

was frequently questioned by supporting staff. Lack of trained social workers caused additional distress, as participants could not receive access to additional resources. Only four patients said that their psychiatrists acknowledged poor clinic environment and encouraged remaining in treatment. For 18 respondents, family demanded that they receive treatment in rural clinic so that no one finds out about their mental disease.

Conclusion In large urban clinics, stigma in psychiatry comes in many flavors, especially projected by unprofessional clinic staff and ashamed family. Lack of support forces patients to travel to rural premises to receive unbiased, stress-free care.

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EV1036

Training occupational therapists in how to use cognitive behavioral therapy in their practice

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Introduction Cognitive behavior therapy (CBT), which is used by mental health professionals including occupational therapists (OT) is a time-sensitive, structured, present-oriented therapy directed toward solving current problems and teaching clients skills to modify dysfunctional thinking and behavior.

Objectives Supporting the development of CBT theory and efficient use by mental health professionals are vital.

Aim To present the results of CBT training for OTs, which was funded by “European Union technical assistance for increasing the employability of people with disabilities” project (Europe Aid/136449/IH/SER/TR).

Methods Using a basic CBT theoretical framework the participants attended 96 hour face to face training modules with written materials including fundamental features, preconditions and methods used in CBT. A Turkish CBT book was published for course. Participants trained their skills under supervision and send the results to educators. Pre-post of training CBT knowledge and quality of training (plan-contents, educators, and environment) were evaluated by 5-Likert scale.

Results Thirty OTs (f = 23, m = 7) mostly 43.3% PhD; 20–25 (30%) and 45–50 (26.7%) years age period were included. Total mean score for quality of education was 109.4 ± 29.4 with 23.63 ± 4.34 , 47.36 ± 6.41 , 38.40 ± 21.61 for plan-contents, educators, and environment subscores, respectively. CBT knowledge was increased from 15.70 ± 6.08 to 45.06 ± 4.59 ($P < 0.001$).

Conclusion Training increased CBT awareness and practice skills of OTs. Teaching OTs CBT may increase their understanding of person-environment-occupation approach, psychological problem solving, occupational engagement and participation of individuals. Our result supports that mental health professionals should collaborate to share ideas, develop guidelines and promote good practice examples in client-centered and holistic rehabilitation care.

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EV1037

Patient education for behavior change: Harm reduction and hypertension control

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Background Chronic non-communicable diseases (NCD) are a public health problem in Brazil. In addition, NCDs is more strongly associated with common mental disorders than was each NCD individually. This study is about the implementation and execution through the university extension project “harm reduction and mental health: hypertension control and health education” developed at Images of the Unconscious Museum, Brazil.

Aims Measure the prevalence of hypertension, verify the association with chronic NCDs, educate about risk behavior and improve to psychosocial rehabilitation.

Methods A socio-demographic and blood pressure profile was constructed. We identify hypertension on 33 patients. After the diagnosis, the family health unit was contact to construct a clinical care plan. We distribute health educational material about clinical diseases.

Results Thirty-six percent patients was identify with hypertension; once had high blood pressure and rejected any intervention; 68% have family rates of hypertension and 100% referred low salt on diet. A book storytelling was constructed to give orientations about health lifestyle. We conducted therapeutic workshop to highlighting the creative, imaginative and expressive potential of the users on health behavior.

Conclusion We identify low blood pressure after the activities and a new health style after the orientation process.

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EV1038

Demonstrating the methodology of a pilot programme for establishing a system for mental health promotion in Hungary

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Introduction A 12 month long mental health promotion pilot programme in Hungary, funded by the Norway Grants, will finish on 30th April 2017.

Aims To launch six community mental health promotion centers (MHPCs) located in various economic environments, supervised by one Methodological Center plus expert teams and carrying out studies on the effectiveness of the launch of the system. The final recommendations will constitute a basis for setting up a national network for mental health promotion.

Objectives To develop a sustainable model for establishing a national network of MHPCs; to map and record the mental health problems and the stakeholders of the area; to find and assess the local best practices; and to raise public awareness in the following mental health problems: depression, suicide, stress and dementia.

Methods (1) Models for inducing changes in the knowledge and attitudes upon mental health in the communities were reviewed in a systematic literature search. (2) Based on the results, a model of mental health promotion centers was outlined for problem identification, stakeholder mapping, assessing local best practices, organizing and supporting local networking activities for synergis-

tic effects. (3) In the new MHPCs, on-site TTT education programme and organisational development have been in place. (4) The activities of the MHPCs have been monitored for knowledge transfer and attitude changes in the local networks. (5) Based on the results, recommendations are being made for the national extension of the model.

Results and conclusions The first data ready for analysis will be available by April 2017.

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

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EV1039

A comprehensive training program for professionals working in mental health promotion centers in Hungary

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Background In a 12 month long mental health promotion pilot programme funded by the Norway Grants, 6 mental health promotion centers (MHPCs) are being set up in various locations in Hungary, employing 2 mental health professionals each, whose main commitment is to develop a local network of key stakeholders. The aim of the project is to enable MHPC professionals to perform network building tasks involving knowledge transfer and attitude changes regarding the following key areas: depression, suicide, dementia, stress and risk assessment.

Objective To measure the effectiveness of the training and education process by using indicators for feedback, knowledge transfer and attitude changes.

Methods The comprehensive TTT (train the trainers) process of MHPC professionals targets 3 main domains:

- improving presentation skills;
- knowledge transfer (measured with tests);
- elaborative workshops about mental health problems (measured by attitudes at baseline, post-training and 3 months post-training).

Results The satisfaction assessment of the initial 3 days long training averaged 4.73 on a 5-point Likert-scale. Altogether, 12 (2/centres) knowledge transfer trainings are being delivered evaluated by attitude change and general satisfaction questionnaires. One elaborating workshop per center has been delivered during the study period. Being a process still underway, the outcome results will only be available by the conference.

Conclusion This procedure enables professionals to disseminate trainings and build networks for mental health promotion in their micro-regions. The optimized version of this pilot program will be delivered on a national level in future projects.

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e-Poster Viewing: Psychoneuroimmunology

EV1040

Oxidative stress, inflammation and mild cognitive impairment

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Introduction Oxidative stress (OS) and inflammation are processes known to be implicated in neurodegeneration. Moreover, risk factors for dementia (depression, obesity, sedentary lifestyle, diabetes, etc.) are associated with up-regulation of pro-inflammatory cytokines. OS has been found in animal models to contribute to cerebral amyloid angiopathy. However, investigations of the associations between OS, inflammation and MCI, typically in small clinical samples have produced mixed results.

Objectives Clarify associations, between OS, inflammation and MCI in a large cohort of community-living individuals.

Methods Cognitively healthy individuals ($n=211$, 44% female, 75.2 years) and with MCI ($n=23$, 44% female, 75.2 years) from a population sample were included. MCI diagnosis was established based on a detailed neuropsychological assessment. Inflammatory (IL1b, IL4, IL6, IL8, IL10, TNF-a) and OS (total anti-oxidants, NO, neopterin) markers were assessed in plasma samples. Associations between biomarkers, MMSE, and MCI status were tested with multiple linear and logistic regression analyses.

Results Univariate analyses showed that log IL4 (estimate: -0.175 , SE: 0.085, $P=0.041$) and NO (estimate: 0.015, SE: 0.006, $P=0.017$) were the only markers associated with MMSE scores. MCI status was predicted by log IL4 (estimate: 0.822, SE: 0.357, $P=0.021$) and total anti-oxidants (estimate: -0.007 , SE: 0.003, $P=0.014$). Controlling for pro-inflammatory conditions (T2D, BMI, depression, hypertension) removed the associations with inflammation but not with OS.

Conclusions These results indicate that increased systemic inflammation and increased OS were associated with lower MMSE scores and higher odds of having MCI. This confirms that systemic pro-inflammatory processes are associated with impaired cognition and should be specifically considered in treatment and risk-reduction interventions.

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EV1041

Effect of original anticonvulsant meta-chloro-benzhydryl-urea on behavioral and immune parameters in mice with active and passive behavior types in experimental alcoholism

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Objective Violation of the functional activity of the nervous and immune systems is an essential link in the pathogenesis of chronic alcohol dependence. The search for new psychopharmacological agents whose action is directed to correction of neuroimmune interaction opens new perspectives for the treatment of alcohol dependence.

Methods (CBAx57Bl/6) F1 mice with active and passive behavioral types in a state of chronic alcohol dependence owing to 6 month 10% ethanol exposure were undergoing intragastric administration of original anticonvulsant meta-chloro-benzhydryl-urea. Animal's behavioral and immune parameters, brain cytokines synthesis before and after anticonvulsant receiving were estimated.

Results In the formation of experimental alcohol dependence in animals the most pronounced changes in motor and exploratory