurpsy.2024.369

Introduction: Military aggression significantly worsens the mental health of the population due to losses: human, economic-financial, social-psychological, ecological. One of the negative consequences of military aggression is migration, the movement of the population within the country and outside its borders, which disrupts adaptation and leads to the formation of a wide range of psychological and mental disorders.