

**Methods:** A question was formulated according to the PICO method: What are the nurse's personal qualities that benefit the therapeutic relationship with the patient in mental health settings? For the selection of studies were used the following databases: Cochrane Database of Systematic Reviews; CINAHL; MEDLINE. A survey was carried out, with the following Boolean conjugation (nurse AND patient) and (personal AND qualities) and (mental AND health) and (therapeutic relation OR relation\*). The limit applied to this research was the full text.

**Results:** A total of 12 studies were analyzed. These are predominantly qualitative with different methodological approaches. The nurse's personal attributes or qualities imply not making judgments, be patient, be open and genuine. It was also evidenced the importance of the professional and personal dimensions in the therapeutic relationship.

**Conclusions:** In all studies, it was clear that the therapeutic relationship is influenced by attributes of the professional dimension that are linked, mainly, with the theoretical domain, technical knowledge and by attributes of the personal dimension that are related with the professional's personal qualities or characteristics. The strategies used for the development of the therapeutic relationship imply the involvement of the person nurse, using this to elements of the personal and social sphere.

**Disclosure:** No significant relationships.

**Keywords:** mental health nursing; therapeutic relationship; scoping review; caring

## EPV0374

### Adolescents with cleft lip and palate (CLP): Stressful events and coping

P. Pacheco<sup>1\*</sup>, M. Pacheco<sup>2</sup>, D. Molini-Avejonas<sup>1</sup> and A. Mota-Loss<sup>2,3</sup>

<sup>1</sup>Rehabilitation Science, USP, São Paulo, Brazil; <sup>2</sup>Morphology, UFES, Espírito Santo, Brazil and <sup>3</sup>Speech Language Pathology And Audiology, UFES, Espírito Santo, Brazil

\*Corresponding author.

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**Introduction:** Individuals with CLP may present communication disorders, velopharyngeal dysfunction, dento-occlusal changes and hearing losses. Adolescents with CLP usually show greater impairment of communication. Such characteristics combined with the malformed face can impact psychosocial functioning and increase the risk of psychological difficulties. Life-stressing experiences from CLP to life events typical of adolescence, may threaten the well-being of the adolescent, and are linked to mental health and behavioral problems.

**Objectives:** To verify the coping of adolescents with CLP through a descriptive cross-sectional study.

**Methods:** Fifteen adolescents with CLP participated in the study. To evaluate them it was used the Coping scale (Lees, 2007), for the verification of coping in the families proposed by Motivational Theory of Coping. The analysis of the coping of adolescents with CLP considered two adverse contexts, namely "birth with fissure" and "have your secret told by a friend".

**Results:** In relation to the evaluation of the psychological needs of relationship, competence and autonomy faced the "birth with

fissure" indicates that teens with fissures do not perceive this stressor as a threat to their basic psychological needs.

**Conclusions:** The adolescents with CLP who participated in the study feel more interested (perception of the challenge) in dealing with the stressor relative to the fissure than in dealing with the betrayal of a friend, who reveals a secret of his to other people.

**Disclosure:** No significant relationships.

**Keywords:** Cleft lip and palate; adolescence; coping; stress

## Mental health policies

### EPV0375

#### Collaborative and scalable training model for rural communities of La Sierra Madre in Chiapas, México: An opportunity for global mental health in low-middle income areas

M. Oscoz Irurozqui<sup>1\*</sup>, F. Rodríguez-Cuevas<sup>2</sup> and A. López-Salinas<sup>3</sup>

<sup>1</sup>Psychiatry, Centro Salud Mental Milagrosa y II Ensanche, Pamplona, Spain; <sup>2</sup>Psychiatry, Compañeros en Salud, Jaltenango de la Paz, Mexico and <sup>3</sup>Psychiatry, Tecnológico de Monterrey, Monterrey, Mexico

\*Corresponding author.

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**Introduction:** In Chiapas, Mexico, it is estimated that 1,356 million people suffer from depression; there are about 210 psychologists (1/24,847 people) and 4 psychiatrists (1/1,304 people). Collaborative task sharing, which engages nonspecialists in mental health care delivery, is essential to address the large global burden of mental illness. The collaborative care model (CoCM), a specific type of task-sharing strategy, incorporates a team-based approach with: a primary care provider (PCP); a behavioral health professional, who is the care manager (CM); and a consulting psychiatrist. CoCM has shown improved outcomes for both mental and general health, expanded access to care, and cost-effectiveness.

**Objectives:** Our objective is to implement one of the arms of the phased model and CoCM, through supervision and training of health professionals not specialists in Mental Health, in different clinical spaces of community primary care, by specialists.

**Methods:** We implemented a training program taught by psychiatrists and psychologists for health workers in communities of La Sierra Madre in Chiapas, which includes: training of intern nurses, training and supervision of intern doctors and on-site supervision and training of community mental health workers (CMHW); all undergoing a process of monitoring, evaluation and quality.

**Results:** Of the patients that were treated (202; 89% women), more than 80% had a diagnosis of anxiety and depression. The most notable clinical improvement (measured with the PHQ-9 depression scale) occurred in the intervention group of CMHW + interns (reduction PHQ-9 58%).

**Conclusions:** This strategy seems acceptable to address the large gaps in the availability of mental health providers in low-income countries.

**Disclosure:** No significant relationships.

**Keywords:** health worker; task-sharing; cost-effectiveness; global mental health