

**Conclusions:** Adolescents, especially those out of school are at a high risk of poor mental health outcomes due to exposure to a host of psychosocial risk factors. We have identified two interventions that we are keen to implement: the Shamiri Wellness Intervention (<https://www.shamiri.institute/the-shamiri-intervention>) and the Mental Health Literacy Programme (<http://mental-healthliteracy.org/>). We hope that by working with CSOs, the study will support the development of their capacity to offer mental health services that are sustainable, and contextually appropriate.

**Disclosure of Interest:** None Declared

## EPV0798

### Community resilience and associated factors in Fort McMurray a year after the devastating flood

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**Introduction:** A natural disaster like flooding causes loss of properties and evacuation and effective mental health. Resilience after natural disasters is a crucial area of research which needs attention.

**Objectives:** To explore the prevalence and associated factors of low resilience a year after the 2020 floods in Fort McMurray.

**Methods:** A cross-sectional study was conducted in Fort McMurray using online surveys. The data were analyzed with SPSS version 25 using univariate analysis with the chi-squared test and binary logistic regression analysis.

**Results:** The prevalence of low resilience was 37.4%. Respondents under 25 years were nearly 26 times more likely to show low resilience (OR= 0.038; 95% CI 0.004 - 0.384). Responders with a history of depression and anxiety (OR= 0.212; CI 95% 0.068-0.661) were nearly four to five times more likely to show low resilience. Similarly, respondents willing to receive mental health counselling (OR=0.134 95%CI: 0.047-0.378) were 7.5 times more likely to show low resilience. Participants residing in the same house before the flood were almost 11 times more likely to show low resilience (OR=0.095; 95% CI 0.021- 0.427), and support from the Government of Alberta was a protective factor.

**Conclusions:** The study showed demographic, clinical, and flood-related variables contributing to low resilience. Receiving support from the Government was shown to be a protective factor against low resilience. More robust measures must be in place to promote normal to high resilience among flood victims in affected communities.

**Disclosure of Interest:** None Declared

## EPV0799

### Appropriate Therapeutic Disclosures in Improving Client Engagement in Mental Health Management

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**Introduction:** As psychiatrists, we are taught not to disclose and to present a blank canvas to the client

Should mental health professionals be reconsidering this stance if aiming to effectively manage their clients who live in a world that promotes vulnerability and lived experience as powerful therapeutic strategies?

**Objectives:** Promote mental health and remove the shame and stigma limiting client engagement by advocating for 'real' psychiatrists

**Methods:**

- Discuss therapeutic disclosure and its history
- The impact of social media and current trends in mental health promotion
- Suggestions for improving client engagement through reclaiming the expert role in mental health promotion and the value of sharing lived experience within professional boundaries. To

**Results:**

- Clients improve communication and openness
- Mental health engagement promoted and encouraged

**Conclusions:** Clients respond favourably to psychiatrist vulnerability and authenticity with therapeutic disclosures

**Disclosure of Interest:** None Declared

## EPV0800

### Psychological Distress and coping strategies of patients with Chronic Diseases

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**Introduction:** According to international research, chronic diseases affect people's life expectancy. There are many risk factors for Chronic Disease, both communicable and non-communicable. Chronic Disease can cause a variety of problems for the person suffering from it, such as physical, social and psychological distress. Therefore, patients' coping strategies can affect their quality of life and the progression of the disease

**Objectives:** This research aimed to investigate the relationship between Coping Strategies of patients with Chronic Diseases and their Psychological Distress experienced as a consequence of the disease.

**Methods:** Survey participants were recruited via social media groups for chronic disease. So, 106 people suffering from diseases,

such as diabetes, arthritis, asthma, Multiple Sclerosis and other disabilities were involved in the study and were asked to respond to an internet-based questionnaire consisted of demographic questions and two scales: (1)Toulouse's Scale for Coping, (2) Kessler Psychological Distress Scale (K6).

**Results:** From the results derived by correlating specific parameters and factors such as gender, occupational status, marital status, educational level, place of residence and age, it was found that Chronic Disease's management is related to psychological distress of patients. Namely, withdrawal and denial were associated with negative mental health state. Therefore, participants' psychological distress and the strategies they chose to cope with their chronic illness were determined by a reciprocal relationship.

**Table 1:** correlations of coping strategies with psychological distress

Correlations					
	NERVOUS	DESPAIRED	RESTLESS OR HYPERACTIVE	NOTHING CAN MAKE YOU HAPPY	EVERYTHING NEEDED MORE EFFORT
FOCUS	.227*	.234*	0.155	.250**	.240*
SOCIAL SUPPORT	0.036	0.052	0.093	0.132	0.080
WITHDRAWAL	.536**	.466**	.418**	.551**	.457**
CHANGE	0.023	-0.177	-0.114	-0.009	0.035
CONTROL	-0.082	-0.156	-0.056	-0.083	0.082
DENIAL	0.167	0.173	0.183	.276**	.316**

\*\* Correlation is significant at the 0.01 level (2-tailed).

\* Correlation is significant at the 0.05 level (2-tailed).

**Conclusions:** In light of the results, psychoeducational interventions aimed at alleviating psychological distress in patients with chronic diseases and improving their coping strategies are crucial.

**Disclosure of Interest:** None Declared

## EPV0801

### Positive Psychiatry: An Essential Tool to Treat Mental Health in the COVID-19 Era

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**Introduction:** Positive psychiatry is broadly defined as the science of understanding and promoting well-being through interventions that involve positive psychosocial characteristics (PPCs) in people suffering from, or are at high risk of developing mental and physical illnesses (Jeste et al. JCP 2015; 76 675-683). Over the past 3 years, as the pandemic tested the limits of what our minds and bodies can handle, there has been an upward trend in the incidence of mental health conditions, including overdoses, suicide, and substance use (Czeisler et al. MMWR 2020; 69 1049-1057). COVID-19 has highlighted the relationship between the environment and individual mental health, most notably as people have faced increased social isolation, loneliness, and stress (Jeste. SB 2022; 48 533-535). The

tools of positive psychiatry can be utilized to further address and target these deteriorations in mental health in hopes of improving outcomes.

**Objectives:** To educate about the modality of positive psychiatry and how it can be an especially critical tool in treating mental health in the post COVID-19 era. To advocate for the incorporation of positive psychiatry practices into the training curriculum of mental health care providers.

**Methods:** A literature review was conducted using Google Scholar and Pubmed databases with the term "positive psychiatry" in the title. The search showed 26 results, including 6 systematic reviews and 1 clinical trial. Subsequent searches of "COVID-19" and "mental health" were conducted to create formulations and recommendations for the post COVID-19 era.

**Results:** Growing evidence shows that PPCs are modifiable constructs that may be associated with improved mental and physical health outcomes. Research during the pandemic has demonstrated that PPCs such as resilience and optimism moderated the trajectory of OCD, depression, and anxiety, and that those with more resilience and optimism displayed lesser decline in their function (Hezel et al. JPR 2022 150 165-172). Beyond mental health, various PPCs, such as social support, have also shown positive outcomes in medical conditions such as hypertension and cardiovascular disease, and ultimately improved well-being (Jeste et al. JCP 2015; 76 675-683).

**Conclusions:** Based on our literature review, practices of positive psychiatry in conjunction with traditional psychiatry can serve as an invaluable modality in treating patients with various psychiatric conditions and improve mental health outcomes. These positive factors have historically been under-recognized among individuals with or at-risk for mental illnesses. As social distancing, fear of the "unprecedented" and loss of agency became more prevalent over the past couple years, the need for tools to target these notions increases. Further research into optimal incorporation of positive psychiatry into routine clinical practice can help address the trends in mental health brought on by the pandemic.

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## EPV0802

### Architecture and mental health wellbeing versus architecture therapy for mental disorders

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**Introduction:** Architecture is a particular art as well as a transversal science that evolves according to multiple variables that call upon, aesthetics, sociology, political science, technology, history, cultures, economy, tourism, as well as the satisfaction of human needs and the physical/psychological health. It addresses the four senses of human and it humbly configures man's environment, constitutes the set or the framework in which he evolves and in which he becomes an actor, both overwhelming and magical as Aldo Rossi says (1981).