

have experience in diagnosing patients with Hwa-Byung. A total of four surveys were conducted as consensus was reached on the fourth round. Each questionnaire was distributed by mail to a panel of experts and was asked to submit a response after receiving the questionnaire.

Results: The results of the study are as follows. First, common factors for Hwa-Byung include anger, resent/blame, modify memory bias and attention bias for anger events. Second, characteristics of young Hwa-Byung patients include stress caused by social factors and excessive immersion in certain things such as drinking or smoking.

Conclusions: Therefore, when revising the Hwa-Byung scale, it would be necessary to include these factors.

Disclosure: No significant relationships.

Keywords: Oriental neuropsychiatry; Delphi method; Hwa-Byung; scale revision

EPV0585

Migrants in Greece and mental health issues

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Introduction: Migration is a difficult and painful process for individuals, since they could no longer rely on the supportive structures of their own country that would help them develop resilience and mental well-being, on the one hand and, on the other hand, they may be obliged to find a new identity and adapt to a new social context.

Objectives: To identify mental health issues in migrants in Greece.

Methods: A literature review has been made through PubMed database.

Results: First-generation immigrants exhibited an increased risk of poor mental health including increased levels of depression, post-traumatic disorder and anxiety compared to local population. When immigrants come to a new country, they often experience culture shock, significantly influencing their mental health. The term “culture shock” describes feelings of weakness and a state of disorientation of individuals living in a new environment as well as the difficulties they face in the process of their adapting to the new conditions. Individuals lack a social supportive environment while experiencing lack of acceptance, as well as social discrimination, economic exploitation and racism by local society. Additionally, their cultural background can influence and differentiate the way they perceive, react and cope stressful conditions.

Conclusions: For the smooth completion of the cultural process, mutual adaption to the new conditions of both migrants and host society is needed, focusing on the understanding of different cultural heritage, as well as on the respect and recognition of rights of both sides.

Disclosure: No significant relationships.

Keywords: Greece; mental health; migration

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Conflicted Identities and Art Therapy: Practices and Case Studies in Kolozsvár/Cluj-Napoca, Romania

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Introduction: Cluj-Napoca in Transylvania, Romania, has a historically multiethnic population who maintain their language-based cultural identities. In order to harmonize interethnic relations in our multicultural society, art-therapeutic methods depend on the need to establish a sensitive relationship between the cultural horizon of individuals, thus increasing self-confidence, tolerance, resilience.



Objectives: The objectives are : to develop social skills, which facilitate the social and professional integration of children and adolescents belonging to ethnic groups living together, including those with disabilities.





Methods: Clinical art therapy have unfolded within interdisciplinary teams: a neuropsychiatry doctor, a psychologist, a pedagogue, a social worker, an art therapist– each one having a specialized role. A medical project was transformed into an artistic project: Experimenting with complex relationships: shape of the human body – shape of man-made objects and the creation of personal shapes conduct to harmonize interethnic relations in a multicultural place.

Results: Focus on several objectives: - practicing the abilities to express one's feelings - the consolidation of self-respect and of confidence - the training of empathy - the development of personal problem and conflict solving strategies -the breaking through the emotional blockages - the improvement of cognitive abilities -the release of tension, frustrations, anxieties, stress -the development of social skills

Conclusions: Benefits arise from experiences based in artistic creativity: materializing ideas and coping with unexpected outcomes.

Disclosure: No significant relationships.

Keywords: art therapy; play /occupational therapy; multimedia technology; physical and metaphysical environment; art therapy; play /occupational therapy/ multimedia technology/physical and metaphysical environment

EPV0588

Regional specificity in the subjective evaluation of factors determining health in Russians

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Introduction: Important role of sociocultural mediation of human health is reflected in the regional specificity of subjective evaluation of factors determining human health.

Objectives: The research is focused on the opinion of respondents from different regions of Russia about the importance of various factors that determine health and subjective well-being.

Methods: 210 men and 403 women aged 14 to 76 years ($M=26.9$; $SD=13.7$) from six regions of the Russia (Moscow, St. Petersburg, Udmurtia, Sakha, Sverdlovsk and Kemerovo) participated in the study. Respondents were asked to rank six factors (genetics, healthy lifestyle, good ecology, regular medical examination, absence of

stress, financial well-being) in terms of their impact on health (1 is the most important, 6 is the least important).

Results: It was revealed significant differences among respondents from different regions of the Russia in evaluation of importance of health factors such as “genetics” ($F=3.317$; $p=0.003$) and “good ecology” ($F=5.008$; $p<0.001$). Respondents from the Sverdlovsk consider “genetics” significantly more important than participants from the Sakha ($MD=-0.706$; $p=0.019$) and Kemerovo ($MD=-0.859$; $p=0.015$). Respondents from St. Petersburg consider the ‘good ecology’ significantly less important than participants from Moscow ($MD=0.791$; $p=0.046$), Udmurtia ($MD=0.867$; $p=0.035$), Sakha ($MD=1.168$; $p<0.001$), and Kemerovo ($MD=1.286$; $p<0.001$).

Conclusions: Regional specificity was found in the subjective evaluation of the importance of factors that determine health and subjective well-being. The reported study was funded by the RFBR, project number 17-29-02506.

Disclosure: No significant relationships.

Keywords: factors determining human health; subjective evaluation; regional specificity; sociocultural determination

EPV0589

Art-therapy focused on stimulating the emotional and expressive skills of children with special educational needs

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Introduction: The link between school education and art therapy is supported by the fact that it comes to supplement the common school education activities of children with special educational requirements with a dual purpose: to complete and fix their specific content; to train and practice as much as possible the students' minds and critical thinking through artistic means.

Objectives: Prevention of absenteeism and school dropout of the child with special educational requirements through art therapy.

Methods: In art therapy, the most used methods specific to the fields of visual arts are: drawing, painting, icon, modeling on the wheel, but other techniques can be used. Children are the ones who choose their work materials and activities from the offer that the art therapist makes.

