

ing papers. All other students are acknowledged and are able to present the work.

**Results** We have completed our first audits in Cardiff and London; other sites will return data in 2017. Student feedback indicated a high level of satisfaction with the project and interest in psychiatry as a future career.

**Conclusions** This initiative aims to tackle the recruitment problems in psychiatry by giving students a chance to take part in high quality research and audits.

**Disclosure of interest** The authors have not supplied their declaration of competing interest.

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## EV1020

### Promotion of mental health literacy and mental well-being in a Portuguese unemployed population sample: Effectiveness assessment of a capacity building community-based intersectoral intervention

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**Introduction** Economic crises have consequences on labor market, with impacts on mental health (MH) and psychological well-being (PWB). We describe the effectiveness of an intervention among unemployed, performed within EEA Grants Healthy Employment project.

**Objectives** Evaluate the effectiveness of an intervention for MH literacy, PWB and resilience among unemployed.

**Aims** MH and PWB promotion, common mental disorders prevention and inequalities reduction linked to unemployment.

**Methods** A five modules intervention (life-work balance; impact of unemployment on PWB and MH; stigma; depression and anxiety; health promotion) distributed by 20 hours was developed based on literature reviews and a Delphi panel. It was delivered to unemployed from two public employment centers (PECs). Inclusion criteria: 18–65 years old; registration in PEC for less than a year; minimum of nine years of formal education. Control groups from the same PECs received the care-as-usual. Measures of psychological WB, MH self-reported symptoms, life satisfaction, resilience and mental health literacy were collected through an online survey before and one week after intervention.

**Results** Overall, 87 unemployed participated, 48% allocated to the intervention group (IG); 56% women (21–64 years old), average education was 15 years. Mixed measures ANOVA showed that the interaction between time and group was significant for PWB and MH literacy measures. The IG showed better self-reported PWB and improved MH literacy after intervention, compared to controls. No significant interactions were found for MH symptoms, life satisfaction and resilience.

**Conclusions** This study shows the contribution of short-term community-based interventions in increasing MH literacy and PWB among unemployed.

**Disclosure of interest** The authors have not supplied their declaration of competing interest.

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## EV1021

### The benefits of physical activities in patients with dual diagnosis

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**Introduction** The work describes the benefits of physical activities in patients with dual diagnosis in a psychiatric clinic of Rio de Janeiro city, Brazil.

**Objectives** Present the benefits of physical activities inside the hospital space. Evaluate the impact of the introduction of regular physical activity practice in patients having dual diagnosis in hospitalization environment.

**Aims** Demonstrates the decrease of the resistance to treatment in hospitalization regime, the behavioral and social improvement of patients, as well as the physical and mental capacities and the wellness promotion during and after the treatment.

**Methods** Forty-five patients carrying the dual diagnosis, hospitalized in the clinic for the period of 1 year, were monitored. All the patients were assessed by a general practitioner, a psychiatrist and a physiotherapist, before starting the physical activity, being the classification of mental disorders ICD-10 used for the diagnosis. The patients were treated with psychotropics, according to the diagnosis and the signs and symptoms presented. The therapeutic project offered physical and psychological treatment, promoting the recovery possibility through aerobic and anaerobic ludic physical activities inside the therapeutic environment.

**Results** All the patients presented improvement in the physical and mental capacities and in socializing. In the physical activities, the patients participated respecting their limitations, respecting the next and having a higher body perception.

**Conclusions** Through the development of the activities, the patients demonstrated excellent involvement and interaction with the treatment, favoring their psychological and behavioral recovery and impacting positively their response to the treatment of various mental disorders.

**Disclosure of interest** The authors have not supplied their declaration of competing interest.

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## EV1022

### The effects of support interventions on anxiety and depression in women with preterm labor during hospitalization

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**Aim** To examine the effects of support interventions on anxiety, depression in women hospitalized with preterm labour at admission and 2 weeks.

**Background** Hospitalized pregnant women with preterm labour have significantly higher anxiety and depression levels. Few studies have explored the effects of support interventions on anxiety, depression in such women.

**Methods** A randomized, single-blind experimental design was used. The control group ( $n = 103$ ) and intervention group ( $n = 140$ )