

important in maintaining healthy habits and lifestyle in line with what is taught in a nursing degree.

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#### EV0924

### Integrated identification of new substantial gadget addiction: With selfie-mania phenomenon model

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*Introduction* Modern selfie-infatuation extent went far beyond fashion and subculture causing distinct tendency to non-chemical addiction state transformation requiring evidential scientific identification.

*Aims and objectives* To develop clinical-psychological and classification basis for new type of gadget addiction (selfie-mania), prevention and approaches to mental correction and rehabilitation.

*Method* Selfie attitude testing of 157 respondents-students, and internet resources topical data analysis were done.

*Results* Behaviour models were rubricated, design and content, causes, clinical-psychological description, selfie-phenomenon prevalence were clarified. It allows to state selfie-addiction specific key symptoms, conforming to ICD-10 diagnostic criteria for addiction states:

- psychological and emotional supercomfort feeling during realizing selfie-interventions (substantial analogue of euphoria phenomenon caused by psychoactive substances in narcology);
- desire for permanent updating and layouting in social networks selfie-portraits, selfie-positions (impulse control disorder analogue);
- selfie-modifying need causing adrenaline extreme and life threat (analogues: compulsive craving, megadoses, overdosages, amnesias);
- obsessive craving to increase daily number of selfie-shots (tolerance syndrome analogue);
- constant foreshortening change of selfie-interventions (analogue: experimentation with different psychoactive substances, searching behaviour);
- selfie-destruction psychopathological consequences (neurotism, mental and behavioural disorders, group pattern of behavioural selfie-deviations);
- formation of associated comorbid chemical and other substantial addiction forms;
- selfie-deprivation syndrome (analogue: alcohol or drug withdrawal syndrome);
- interdisciplinary range of problems (professional sphere of study for sociologists, psychologists, neurologists, psychiatrists, narcologists, psychotherapists, sexopathologists, lawyers).

*Conclusions* Selfie-addiction problem recognition is necessary on the level of inclusion to ICD, that will allow to develop scientific, legal and clinical base for integrated prevention, rehabilitation and treatment.

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#### EV0925

### Selfie as a method of perception of the virtual environment

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Nowadays selfie is one of the significant communication methods in the conditions of the developing internet space.

*Goal* The study of psychological mechanisms motivating perception of internet space via selfie.

*Objectives* The identification of:

- The personal-social necessity in selfie, as a method of the virtual world perception;
- The factors of personal-social necessity of the virtual communication via selfie;
- The personal features, which contribute to self-presentation in virtual space via selfie.

*Research methods* One hundred and thirty-four respondents aging between 16–28 (1<sup>st</sup> group: 68 respondents fond of selfie (50.8%), 2<sup>nd</sup> group: 66 respondents not fond of selfie (49.2%)) were studied using standardized scales of anxiety (Spilberger-Hanin), depression (Zung), ego-defense mechanisms (EGMs) (Plutchik-Kellerman-Konte), and life quality (WHO, 1991).

*Results* Desire of high evaluation dominates in 47.8% of respondents ( $r = 0.3$ ;  $P < 0.01$ ). Fifty point seven percent of the 1<sup>st</sup> group and 13.4% in 2<sup>nd</sup> group have heightened anxiety ( $r = 0.3$ ;  $P < 0.01$ ). Forty-three point two percent in 1<sup>st</sup> group and 23.9% in 2<sup>nd</sup> group don't have depression.

Subdepressive level dominates in 19.4% of 2<sup>nd</sup> group ( $r = 0.36$ ;  $P < 0.01$ ), against 11.9% of 1<sup>st</sup> group.

In 1<sup>st</sup> group dominate: denial (17.9%), projection (16.4%), regression (7.5%); in 2<sup>nd</sup> group: denial (17.9%), intellectualization (13.4%), projection (7.5%) ( $P < 0.05$ ). Forty-four point eight percent in 1<sup>st</sup> group and 40.3% in 2<sup>nd</sup> group have a high level of EGM stress ( $P < 0.05$ ). Forty-six point eight percent in 1<sup>st</sup> group have high level of subjective life quality, 0% had low one; in 2<sup>nd</sup> group: 26.9% have high level, 13.4% low one.

*Conclusions* Personal-social necessity of virtual space perception via selfie reflects the severity of narcissistic tendencies. Selfie in conditions of illusory reality increases the subjective level of life quality. Isolation of narcissistic personality from communication through selfie suggests subjective decrease of life quality. Effects of the selfie should be considered in the development of rational methods of use of internet-technologies and in the psycho-correction of people with low life quality.

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#### EV0926

### Cross-national trainee collaboration-The EFPT research experience in psychiatry

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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.