clear reduction of MADRS Scores (41 % on average) was seen (12-months MADRS Score median 17, mean 18). After 12 months, one patient each was discontinued from maintenance ECT and esketamine, respectively. The median of drug load was reduced from 4,56 to 4,06 after 12 months.
Conclusions: Invasive VNS is an effective treatment option in the long-term management of DTD to reduce the need of concomitant drug dose and maintenance treatment.

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Keywords: difficult-to-treat depression; vagus nerve stimulation; VNS; DTD

O0067

Leadership skills training in Psychiatry: A European-based cross-sectional survey

M. Santos[1]*, A. Samouco[2], Z. Azvee[3], D. Krishnan[4], N. Zaja[5], J. Pedro[1], R. Maitra[6], A. László[7], M. Fellinger[8], U. Halbreich[9] and M. Pinto Da Costa[10]

[1]Hospital Prof. Doutor Fernando Fonseca, Department Of Psychiatry, Amadora, Portugal; [2]Unidade Local de Saúde do Norte Alentejano, Department Of Psychiatry And Mental Health, Portalegre, Portugal; [3]Mater Misericordiae University Hospital, Department Of Psychiatry, Dublin, Ireland; [4]University of Nottingham, Nottinghamshire Healthcare NHS Foundation Trust, Institute Of Mental Health, Nottingham, United Kingdom; [5]University Psychiatric Hospital Vrapče, Department For Biological Psychiatry And Psychogeriatrics, Zagreb, Croatia; [6]Tavistock and Portman NHS Foundation Trust, Child And Adolescent Psychiatry, London, United Kingdom; [7]Arad County Emergency Clinical Hospital, Department Of Psychiatry, Arad, Romania; [8]Medical University of Vienna, Department Of Psychiatry And Psychotherapy, Vienna, Austria; [9]University at Buffalo - The State University of New York at Buffalo (SUNY-AB), Jacobs School Of Medicine And Biomedical Sciences, Buffalo, United States of America and [10]King's College London, Institute Of Psychiatry, Psychology & Neuroscience, London, United Kingdom
*Corresponding author.
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Introduction: Leadership in healthcare organisations is crucial to continually improve and provide high quality compassionate care. Leadership development and training enables the psychiatrists in developing these essential skills. Focusing on how to enhance leadership development through leadership skills training and experiential learning should be a priority. However, little is known about the extent to which this leadership skills training is available across Europe in the early stage of the career of psychiatrists.
Objectives: To investigate the access to leadership development opportunities among European psychiatric trainees and early career psychiatrists (ECPs) and their perceptions related to leadership skills training.
Methods: Cross-sectional study, using an online survey consisting of multiple-choice questions and free text responses.
Results: Participants from 33 European countries took part in this survey, where the majority were female. More than half were general adult psychiatric trainees and more than a quarter ECPs. About half indicated having no access to leadership skills training within their training program, with only about 10% being satisfied with the training received. About half sought additional training outside their program. A vast majority requested training in leadership skills to be included in a psychiatric training program.
Conclusions: Our study provides an overview of important gaps in availability and access to leadership skills training amongst psychiatric trainees and ECPs across Europe. We hope that this study will help inform future actions pertaining to development and improvement of leadership skills training for trainees and ECPs across Europe.

Disclosure: No significant relationships.
Keywords: training; leadership; psychiatry; skills

Eating Disorders

O0068

Food Attentional Bias and Eating Disordered symptomology: The moderating role of cognitive reappraisal

L. Lev-Ari[1]*, H. Kreiner[2] and O. Avni[3]

[1]Ruppin Academic Center, Clinical Psychology, Emek Hefer, Israel; [2]Ruppin Academic Center, Behavior Sciences, Emek Hefer, Israel and [3]Ruppin Academic Center, Gerontological Clinical Psychology, Emek Hefer, Israel
*Corresponding author.
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Introduction: Cognitive reappraisal (CR) is a cognitive regulation strategy aimed at changing how people think about certain stimuli in order to change their emotional impact. CR strategies have been used in research to try to change eating behaviors and other food-related responses. This study is the first to use a behavioral measurement to examine the effect of CR on food attentional bias (FAB) in people with elevated FAB.
Objectives: It was hypothesized that CR would reduce FAB. Ninety-five participants were randomly assigned to one of three groups: CR, upregulation (UP) or controls (CN).
Methods: All participants performed a computerized Visual Dot Probe (VDP) task using food stimuli to measure their FAB before and after the manipulation. The CR group recited five sentences aimed at curtailing the reward of high caloric food. Participants in the UP group recited five sentences aimed at strengthening the reward of high caloric food. The CN group recited five mundane sentences about their day. Participants also self-reported on eating disordered symptomology and BMI.
Results: People with elevated FAB had more disordered eating than people low on FAB. A significant interaction was observed between group and time (pre/post-test), with the lowest FAB levels in the CR group following the manipulation.
Conclusions: CR, a self-administered strategy can be effective in reducing FAB. CR may be an effective strategy for developing resistance to tempting food stimuli and curbing high caloric food intake. Being highly attentive to food cues may contribute to obesity. The attentional bias paradigm can be used to detect early signs of FAB.

Disclosure: No significant relationships.
Keywords: food attention bias; eating disorder symptomology; cognitive reappraisal