

## W0028

**Developing a Systematic Training Programme in Women's Mental Health**

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doi: 10.1192/j.eurpsy.2022.171

This presentation outlines the development of a post-membership masterclass programme in Perinatal Psychiatry, funded by Health Education England and delivered through the Royal College of Psychiatrists. The masterclass programme ranges from 5-15 days and there are separate programmes for consultants, SAS doctors and senior trainees in psychiatry. The course is delivered by experts in the area and contains a mix of didactic teaching and small group work. The programme was developed to meet the workforce needs of rapidly expanding perinatal mental services throughout England. The programme also helps facilitate the needs of perinatal psychiatrists from Ireland and from the devolved nations of the UK (Scotland, Wales and Northern Ireland).

**Disclosure:** No significant relationships.**Keywords:** Perinatal psychiatry; post-membership training; consultants; senior trainees**Effortful Control/Cognitive Control: A Transdiagnostic Factor in Psychopathology**

## W0026

**The role of Effortful Control and the Dual Pathway Model in Childhood Obesity**L. Vervoort<sup>1,2,3\*</sup> and T. Naets<sup>1,4</sup>

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doi: 10.1192/j.eurpsy.2022.172

Apart from other well-known psychological determinants of obesity, deficits in neuropsychological processes related to effortful control can be relevant predictors for weight problems and difficulties in weight loss. Deficits in top-down inhibition as well as in other processes such as strong bottom-up reactivity, like external eating, hinder resisting food temptations in an obesogenic environment, thus determining the risk for the development of overweight and obesity. Furthermore, these deficits are associated with less positive outcomes in weight loss interventions for subgroups of children and adolescents with severe obesity. Targeting those effortful control mechanisms underlying childhood obesity via cognitive behavioral techniques can facilitate behavioural change necessary to induce sustainable weight loss and weight control. In this presentation, I will present data on effortful control collected in a large sample of youngsters (n=572 participants, 51% boys, aged 7–19) with moderate to severe

obesity. Results suggest that top-down inhibition and bottom-up external eating play a complex role in weight problems in certain subgroups of youngsters with obesity, stressing the importance of identifying subgroups for tailoring interventions. I will demonstrate a few science-based intervention techniques that have the potential to ameliorate effortful control capacities, and thus optimize treatment outcomes for those youngsters low in effortful control.

**Disclosure:** No significant relationships.**Keywords:** dual pathway of obesity; demonstration of intervention techniques; Effortful Control: top down regulation and bottom up reactivity; children and adolescents

## W0027

**The role of Effortful Control in Substance Use Disorders**E. Santens<sup>1\*</sup>, G. Dom<sup>2</sup>, E. Dierckx<sup>3</sup> and L. Claes<sup>2,4</sup>

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doi: 10.1192/j.eurpsy.2022.173

Background and aim: Temperament and personality traits are important factors underlying the vulnerability for both initiation and continuation of addictive behaviors. In SUDs there is a high comorbidity with mood and anxiety disorders and personality disorders. As there is a growing interest in the possible transdiagnostic role of Effortful Control in both SUDs as in their comorbid disorders the current study therefore investigates the influence of reactive (Behavioral Inhibition System and Behavioral Activation System, BIS/BAS) and regulative (Effortful Control, EC) temperament and their interaction in relation to clinical symptomatology and PDs in adult inpatients with SUD. Methods: The EC, BIS/BAS, SCL-90-R and ADP-IV questionnaires were administered to 841 patients (age between 17 y and 71 y) with a SUD admitted at the treatment unit for addiction of a psychiatric hospital. Results: Hierarchical regression analyses showed that both, clinical symptomatology and PDs were related to low levels of effortful control (EC). Furthermore, cluster C PDs were related to high levels of BIS and low levels of EC; whereas cluster B PDs were related to low levels of EC and high levels of BAS for the narcissistic and histrionic PD. An interaction effect (BIS\*EC) was found for the Schizotypal PD, all other interactions (BIS\*EC and BAS\*EC) were not significant. Discussion: We found that low EC is involved in all clinical symptomatology and PDs in a sample of inpatients with SUDs. Therapeutic interventions aiming at strengthening effortful control can possibly result in better treatment outcomes for both the addiction as the comorbid psychopathology

**Disclosure:** No significant relationships.**Keywords:** substance use disorders; Effortful Control; clinical symptoms; Personality disorders