

Disclosure: No significant relationships.

Keywords: aversive conditioning; ludovico's technique; Psychiatry in literature; Aversion therapy

EPV1720

From medication to meditation as treatment for chronic stress and utility of hair cortisol measurement: randomized clinical trial

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Introduction: Stress is part of the daily life of many people, especially in Western countries. Recent studies have shown that cortisol has been listed as the primary hormone linked to stress. Currently, to measure cortisol values there are only tests that quantify it at a determined time point, without taking into account its variability and its changing pattern over time, depends on the circadian rhythm and other stress-related factors.

Objectives: This randomized clinical trial of the Hospital Clínic de Barcelona proposes to study the utility of accumulated hair cortisol concentration (HCC) as a measure to correlate the levels of this hormone over time with the stress suffered by the patient.

Methods: Patients are classified into two groups: a control group and an intervention group. In the second group, the participants will follow a mindfulness-based cognitive therapy (MBCT) with the aim of reducing stress and, consequently, cortisol levels.

Results: The purpose of this study is to validate the utility of HCC in order to, retrospectively, obtain cortisol secretion curves as a measure of the level of stress of each individual and personalize the treatments. Simultaneously, we intend to present new perspectives for treatment in psychiatric disorders where stress predominates, such as generalized anxiety disorder (GAD) or major depression (MD), which are becoming increasingly important in our society.

Conclusions: HCC contributes to the practice of personalized medicine as it allows us to detect cortisol exposure in the months prior to obtaining the capillary sample, and thus to draw the trend of this hormone over time.

Disclosure: No significant relationships.

Keywords: Stress; Mindfulness; Cortisol; Anxiety

EPV1721

Trainees between theoretical knowledge and the initiative taking at the hospital

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Introduction: The internship is a period in which the student implements what they have learned from their training to obtain or certification and to promote their professional integration, the difficulty of taking initiative and the lack of self-esteem representing an obstacle to their training

Objectives: This is a quantitative descriptive study conducted at the different placement departments among all 2nd-year students in all sections. Our data collection was done using two questionnaires administered, one for the supervisors and the other for the students.

Methods: Theoretical Framework: Theorist Patricia Benner

Results: According to the results found, in our sample, there is a predominance of females 89.17%, with a sex ratio of 0.121. 88.34% are aged between 20 - 21 years and an average age of 22.4 years. According to the interpretation of the Rosenberg Self-Esteem Scale scores, 17.5% of the trainees have a "Very Low Self-Esteem", 47.5% have a "Low Self-Esteem", 25.83% have an "Average Self-Esteem", and only 9.17% have a "High Self-Esteem". In addition, more than half of the respondents, 53.33%, state that they "often" have difficulty taking the initiative in the traineeship environment, while 30.83% do not have such difficulty but "rarely". Indeed, 53.33% of confirmed supervisors say that they "often" have difficulty taking the initiative in the placement environment

Conclusions: It is necessary to take into account these obstacles to the trainee's training through better psychological supervision, which could be the first step towards solving the problem

Disclosure: No significant relationships.

Keywords: practical knowledge; Patricia Benner; Initiative taking; coach

EPV1722

What is Resilience? A Case Report of a Fully-Functional Man with Corpus Callosum Agenesis

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Introduction: Resilience has attracted much attention, not least since the pandemic. It is characterised by a person's ability to bounce back from adversity. Although there is no exact definition of what adversity means, it assumes that the individual is aware of the event. Here, we would like to challenge this preconception by putting forward a case of an individual who shows remarkable resilience without being aware of his disadvantages.

Objectives: We present a case of a fully-functioning middle-aged man with corpus callosum agenesis of which he has been unaware. We sought to demonstrate that personality traits which have been associated with resilience may not necessarily be characteristic of a resilient individual.

Methods: T.C. is a 44-year-old individual who enrolled as a healthy participant in a research study at the University of Cambridge, which involved cognitive and personality assessments and a structural brain scan.

Results: T.C.'s psychological profile portrayed a well-balanced man who had attained a high level of education, stable employment, a healthy personal life and good community integration. T.C.'s cognitive performance fell well within normal ranges, but was superior in terms of self-control, as measured by the stop-signal task. To our surprise, he scored below-average on questionnaires of resilience

and sense of coherence beliefs and reported subclinical tendencies of obsessive-compulsive behaviours.

Conclusions: Resilience does not require awareness of adversity. Our case report shows that resilience may present itself fairly normally and may go unrecognised in daily life. Hardship should not be limited to traumatic events but also include brain abnormality.

Disclosure: No significant relationships.

Keywords: Neuroimaging; Corpus callosum agenesis; resilience; Brain abnormality

EPV1724

Mental disorders among sexual and gender minorities

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Introduction: The term “Sexual and Gender Minorities” includes lesbian, gay, bisexual, transgender, queer, intersex and/or asexual populations. It was introduced in the MeSH Database in 2018. Mental health research on sexual and gender minority populations is gaining momentum.

Objectives: To describe mental disorders among sexual and gender minorities.

Methods: This is a review of the literature via Medline. The database was searched using the keyword combination “sexual gender minorities” OR “homosexuality” OR “bisexuality” OR “transgender persons” OR “intersex persons” AND “mental disorders”. The filters applied were Full text, Meta-Analysis, Systematic Review and in the last 5 years.

Results: A total of 59 articles were included. The lowest rates of depression and anxiety were reported among heterosexual people. Depressive symptoms, suicidality, interpersonal trauma exposure, substance use disorders, anxiety, and general distress have been consistently elevated among transgender and gender non-conforming people. Among transgender people, the prevalence of binge drinking ranged from 7%-61%. Depression was the most frequent mental disorder among sexual minority men (43.2%) followed by anxiety (32.2%), suicidal ideation (21.2%), suicide plans (6.2%) and suicide attempts (7.3%). Eating disorders were more frequent among sexual minority women compared with heterosexual peers. Compared with heterosexual youth, sexual minority youth had 123% to 623% higher odds of lifetime substance use, 82% to 317% higher odds of depressive symptoms and suicidality and 20% to 280% higher odds of violence victimization.

Conclusions: The prevalence of mental disorders is high among sexual and gender minorities for whom mental health prevention and treatment programs are needed.

Disclosure: No significant relationships.

Keywords: Sexual Minorities; Mental Disorders; Bisexuality; Homosexuality

EPV1725

Oral health attitudes and behavior among undergraduate students

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Introduction: Oral health behavior is based on an acquired experience and cultural traditions. University education may smooth out cultural differences in oral health practice.

Objectives: Our goal is to study self-reported oral health attitudes and behavior of university students and the cultural basis for it.

Methods: We used the English version of the Hiroshima University Dental Behavioral Inventory to carry out an online survey of 136 university students of Morocco and Russia.

Results: Over half of the students (60.3%) do not feel anxious when visiting a dentist. Most of them take care of their gums (41.2%), teeth color (49.3%) and the degree of their cleanness (38.2%). The overwhelming majority of the students brush their each tooth very thoroughly (62.5%), they regularly examine their teeth in the mirror after brushing them (90.4%). They are well aware that tooth brushing alone cannot prevent a gum disease (63.2%), and they feel concerned about the possibility of having bad breath (73.6%). At the same time, over half of the students (61.7%) put off their visit to a dentist until they have a toothache, which is a negative behavioral factor. We did not reveal any gender or cultural differences between the students of the two countries, which can be regarded as a universalization factor of oral health behavior in young people who get higher education in universities.

Conclusions: The majority of the surveyed Russian and Moroccan university students have similar patterns of oral health attitudes and behavior. This assumption needs verification on a larger sample of students.

Disclosure: No significant relationships.

Keywords: Oral behavior; Undergraduate students; health attitudes; oral health

EPV1727

«The Application of the New Law of Adoption and the Psychological Preparation of Prospective Stepparents»

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Introduction: The new adoption law, which was introduced in Greece in 2018, brought radical changes in adoption.

Objectives: This presentation aimed to investigate the emotions of the prospective stepparents, based on the changes which were effectuated by the new law of adoption.

Methods: This survey was conducted through mixed methodology. Quantitative research was addressed to investigate the emotions of the prospective stepparents. Qualitative research was addressed to social workers and its goal was to depict their opinion about the new law and the prospective stepparents' expressed emotions.

Results: The findings of the survey have demonstrated that the stepparents had a variety of emotions that changed throughout the