

focuses on *suggestions for the Techcare application*, emphasizing logical and easy-to-understand content, with a major focus on crisis management, hallucinations, and psycho-education about symptoms. Participants also highlighted the need for a section providing psycho-education for families. Carers emphasized the necessity of an activity plan in the app, including an activity log for medication management and activities. The third theme delves into *barriers and challenges in app-based treatment*, including difficulty levels and privacy concerns. Stakeholders stressed the importance of content in simple Urdu language for broader understanding.

**Conclusion.** In conclusion, mobile-based treatment contributes to reducing stigma, increasing awareness about the illness in its early stages, and facilitating the management of functional activities for patients. The insights gathered from stakeholders provide valuable guidance for the development of an effective and culturally sensitive mobile-based intervention for individuals experiencing FEP.

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## Exploring the Attribution of Responsibility to Patients Diagnosed With Personality Disorders

Miss Lauren Glover\*

University of Birmingham, Birmingham, United Kingdom

\*Presenting author.

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**Aims.** This interdisciplinary research explored how responsibility is attributed to patients with personality disorders (PDs). The attribution of responsibility to this group has been extensively discussed by philosophers, and appears to be associated with negative attitudes towards the diagnosis amongst clinicians. This research aimed to both examine the philosophical literature available on this topic, and to explore how future clinicians make judgements of these patients' responsibility.

A qualitative study was conducted to answer the following four research questions:

1. What do medical students think responsibility means in the context of healthcare?
2. What factors influence when medical students consider patients with mental health disorders, in particular PDs, responsible for their behaviours?
3. How responsible do medical students consider patients with PDs for their behaviours in comparison to patients with other mental health conditions?
4. Do medical students think that responsibility attributions could affect the stigmatisation of the condition and patient care?

**Methods.** Seven in-depth semi-structured interviews were conducted, involving the discussion of a case report. Interviews had a mean length of 53 minutes. They were then transcribed, coded, and thematic analysis of the data was undertaken. Four main themes were identified: understanding of responsibility, the factors affecting responsibility attribution, stigma and responsibility attribution, and the role of the clinician and the healthcare service.

**Results.** It was found that medical students considered similar conditions and factors in attributing responsibility to those

identified in the philosophical literature. However, several important practical concerns about responsibility attribution in practice were raised, including the possible impact on the therapeutic relationship, difficulties in separating responsibility and blame, and the impact comorbidities and misdiagnoses can have on attributions. Participants believed that stigma towards the diagnosis remains prevalent amongst healthcare professionals, due to stereotypes of these patients being manipulative, and insufficient education about the condition. Additionally, participants highlighted that patient responsibility may be reduced when clinicians and the healthcare service fail to meet their own responsibilities to these patients.

**Conclusion.** Future research into how other groups of healthcare professionals attribute responsibility is recommended, alongside research into how improved education could reduce stigma and inform responsibility attribution. It is suggested that further education is provided to healthcare professionals about the condition, and more support is offered to those working with patients with PDs to reduce stigma and make the attribution of responsibility fairer to these patients.

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## Disparities in Access to Group Parenting Training Programmes: A Cross-Sectional Analysis of Local Authorities Across England

Miss Rosemary Gorringer<sup>1\*</sup>, Dr Peter Woods<sup>1</sup>,  
Mr Manuel Giardino<sup>1</sup>, Mr Juan Luque Solano<sup>2</sup>  
and Dr Nathan Hodson<sup>1</sup>

<sup>1</sup>Warwick Medical School, Coventry, United Kingdom and

<sup>2</sup>University of Buckingham Medical School, Buckingham, United Kingdom

\*Presenting author.

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**Aims.** To compare the funding, courses and delivery modalities of parenting training delivered across London borough councils, metropolitan district councils, and county councils in England.

**Methods.** Freedom of Information requests were piloted on 5 local authorities. Following optimisation, requests were sent out to 74 local authorities across England requesting information on funding for parenting training programmes (26 London Borough Councils, 16 County Councils, and 29 Metropolitan Borough Councils). 26/32 London Boroughs, 16/21 County Councils, and 29/36 Metropolitan Boroughs were sent requests. No follow-up emails were sent chasing responses; however, clarification was provided where necessary. Data were analysed on Excel to observe patterns and disparities.

**Results.** We received responses from 74 local authorities, and 50 were usable. The mean amount of funding spent across local authorities was £881,254 (standard deviation 1,627,921). There were 18 parenting programmes used, the most common was Triple-P. The average number of parents supported by parenting programmes per local authority was 949 (standard deviation 1410). Local authorities reported spending an average of £27,430 (standard deviation 41005) on digital parenting programmes. The mean number of parenting staff was 36 (standard deviation 59).

**Conclusion.** We found wide disparities in spending, staffing, and programme choices representing a fragmented landscape of parenting training provision. Several local authorities could not separate spending on parenting training, and parental engagement was not reported consistently. We recommend more consistent reporting of parental initiation, engagement, and completion of training programmes to ensure equitable access and provision of parenting training nationwide.

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## The Acceptability of Yoga as a Family Intervention: Using Family Journals as a Data Collection Tool

Mrs Hayley Graves\*, Dr Hannah Merdian, Dr Sharron Smith and Dr Kirsty Miller

University of Lincoln, Lincoln, United Kingdom

\*Presenting author.

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**Aims.** The number of children and young people across the UK experiencing mental health difficulties is rising, with 1 in 6 young people aged 6–16 with a diagnosable mental health condition.

The school environment can be a crucial setting for mental health promotion as it can reach such a large number of young people.

The application of mindfulness for wellbeing is becoming increasingly popular. Research demonstrates mindfulness is an effective treatment for many psychological conditions and adding a yoga element is thought to bring additional benefits.

Interventions focusing on wellbeing are found to demonstrate more consistent improvements when parents are involved, supporting the concept of a family intervention.

A 6 week family intervention was developed specifically for children, to promote overall wellbeing.

**Aim:**

1. To ascertain the acceptability of yoga as a family intervention.
2. To ascertain the acceptability of family journals as method to collect data.

**Methods.**

- 6 weekly, 1hr, yoga and mindfulness intervention.
- 9 children aged 6–11, 9 adults.
- A weekly family journal was used collect data.
- Data from the journals were analysed using Thematic Analysis.
- A Linear Numeric Scale was used pre and post intervention rating 1–5: asking the participants to rate their confidence in relation to breathing techniques, yoga, working as part of a group, and understanding mindfulness.

**Results.**

### 1. Acceptability of yoga as a family intervention

Results from the pre post tests, indicate a significant relationship between the intervention and the participants.

Confidence in yoga  $P < 0.008$  (mean pre test 1, post test 4).

Confidence with breathing  $P < 0.008$  (mean pre test 3, post test 5).

Confidence with mindfulness  $P < 0.004$  (mean pre test 1, post test 4).

Working as part of a group  $P < 0.004$  (mean pre test 3, post test 5).

### 2. Acceptability of family journals as a method to collect data

The journals provided sufficient qualitative responses and meaningful quantitative data to consider the intervention acceptable. The weekly logs in the family journals were thematically analysed and four key themes were identified as having a positive impact: yoga, breathing techniques, mindfulness activities, improved connection.

**Conclusion.** This study has highlighted promising findings relating to yoga as a family intervention.

Families reported applying the techniques, outside of the sessions to manage emotions. The family journals were a space where adults had the freedom to choose what they wrote, this method allowed us to identify the intervention had a positive impact upon family connections. Using the journals was a simple way to capture the voices of the participants.

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## 'Well-Track': Fitbit Based Sleep and Physical Activity Intervention for Severe Mental Illness (SMI) Patients

Dr Chris Griffiths\*, Mrs Alice Sheldon, Mr Gerry Smith, Mrs Kate Walker and Miss Harmony Jiang

Northamptonshire Healthcare NHS Foundation Trust, Northampton, United Kingdom

\*Presenting author.

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**Aims.** Compared with general population average, people experiencing severe mental illness (SMI) have lower levels of physical activity, high levels of sedation, and more sleep problems (Soundy et al. 2013; Vancampfort et al. 2015). This is linked to symptoms of depression, lower wellbeing, hopelessness, lower quality of life and physical health conditions, such as: cardiovascular disease (CVD), stroke, hypertension, osteoarthritis, diabetes, and chronic obstructive pulmonary disease (COPD) (Rhodes et al. 2017; Schuch et al. 2017). Engaging in physical activity improves quality of life, psychotic symptomatology, cognition, functioning and physical health (Mittal et al. 2017). Improved sleep is associated with enhanced social interaction, feeling energised, and improved engagement in activities (Waite et al. 2016). NHS Long-Term Plan (2022) is to ensure that at least 80% of people with SMI receive an annual 12 point physical health check. Professor Helen Lester stated: 'Don't just screen, intervene'. There is an urgent need to provide interventions that improve the healthy lifestyles of people with SMI, but there is a lack of suitable and effective interventions. To be effective, interventions need to be individualised (Griffiths et al. 2021).

### Intervention and aims

Well-Track is the provision of a Fitbit and its software apps, sleep hygiene and physical activity guidance, motivational interviewing, workbook goal setting through three sessions with a health coach. Aim was to improve sleep, physical activity, wellbeing, and healthy lifestyles.

**Methods.** Outcome measure data collection from baseline to 3 and 6 week follow-ups. Change in sleep quality and wellbeing were assessed in 50 participants, and participant feedback was obtained.