

Objectives: To analyse the relationship between sociodemographics, personality traits, Adherence (to the Recommendations for Mental Health during the COVID-19 Pandemic) and psychological distress.

Methods: 413 individuals (69.2% female; mean age=31.02±14,272) completed an on-line survey, in September-December 2020, including sociodemographic questions, ASR-MH-COVID19, NEO-FFI-20 and Depression Anxiety Stress Scale (DASS-21) and Health Perception Scale.

Results: Adherence scores did not significantly differ by gender, age and years of education. Women presented higher DASS and Neuroticism scores ($p<.01$). Adherence were negatively correlated with Neuroticism ($r=-.247$) and with Depression/Anxiety/Stress (all $r>-.200$), positively with Openness to Experience ($r=.174$), Conscientiousness ($r=.194$) and Perceived Health (Physical, $r=.173$ and Psychological, $r=.215$) (all $p<.01$). Mediation analysis (Hays' Macro Process - Model 4) revealed that Adherence is a partial mediator between Openness and DASS and Conscientiousness and DASS; when considering Neuroticism, only the direct effect was significant. The effect of Perceived Health (both Physical and Psychological) on DASS was also mediated by Adherence.

Conclusions: The Health Behaviour Model proposes a pathway linking personality and health that applies to these results about adherence and psychological distress during the COVID-19 pandemic. Personality and perceived health (also a trait) influence both adherence to mental health behaviours and psychological distress. Understanding personality is vital for health care providers.

Disclosure: No significant relationships.

Keywords: Covid-19; Adherence (to the Recommendations for Mental Health); personality

EPV0410

Negative emotions associated with self-growth among older adults during the COVID-19 pandemic

S. Von Humboldt^{1*}, N.M. Mendoza-Ruvalcaba², E.D. Arias-Merino³, J.A. Ribeiro-Gonçalves¹, E. Cabras⁴, G. Low⁵ and I. Leal¹

¹ISPA – Instituto Universitário, Lisbon, Portugal, William James Research Center, Lisbon, Portugal; ²Universidad de Guadalajara CUTONALA, Health Sciences Division, Guadalajara, Mexico; ³Universidad de Guadalajara CUCS, Public Health Department, Guadalajara, Mexico; ⁴Universidad Antonio de Nebrija, Departamento De Educación, Madrid, Spain and ⁵University of Alberta, Faculty Of Nursing, Edmonton, Canada

*Corresponding author.

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Introduction: The Covid-19 pandemic appeared globally (1), thus affecting the self-growth of the older population (2).

Objectives: The aim of this study is to identify and analyze the negative emotions felt during the pandemic, as well as their impact on self-growth of 226 older individuals of four nationalities: Mexican, Italian, Portuguese and Spanish.

Methods: Thus, a transnational qualitative survey was carried out. A content analysis was performed.

Results: Seven negative emotions were reported, namely: fear, sadness, anger, grief, annoyance, loneliness and shame. These

emotions were considerably associated with the following themes: (1) Sharing experiences; (2) Availability of the partner; (3) Spirituality and religion; (4) Be active; (5) Interest in new projects; (6) Civic participation; (7) Sexual activity. Older participants with Mexican and Italian nationality reported that sharing experiences as the most relevant topic, while for the Portuguese and Spanish participants, having a partner available was more important.

Conclusions: This study demonstrated that negative emotions cooperated with the self-growth of older individuals during the Covid-19 pandemic. The heterogeneity of experiences lived by each culture was highlighted, underlining the positive side of negative emotions and their strong connection with the self-growth of the older people. 1.von Humboldt S et al. Smart technology and the meaning in life of older adults during the Covid-19 public health emergency period: A cross-cultural qualitative study. *Int Rev Psychiatry*, 2020; 1-10. 2. von Humboldt S et al. Does spirituality really matter? - A study on the potential of spirituality to older adult's adjustment to aging. *Jpn Psychol Res*, 56;114-125.

Disclosure: No significant relationships.

Keywords: Qualitative study; Covid-19 pandemic; Self-growth; Older Adults

EPV0411

The meaning in life and smart technology of older adults during the Covid-19 pandemic: A cross-cultural qualitative study

S. Von Humboldt^{1*}, N.M. Mendoza-Ruvalcaba², E.D. Arias-Merino³, A. Costa⁴, E. Cabras⁵, G. Low⁶ and I. Leal¹

¹ISPA – Instituto Universitário, Lisbon, Portugal, William James Research Center, Lisbon, Portugal; ²Universidad de Guadalajara CUTONALA, Health Sciences Division, Guadalajara, Mexico; ³Universidad de Guadalajara CUCS, Public Health Department, Guadalajara, Mexico; ⁴Instituto Universitário, Ispa, Lisbon, Portugal; ⁵Universidad Antonio de Nebrija, Departamento De Educación, Madrid, Spain and ⁶University of Alberta, Faculty Of Nursing, Edmonton, Canada

*Corresponding author.

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Introduction: The exponential increase of the older segment of the population (1) is coinciding with the growing challenges of a digital society in different socio-cultural contexts (2).

Objectives: This exploratory study aims to analyze older adult perspectives of how smart technology influenced their meaning in life during the Covid-19 Public Health Emergency period, using qualitative research at a cross-national level.

Methods: Three hundred and fifty one community-dwelling older participants aged 65-87 years were included in the study. Participants were Italian, Mexican, Portuguese and Spanish. All the narratives went through a process of content analysis.

Results: Findings of content analysis produced six themes: Meaningful relations, rewarding activities, spirituality, health and safety-related support, self-growth, and physical activity. Smart technology was important in promoting significant relations for Mexican older adults (71.3%), rewarding activities for Portuguese older adults (57.1%), spirituality for Spanish older participants (71.6%), and physical activity for Italian older adults (29.5%).