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Introduction The interest for academic background and investigational activities are essential in psychiatry. Several European-wide, early career psychiatrists-driven studies have been carried out completely independently, leading to high quality publications, where all the co-authors are junior researchers.

Objectives To further elaborate the European federation of psychiatric trainees (EFPT) platform of promoting the experience of collaborative work and research lead by psychiatric trainees in different countries all over Europe.

Methods A review of EFPT collaborative trainee-led research initiatives since the beginning with the focus on published articles and their impact on psychiatric community in Europe.

Results Main topics of trainee research are related to postgraduate psychiatric training schemes in Europe raising awareness on enhancing and harmonizing standards of psychiatric education and training across Europe. Other research topics are related to treatment strategies while being a psychiatric in Europe, to migration and “brain drain” phenomenon of psychiatric trainees in Europe, to access to information in psychiatric training.

Conclusions International cooperation’s in research should be promoted since the training. Joining professional associations provides opportunities for participating in research activities and establishing networks with other colleagues. Collaboration between psychiatric trainees ensures a more effective use of individual talents and a quick way of accessing and transferring new knowledge and research expertise. Moreover it provides a supportive framework for multi-center research.

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EV0927

The influence of the emotional burnout on the relational maintenance strategies

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The syndrome of emotional burnout is developed in people whose profession requires a lot of communication, and the effectiveness of their work depends on its quality. The aim of our study was to determine the influence of burnout on relational maintenance strategies. 8 professors of università della Svizzera italiana, Lugano, Switzerland participated in this research. We used Maslach Burnout Inventory and The relational maintenance strategies scale. Moderate level of emotional exhaustion was detected in the majority of the participants. This condition is characterized by the urge towards finding a place to stay alone and get some rest from everything and everybody. It is accompanied by the feeling of emptiness, depression, and apathy. These indicate pronounced

tiredness, disappointment, and unwillingness to work among our participants. The high level of Lack of personal accomplishments phase is being developed in all the participants. It indicates the pronounced doubts in the necessity to keep performing the work and in the fact that the work is needed and recognized by other people. We demonstrated that among the professors with burnout such strategies as conflict management, openness, assurances and positivism are the most widespread. Our data indicate that the readiness to work together on certain project or scientific problem (Openness), the willingness to support a student (Advice Giving) and the help to find necessary support outside of current academic environment (Social Networks) decreases with the development of emotional burnout. Understating the level of one’s self-appraisal, observed during the development of burnout, ruins effective collaboration between professors and their PhD students, and formalizes their relationships. Thus, burnout is an important mediating variable between interpersonal aspects of work environment.

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EV0928

Adjustment of the German prospective payment system for psychiatric and psychosomatic facilities: Does PEPP provides a suitable basis? Results of a descriptive comparative study

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Introduction In Germany a consistent, performance-oriented, flat-rate remuneration system based on per-day payments for inpatient and day patient hospital services for psychiatric and psychosomatic facilities (PEPP) is developed. The Klinikum Chemnitz gGmbH decided in 2013 to participate in the optional PEPP introducing phase and acts as a PEPP cost accounting hospital.

Objectives Due to a controversial discussion by the psychiatric experts, an adjustment of the hitherto only performance-based to a budget-oriented system based on PEPP is planned in 2017.

Aims This paper discusses if the current PEPP remuneration system enables an appropriate recognition and measurement of services.

Methods Descriptive analyses were performed by comparing inpatient and day patient treatment at a therapy oriented psychiatric unit and the emergency psychiatric unit in 2015. The evaluation primarily focused on the criteria of “staffing level and structure”, “imaging of services by German procedure classification (OPS) according to PEPP”, “PEPP remuneration”.

Results Our findings (Table 1) show that in 2015 the PEPP remuneration system provided an appropriate recognition of unit-specific services in emergency psychiatry (e.g., 1 to 1 care, intensive care treatment), but services of board certified therapeutic staff were recognized inadequately in consequence of the definition of therapy by the OPS catalogue.

Conclusion Further development of payment system should implicate changes in the definition of therapy according to scientific guidelines and the pay for performance concept.

Table 1

Criterion	Therapeutically oriented unit 2015	Emergency psychiatric unit 2015	Significance Chi-squared test*
Staffing level in total (full time equivalent)	100%	158%	
Service time of board certified therapeutic staff/ Service time in total*	34.4%	16.6%	p<0.01
Mean daily cost weight with regard to PEPP remuneration by using a hypothetical base rate	0.89	1.09	
PEPP remuneration in total p.a.	100%	120%	
Service time imaged by OPS procedures/ Service time in total*	21.3%	57.4%	p<0.001

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EV0929

The integration of yoga theory and practice into a general practice of psychiatry

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Introduction Yoga is an ancient system of concepts and practices designed to address problems of the mind and body, codified during the few centuries BCE in India. Yoga has become increasingly popular in the West during the past half century, and its practice in various forms is now widespread. Along with mindfulness-based techniques, yoga is increasingly seen as compatible with Western therapeutic methods of approaching physical and mental illness.

Objectives To introduce the audience to the yoga model of the mind, and to show how it is both compatible with and complementary to Western models, including psychoanalytic and cognitive behavioral.

Aims We will explore how this ancient system can be introduced into clinical practice, and in what ways it can accelerate the process of psychotherapy and psychological change.

Methods This talk will include a review of yoga theory, including the causes of suffering and its resolution. We will explore road-blocks in treatment and how daily practices can accelerate the process of growth and change.

Conclusions Yoga can be a very helpful adjunct to a psychiatric practice, in addition to medications and psychotherapy.

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Protective effect of saikosaponin B₂ on damage of cultured SH-SY5Y cells in vitro introduced by hydrogen peroxide

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Objective To investigate the effect of saikosaponin B₂ on the damage of cultured SH-SY5Y cells.

Methods 10% calf serum including volume fraction 0.05, 0.10, 0.20 saikosaponin B₂ (10^{-4} mol·L⁻¹) were added respectively into the SH-SY5Y cells, which were then treated with 140 μmol·L⁻¹ hydrogen peroxide (H₂O₂). 10% calf serum group and blank serum without H₂O₂-treated group were as the model group and the control group. The effect of saikosaponin B₂ was observed by morphological identification, colorimetric MTT assay.

Results Both saikosaponin B₂ of 10^{-6} mol·L⁻¹ and 2×10^{-6} mol·L⁻¹ can relieve the damage of SH-SY5Y cells and increase the survival of the cells.

Conclusion saikosaponin B₂ can protect the cultured SH-SY5Y cells from damage induced by H₂O₂.

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EV0931

Procrastination as a personal factor in young patients with mental disorders

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Introduction Many of contemporary studies of procrastination were conducted with healthy students. Only a few investigators analyzed procrastination's connection with personal features (self-esteem), socio-psychological parameters (aggression, well-being). Researchers do not consider procrastination as a personal factor in patients with different mental disorders. Most of procrastination's researches are related to affective spectrum disorders (depression), often found in the student's environment.

Objectives Male and female students (aged 18–25). Normal group–61. Experimental group – 54 patients of psychiatric clinic, divided to diagnosis: schizophrenia F20.01, bipolar disorder F31 and personality disorder F60.

Aims Study of procrastination combined with personal characteristics (self-esteem, aggression) on young people: normal and with endogenous pathology.

Methods Procrastination assessment scale-students (PASS) by L.J. Solomon, E.D. Rothblum; Rosenzweig Picture Frustration Test; E. Wagner's The Hand Test; Warwick-Edinburgh Mental Well-being Scale; Rosenberg Self-Esteem Scale; Self-esteem by Dembo-Rubinstein. Multiple linear regressions were used as method of data assessment.

Results Assessment of obtained data allowed to distinguish some different models of connections parameters of PASS and other tests. These models differ in comparing groups. Healthy students: multidimensional model of communication procrastination and personality parameters harmoniously combined personal and socio-psychological parameters. Schizophrenia: fewer models, mostly one-dimensional structure (identified only communication based on personal parameters). Bipolar disorder: one or two dimensional model (include mainly characteristics of aggression and self-rated health). Personality disorders: some mono and multi-dimensional models, their structure and content are very close to normative sample.