

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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**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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**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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**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.

**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

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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

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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