

relaxation skills and used relaxation primarily to restore their psychophysiological resources, rather than to prepare for the upcoming training task.

**Conclusions:** The results showed that relaxation techniques provide a system optimization effect on the participants of intensive training programs, though participants' individual differences (ie age, length of service) should be taken into account when planning the outcomes of such interventions.

**Disclosure:** No significant relationships.

**Keywords:** relaxation techniques; professional training; age differences

### EPV0369

#### A review of effective interventions to improve emotional risk factors of anxiety, stress, depression in infertile and infertile patients undergoing treatment with assisted reproductive techniques

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doi: 10.1192/j.eurpsy.2021.1933

**Introduction:** Infertility is associated with Several negative reaction and emotional problems

**Objectives:** Review of effective interventions for improving emotional risk factors In infertile and infertile patients undergoing treatment

**Methods:** A comprehensive narrative review of the studies was conducted. Databases such as Web of Science, Science Direct, Cochrane Library, Scopus, PubMed, including Medline, Clinical key, SID, MAGIRAN were retrieved from August 10 to December 8, 2020, with no time limit. After reviewing the abstract and the full text of the articles in terms of compliance with the purpose of the study, finally, 32 articles were selected for writing. The methodological quality of the articles was assessed based on Cochrane Risk of Bias

**Results:** Interventions were divided into two subgroups of mind-body, and web-based CBT. mind-body interventions generally shows the anxiety, stress and depression reduction and Possible improvement in pregnancy rate But most of these programs require extensive financial resources The results of web based, showed that using online CBT approach can greatly reduce stress and anxiety, due to increased use of internet, non collaborative, cheap and private treatment of web based interventions, this method can be used as a way along with other treatments to reduce these negative reactions

**Conclusions:** According to the present study CBT methods, application and Internet-based interventions can be used as appropriate counseling methods in reducing stress, anxiety and improving pregnancy outcomes in infertile patients. This information can be used as a proper source to select appropriate counseling methods for health care providers, midwives and treatment staff involved in infertility patients

**Disclosure:** No significant relationships.

**Keywords:** mobile application-based intervention; Web based intervention; psychological intervention

### EPV0370

#### Burnout in medical residents - a prospective study in Albania

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doi: 10.1192/j.eurpsy.2021.1934

**Introduction:** Burnout is a syndrome characterized by the high workload in the workplace, which is very common in hospital settings. Medical trainees and early career physicians are more likely to experience burnout than their non-medical peers. Burnout has been linked with a great number of consequences, whether personal, family or work related. Physicians burnout specifically, is related to high rates of medical errors, lack of professionalism, decreased productivity but also to suicidal ideation, depression and substance abuse.

**Objectives:** The aim of this study is to investigate the level of burnout in medical residents at University Hospital Center "Mother Theresa" Tirana, changes in burnout depending from the year of study, specialty or associated demographic factors.

**Methods:** This is a prospective study conducted over two time periods, in 2017 and 2019 using the Maslach Burnout Inventory - short version questionnaire. The information was obtained through the direct filling in of the printed questionnaires, by the residents in their workplace.

**Results:** We collected 137 responses from different medical specialties where 15,3% were psychiatric residents. About 70 % of residents are females and 40% of residents where in their third year of residency by the time they completed the questionnaire. 68% of residents declared more than one night shift within a week.

**Conclusions:** Residents are given great responsibility coupled with low levels of control, placing them at risk for role problems such as role ambiguity, role conflicts or role overload. Moreover, medical residents are relatively young and at the beginning of their careers, which makes them vulnerable to burnout.

**Disclosure:** No significant relationships.

**Keywords:** resident; medical burnout; burnout consequences; burnout

### EPV0371

#### Therapeutic relationship in mental health nursing: A scoping review

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doi: 10.1192/j.eurpsy.2021.1935

**Introduction:** In mental health nursing, the therapeutic relationship is central to the care process, since the restoration of the balance of the person in mental suffering relies on significant interpersonal relationships.

**Objectives:** This scoping review aims to map which personal qualities of the nurse favor the therapeutic relationship in mental health nursing.