

Quality. Quantitative data was analyzed using Excel and standard descriptive statistics to summarize the results. The open questions invited students to articulate the main positive aspects, suggestions for improvement and future topics. A Natural Language Processing (NLP) software was used to evaluate open-ended responses and extract the main concepts.

Results: We obtained a total of 39 single-answers from 4 different courses. Evaluation results yielded a mean score of 4.7 for Future Importance, 4.9 for Overall Quality, 4.3 for Theoretical Teaching, and 4.9 for Practical Teaching. Notable positive aspects included students' appreciation of the immersive interview environment, the dedication exhibited by actors and doctors, well-prepared case scenarios, and engaging interactions with participants. Suggestions for improvement encompass enhanced theoretical introductions, comprehensive topic coverage, universal participation in simulations, and expanded workshop days. Future prospects for the program include practicing interviews with other psychiatric diagnosis, addressing difficult patients, delivering bad news and covering topics related to sexuality, grief and moral dilemmas.

Conclusions: Our study shows that *Psychiatry Pitstop* adaptation to the Portuguese context was successful. Overall, the feedback from medical students has been consistently positive. Subsequent editions will draw upon the findings of this study to enhance overall program quality.

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Reaching Out from Europe to the Globe: The International Journal of Psychiatric Trainees

F. Santos Martins^{1,2,3*}, D. Cavaleri⁴, D. Zani⁵, L. Tomašić⁶, A. Kibitov⁷, J. King⁸, K. Markin⁹, J. Sprengens¹⁰, H. Ryland^{11,12,13}, L. Stirland¹⁴ and A. Seker^{15,16}

¹Department of Psychiatry, Centro Hospitalar Universitário S. João (CHUS); ²CINTESIS; ³Neurosciences and Mental Health Department, Faculdade de Medicina da Universidade do Porto (FMUP), Porto, Portugal; ⁴Department of Medicine and Surgery, University of Milano-Bicocca, Monza, Italy; ⁵Psychiatry, Psychiatric Services Grisons, Chur, Switzerland; ⁶University Psychiatric Hospital Vrapče, Zagreb, Croatia; ⁷-, -, Russian Federation; ⁸Psychiatry Division, Imperial College London, London, United Kingdom; ⁹Kirov Military Medical Academy, -, Russian Federation; ¹⁰UMC Utrecht Brain Centre, UMC Utrecht, Utrecht, Netherlands; ¹¹Oxford Health NHS Foundation Trust; ¹²NIHR Oxford Health Biomedical Research Centre; ¹³Department of Psychiatry, University of Oxford, Oxford; ¹⁴University of Edinburgh, Edinburgh; ¹⁵Institute of Psychiatry, Psychology & Neuroscience, King's College London and ¹⁶South London and Maudsley NHS Foundation Trust, London, United Kingdom

*Corresponding author.

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Introduction: The *European Journal of Psychiatric Trainees* was founded in 2022 as the official journal of the European Federation of Psychiatric Trainees (EFPT) to offer a peer-reviewed open-access scientific journal with minimal article processing charges. The journal is edited by trainees and early career psychiatrists and published its first issue in July 2023. The journal aims to facilitate

publishing experience and opportunities for trainees. To reflect the global identity and inclusivity of psychiatric research, the journal changed its name in 2023 to become the *International Journal of Psychiatric Trainees*.

Objectives: To present the *International Journal of Psychiatric Trainees*, the successor of the *European Journal of Psychiatric Trainees*, and other practical aspects related to the article submission.

Methods: We will reflect on the *International Journal of Psychiatric Trainees*, focusing on what this name change will imply for the journal's scope, mission and readership.

Results: Due to training programmes' requirements or out of interest, psychiatric trainees are encouraged to conduct scientific research. However, several known barriers to scientific publishing exist, ranging from a lack of mentorship and supervision to limited scientific support. Like the *European Journal of Psychiatric Trainees*, the *International Journal of Psychiatric Trainees* continues to be an open-access, double-blind peer-reviewed journal with minimal/no publication fees that publishes original and innovative research as well as clinical, theory, perspective, and policy articles and reviews in the field of psychiatric training, psychiatry, and mental health.

Since the difficulties and needs in creating research output are not exclusive to European trainees, the journal will become more attractive to readers and authors from other countries while increasing the diversity of articles.

The first *International Journal of Psychiatric Trainees* issue will be dedicated to the 31st EFPT Forum with the theme "Trainee Mental Health", containing articles reporting on the projects from National Psychiatric Trainee Associations looking into trainee mental health. Submissions for the regular edition remain open, and articles should be submitted through the manuscript submission platform (<https://ijpt.scholasticahq.com>)

Conclusions: The *International Journal of Psychiatric Trainees* aims to be an educative scientific journal for psychiatric trainees and other psychiatry and mental health researchers. The name change and its increased openness will help the authors reach a wider readership while the journal can feature a more comprehensive record of psychiatric research through its global scope.

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Positive outcomes of implementing applied theatrical improvisation in communication trainings/ workshops for healthcare students in two European countries: a comparative study

J. D. Fekete^{1*}, M. Jouin², K. Eklicsné Lepenye¹, Z. Póto³ and M. Hainselin²

¹Department of Languages for Biomedical Purposes and Communication, University of Pécs Medical School, Pécs, Hungary; ²Bureau E319bis - Campus Sud Psychologie Santé, Université de Picardie Jules Verne, Amiens, France and ³Institute of Psychotherapy and sports sciences, University of Pécs Medical School Faculty of Health Sciences, Pécs, Hungary

*Corresponding author.

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