

important step towards identifying areas which warrant intervention to improve patient safety.

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**Keywords:** Qualitative research; Patient safety; Health services research

## EPV0858

### The influence of reflection and self-system on the effectiveness of self-regulation of students' mental states

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**Introduction:** In the modern era of instability the problems of human adaptive abilities and mental regulation have become more and more relevant. The study of the processes of mental regulation is impossible without understanding the role of the mental structures: reflection and self-system of personality.

**Objectives:** The purpose of the research is to study the interaction and mutual influence of the components of the self-system and reflective structures on the process of mental regulation of students.

**Methods:** 52 first year students were offered to complete questionnaires of reflectivity (M. Grant), of self-system (S. Pantileev), as well as the authors' method of self-regulation effectiveness of mental states. Also we used Spearman's rank correlation coefficient.

**Results:** It is revealed the positive direction of the relationships between the reflection and the components of the self-system ( $p \leq 0.05$ ). Respondents with a high level of self-system are more successful in coping with the processes of mental regulation. The indicators of internal conflict lead to a decrease in the effectiveness of self-regulation ( $p \leq 0.05$ ). The ability of a person to evaluate himself and other people has a positive effect on the success of mental regulation ( $p \leq 0.05$ ). However, the excessive desire to reflect on past events is not conducive to self-regulation.

**Conclusions:** The applied value of the research consists in the creation of a methodology that makes it possible to increase the regulatory and adaptive abilities of students during the educational process. Acknowledgements. This work was supported by the RFBR grant No. 20-013-00076.

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**Keywords:** self-regulation; academic activity; mental state; self-system

## EPV0859

### Mental Health Home Care program to patients with Serious Mental Disorders

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**Introduction:** The Mental Health Home Care is a program whose main objective is to provide care to people with a Serious Mental Disorders with difficulties to maintain continuity of treatment and link between the different resources. It is a program that guarantees continuity of care and facilitates the link between the different rehabilitation resources. It carries out a multidisciplinary approach to the difficulties of the patient and the family.

**Objectives:** Both analyze clinical, psychopathological and epidemiological characteristics of Serious Mental Disorders and review causes, incidence, prevalence, diagnostic, therapeutic tools and the importance of maintaining the treatment and rehabilitation in Serious Mental Disorders, because the abandonment of the treatment is a predictor of relapses.

**Methods:** Review of the impact literature for the last five years concerning Serious Mental Disorder: prevalence, incidence, pathogenesis and its relationship with other psychiatric disorders encoded in DSM-V.

**Results:** The program is made up of a Psychiatrist, a Clinical Psychologist, a Mental Health Nurse and two Nursing Auxiliary Care, two Social Workers and two Occupational Therapists. The responsible professional presents the patient at the program meetings. The program's multidisciplinary team proposes an individualized treatment plan for the patient and family in the patient's environment.

**Conclusions:** The objective and areas of global intervention is to provide comprehensive psychiatric, psychological, social and rehabilitative support in patients with difficulty in linking to other resources, keeping the patient in a normalized community context, improving treatment compliance and making appropriate use of standardized mental health services.

**Disclosure:** No significant relationships.

**Keywords:** Mental Health Home Care; environment; Serious Mental Disorders; Multidisciplinary

## EPV0860

### Mental regulation of students' psychological states

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**Introduction:** The main scientific task of the study is at the intersection of two fundamental areas of psychology - self-regulation of human mental states and management of educational activities. In the context of these problems, we study the self-regulation of states in academic activities.

**Objectives:** The purpose of the study is to show the patterns of mental organization of the person that ensure the regulation of states.

**Methods:** The theoretical basis of the study is the system approach. The typical methods and techniques of self-regulation of states, as