

## EPV0833

## Care pathways for people with major depressive disorder

R. Strawbridge<sup>1\*</sup>, A. Young<sup>1</sup> and  
E.B.C.V.O.T. Major Depressive Disorder Working Group<sup>2</sup>

<sup>1</sup>Institute Of Psychiatry, Psychology & Neuroscience, King's College London, Centre For Affective Disorders, London, United Kingdom and

<sup>2</sup>n/a, N/a, n/a, Belgium

\*Corresponding author.

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**Introduction:** Major depressive disorder (MDD) is a leading cause of disability worldwide, in part due to its high prevalence and high rates of comorbidities, recurrence, chronicity and treatment-resistance. These indicate that MDD is treated suboptimally despite a multitude of effective interventions and well-regarded best-practice treatment guidelines. To improve the management of MDD, the nature and extent of 'gaps' in care pathways need to be understood. **Objectives:** We aimed to: 1. Identify 'treatment gaps' and patient needs along the care pathway, and determine the extent of these gaps (i.e. discrepancy between best- and current-practice). 2. Propose policy recommendation on how minimise treatment gaps for MDD.

**Methods:** *Care pathway analysis:* A set of relevant treatment gaps were agreed upon, a priori, based on gold-standard stepped-care guidelines. Data was gathered from a variety of sources in six countries (UK, Sweden, Germany, Italy, Portugal, Hungary). *Policy recommendations:* To attain expert consensus on proposed recommendations, a modified-Delphi approach was undertaken with a multidisciplinary panel of experts across Europe.

**Results:** Taken together, data indicated that: ~50% of episodes are undiagnosed, lifetime delay to treatment averages ~4 years, ~25-50% of patients are treated at any one time, ~30-65% are followed up within 3 months of treatment, ~5-25% can access psychiatric services. 28 specific recommendations to optimise pathways were made to enhance MDD detection (pathway entry), increase multimodal treatment, facilitate continuity of follow-up after treatment and increase access to specialist care.

**Conclusions:** There are concerning treatment gaps in depression care across Europe, from the proportion of people not being diagnosed to those stagnating in primary care with impairing, persistent illness.

**Disclosure:** No significant relationships.

**Keywords:** major depression; care pathways; treatment gaps

## EPV0834

## Stereotypes of incompetence in schizophrenia among mental health professionals

K.-M. Valéry\*, A. Prouteau, T. Fournier, L. Violeau and S. Guionnet  
University of Bordeaux, Psychology, Bordeaux, France

\*Corresponding author.

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**Introduction:** Mental health professionals are one of the major sources of stigma for persons with schizophrenia and their families. The stereotype of incompetence is central in this stigmatization, whereas valuing skills is a fundamental aspect of mental health care and recovery.

**Objectives:** The aim of this study is to identify the domains of competence stigmatized in schizophrenia by mental health professionals and the factors associated with this stigmatization.

**Methods:** An online survey was conducted with a specific measure of the stereotype of incompetence and these associated factors. Participants were to be mental health professionals who work or have worked with persons with schizophrenia. These participants were recruited through professional social networks.

**Results:** Responses of 164 participants were analyzed. The results reported four highly stigmatized skill domains: ability to relate well socially, ability to be effective in their work, ability to make decisions about their health, and ability to control their emotions. Intelligence was found to be less stigmatized than the other dimensions. Recovery beliefs, categorical beliefs, and perceived similarities were factors associated with the stereotype of incompetence.

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**Disclosure:** No significant relationships.

**Keywords:** schizophrénia; stigmatization; Incompetence stereotype; mental health professionals

## EPV0835

## Assessing the impact of mental health capacity building of Primary Health Care (PHC) personnel

N. Makhashvili<sup>1\*</sup>, T. Latibashvili<sup>1</sup>, R. Badriashvili<sup>2</sup> and  
L. Gaprindashvili<sup>2</sup>

<sup>1</sup>Ilia State University, Mental Health Resource Centre, Tbilisi, Georgia and <sup>2</sup>GIP-Tbilisi, Club Synergy, Tbilisi, Georgia

\*Corresponding author.

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**Introduction:** COVID-19 poses an immense challenge to health systems and societies, associated with a burden of mental health in the population. The pandemic is uncovering treatment gaps in mental health systems, especially in Low and Middle-Resource Countries, as Georgia. The high burden calls for renewed efforts to integrate mental health into Primary Health Care (PHC) to address increased mental health needs of the population. The capacity building of PHC personnel is ongoing since October 2020, according to mhGAP algorithm. Family doctors (FD) are trained in identification and management in priority mental conditions.

**Objectives:** The overall aim of the study was to assess the impact of capacity building of PHC personnel. This was an implementation research seeking to understand how effective was the offered capacity building process and what could be lessons learnt.

**Methods:** We employed a mixed-methods process evaluation design utilising a series of instruments specifically designed to provide data for the domains as training/capacity building, service delivery and user satisfaction.

**Results:** FD were able to identify the most prevalent conditions - Anxiety (74%) and Depression (39%); in 22.8% the comorbidity was recognized. The psychoeducation was the most common method of management used by 72%. In 39.4% FD were able to

recommend at least one medicine to their patients. 83.3% of patients reported improved conditions.

**Conclusions:** The family doctors are able to identify and manage certain mental health conditions after proper trainings and regular supervision. This study has simultaneously identified targets for change within the broader mental health system.

**Disclosure:** No significant relationships.

**Keywords:** Mental health Burden; Primary Healthcare; Capacity Building

## EPV0837

### Scientific evaluation of the High and Intensive Care (HIC) pilot projects in Belgian mental healthcare

H. Demunter<sup>1\*</sup>, H. Jossa<sup>1</sup>, K. Vandenhout<sup>1</sup>, S. Claes<sup>2</sup> and R. Bruffaerts<sup>2</sup>

<sup>1</sup>UPC Z.org KU Leuven, Hic, Kortenberg, Belgium and <sup>2</sup>KU Leuven, Onderzoeksgroep Psychiatrie, Leuven, Belgium

\*Corresponding author.

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**Introduction:** The systematic monitoring and evaluation of innovative healthcare programs are essential to develop long-term sustainable solutions that respond to the health needs in the population (Porter & Teisberg, 2006). One such innovative healthcare program is the psychiatric High and Intensive Care (HIC) model, gradually implemented in 9 Belgian psychiatric hospitals since 2019. The HIC-model focuses on intensive patient-oriented care, in an attempt to exclude coercive measures and promote collaborative efforts between staff, patients, and relatives (Voskes et al., 2021).

**Objectives:** We discuss the following research questions: (1) which clinical profiles of patients are treated in HIC units in Belgium?; (2) Is the implementation of HIC units associated with decrease of coercive measures?; (3) What are self-reported aspects of HIC treatment approaches as experienced by patients, family and/or close friends, and professional staff (both working on the HIC units as well as in external healthcare facilities), and (4) what is the role of HIC units in the organization of mental healthcare on the societal level (e.g. The function of HIC in regional psychiatric networks or the health economic aspects)?

**Methods:** In order to develop a sustainable policy on HIC in Belgium, we use a scientist-practitioner perspective including a multimethod approach.

**Results:** The preliminary results of the first six months of data collection will be presented.

**Conclusions:** The preliminary conclusions of the first six months of data collection will be presented.

**Disclosure:** No significant relationships.

**Keywords:** High and Intensive Care; coercion; continuity of care

## EPV0839

### Film-based resources for grief management in medical education

S. Tei<sup>1,2,3,4\*</sup> and J. Fujino<sup>1,3,5</sup>

<sup>1</sup>Kyoto University, Department Of Psychiatry, Kyoto, Japan; <sup>2</sup>Waseda University, Institute Of Applied Brain Sciences, Saitama, Japan; <sup>3</sup>Showa University, Medical Institute Of Developmental Disabilities Research,

Tokyo, Japan; <sup>4</sup>Tokyo International University, School Of Human And Social Sciences, Saitama, Japan and <sup>5</sup>Tokyo Medical and Dental University, Department Of Psychiatry And Behavioral Sciences, Graduate School Of Medical And Dental Sciences, Tokyo, Japan

\*Corresponding author.

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**Introduction:** Grief and bereavement are commonplace in clinical practice but have become a more pervasive issue because of the coronavirus 2019 pandemic. Consequently, the need for investigations, learning, and education about complicated grief and prolonged grief have been highlighted. Meanwhile, film-based teaching resources concerning grief care have been employed to complement curricula in medical education.

**Objectives:** To explore how the grieving experience can be better communicated and mitigated, and explain how a film-based resource can be applied to improve the understanding of this issue.

**Methods:** We reviewed and analyzed the meaning and cause of complicated, prolonged, disenfranchised grief, as well as related experiences (e.g., survivor guilt) featured in selected films. We discussed the interpretation of these films with medical students and faculty, based on a previously described approach [1].

**Results:** We recaptured the roles of empathic communications and resilience skills in grief care. They bring a sense of coherence (SOC) or meaning to life by prompting the sharing of grief experiences, helping to reconstruct and contextualize a person's loss, and assuaging feelings of worthlessness and hopelessness. Incidentally, recent studies have suggested that complicated and prolonged grief involves alterations in brain functioning of the reward system.

**Conclusions:** This film-based approach utilizes vicarious experiences to better understand grief management. It allows the learner to more easily recognize that SOC, flexible situation-adjusted empathy, and the sharing of resources for improved communication to promote self-care are essential for patients, their families, as well as psychiatrists themselves. [1] Sondheim, A. The life stories of children and adolescents. *Acad Psychiatry*. 2000;24(4):214–24.

**Disclosure:** No significant relationships.

**Keywords:** grief; bereavement; film; sense of coherence

## EPV0840

### Cardiorespiratory fitness and self-reported physical activity levels of referring mental healthcare professionals, and their attitudes and referral practices related to exercise and somatic care

J. Deenik<sup>1,2\*</sup>, L. Koomen<sup>3</sup>, T. Scheewe<sup>4</sup>, F. Van Deursen<sup>4</sup> and W. Cahn<sup>3</sup>

<sup>1</sup>Maastricht University, School For Mental Health And Neuroscience, Maastricht, Netherlands; <sup>2</sup>GGZ Centraal, Scientific Research, Amersfoort, Netherlands; <sup>3</sup>University Medical Centre Utrecht, Psychiatry, Utrecht, Netherlands and <sup>4</sup>Hogeschool Windesheim, -, Zwolle, Netherlands

\*Corresponding author.

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**Introduction:** Physical activity (PA) interventions can improve mental and physical health in people with mental illness, especially when delivered by qualified exercise professionals. Also, the behaviour, engagement and support of referring mental healthcare professionals (HCP) seems essential, but research is scarce.