

Conclusions: Implementation of regular physical activities in psychiatric wards should be considered whenever possible, due to its positive effects on physical and mental health. The adoption of structured exercise programs in psychiatric wards is feasible, safe, and well-received by patients.

Disclosure: No significant relationships.

Keywords: physical activity; exercise program; exercise; mental health care

EPV0866

Positive education for students' mental health support

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Introduction: There has been obvious in university education the importance of mental health and psychological well-being of students along with academic achievements (Lambert et al., 2019). M. Seligman, one of the founders of positive psychology, characterizes positive education as education aimed at acquiring happiness along with knowledge and skills (Seligman et al., 2009).

Objectives: The current study aims to overview the positive education impact on mental health and psychological well-being.

Methods: Systematic analysis of research publications concerning positive education and its role for maintenance of mental health and psychological well-being.

Results: While university administration collects student's feedback on various aspects of the educational process, it almost never asks students for their opinion on what can be done for their psychological well-being. The promotion of psychological well-being among young people is becoming an increasingly popular topic, and positive education is increasingly emerging within education. Positive education can be seen as a general sphere of positive psychology and advanced practice in education that aims the development of students for both academic achievement and psychological well-being. Special attention in positive education is paid to the use of empirically proven methods and programs aimed at improving well-being, engagement in educational activities, optimism, positive emotions, life satisfaction and other positive experience.

Conclusions: A particularly promising direction for the development of positive education can be the use of information and communication technologies to improve mental health and psychological well-being. The reported study was funded by the Russian Foundation for Basic Research, project number 18-29-22049.

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Keywords: positive education; psychological well-being; mental health

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Patient safety in community-based mental healthcare: A systematic scoping review

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Introduction: There is limited existing research about patient safety issues in mental healthcare. A lack of evidence is particularly pronounced in relation to safety in community-based mental health services, where the majority of care is provided. To date, reviews of mental health patient safety literature have focused primarily on inpatient care settings.

Objectives: This systematic scoping review will aim to identify and synthesise literature about the types of patient safety problems in adult community-based mental health settings, the causes of these problems, and evaluated safety interventions in this care context.

Methods: A systematic search was conducted on 19th June 2020 and refreshed on 23rd October 2021, across five databases: Medline, Embase, PsycINFO, Health Management Information Consortium, and Cumulative Index to Nursing and Allied Health Literature. The search strategy focused on three key elements: 'mental health', 'patient safety' and 'community-based mental health services'. Retrieved articles were screened at title, abstract and subject heading level, followed by full-text screen of longlisted articles.

Results: In this presentation, the findings of this systematic scoping review will be described, based on synthesised literature about safety incidents, broader care delivery problems, their causes, and evaluated patient safety interventions to address these issues.

Conclusions: This study will offer learning opportunities about the safety problems, contributory factors, and safety interventions in adult community-based mental health services, as described in the evidence base. Review findings will also help to ascertain gaps in existing research, which should be addressed in future studies.

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Keywords: review; mental health care; Patient safety

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Rural-urban differences in accessing mental health care in Tunisia

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Introduction: Despite improvement of mental health outcomes over the last years in Tunisia, there are still striking rural-urban mental health inequalities.

Objectives: The aim of this study is to evaluate the rural-urban differences in accessing mental health care among patients with psychiatric disorders

Methods: A cross sectional and descriptive survey was conducted between March and April 2021 in the department of psychiatry D of Razi Hospital including 70 patients admitted or treated as out-patients. The sex ratio was 1.