

Introduction: While prison inmates have an increased risk of mental illness, psychiatric services are often less accessible and insufficient for this group. A low level of awareness or a fear of becoming stigmatised could also influence the help-seeking behaviour of some inmates.

Objectives: To study the knowledge and beliefs regarding mental health and mental illness as well as the help-seeking behaviour of inmates in Norwegian prisons.

Methods: We describe a study of help-seeking behaviour and mental health literacy of prisoners. This is a qualitative study involving in-depth interviews with inmates in prisons in North Norway.

Results: Recruitment and data collection is ongoing. Central topics in the interviews are inmates' associations regarding positive mental health and how they can enhance their own well-being while in prison, and how other external factors can contribute to increased well-being. Furthermore, the inmates are asked about their attitudes, beliefs, and knowledge regarding mental illness, and what they think might be factors that can contribute to the development of mental illness. Moreover, we cover topics such as the inmates' beliefs regarding the treatment of mental illness, strategies for handling such health problems, and sources of information regarding mental health and mental illness.

Conclusions: The study will increase knowledge about how prisoners think about mental health and mental illness and the help-seeking behaviours of prison inmates. In a next step, this understanding can be utilized in improving information about well-being, mental illness, and psychiatric services to prisoners.

Keywords: help-seeking; health promotion; health literacy; inmates

EPP1010

Contributions to the study of the relationship between blood pressure and mental health

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Introduction: Blood pressure (BP) refers to the pressure that the blood exerts on the walls of blood vessels. There is a number of evidences that show that depression, anxiety, and also stress have a high incidence in people suffering from hypertension.

Objectives: To correlate blood pressure levels with psychopathological symptomatology levels and to compare differences between genders, age and education levels.

Methods: This was a descriptive, inferential and correlational study encompassing 1407 participants, aged from 18 – 89 years of age (average age = 36 years). Measures included biomedical data - systolic blood pressure and diastolic blood pressure, arrhythmias and heartbeat, as well as the demographic variables - sex, age and education of the participants; mental health (psychopathological symptomatology) was measured using the Portuguese version of the BSI.

Results: In the present study there were no statistically significant relationships between Systolic Blood Pressure, Diastolic Blood Pressure and General Symptom Index, as well as for each BSI dimension. Nevertheless, statistically significant differences were found between Diastolic Blood Pressure and obsessions-compulsions, interpersonal sensibility and hostility. Also, there are statistically significant differences for BP according to gender and education.

Conclusions: This study brings important contributions to the study of the associations between blood pressure and mental health, with important implications for intervention and prevention.

Keywords: Cardiovascular indicators; Blood pressure; mental health; Psychopathological symptomatology

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Mental health essentials for future healthcare professionals. A public health capacity building initiative.

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Introduction: Mental disorders in Europe represent the leading cause of disability and the third leading cause of overall disease burden, following cardiovascular disease and cancers. As future healthcare professionals, with an imminent role in tackling this global health issue, we acknowledge that Mental Health is not adequately included in the medical curriculum. To address this gap, this workshop was created to equip medical students with the knowledge and skills that will empower them to lead a pioneering role in advocating for mental health for their patients, peers, and communities.

Objectives: By the end of the workshop, all participants should have: - Increased their knowledge in the field of Mental Health disorders - Increased their skills in the field of Mental Health (preventive practices, intervention strategies towards others, etc.) - Explored the relations between stigma, vulnerability, and Mental Health - Strengthened the international perspective and global understanding concerning mental health issues

Methods: This workshop utilized principles of non-formal education and was planned according to the 4MAT system to meet all four learning styles through theory blocks, space for reflection, practical application of knowledge, and future opportunities for application of content. This was achieved through various methodologies including presentation, self-discovery activities and exercises, roundtable debates, simulations, and role-playing.

Results: obtained

