

Electroconvulsive Therapy (ECT) is a safe and effective treatment for treatment-refractory mood disorder, but possesses a relative contraindication for IIH due to its theoretical increase in ICP. Can ECT become the gold-standard treatment modality for mood disorder from IIH?

**Objectives:** We aim to synthesize and summarize the state of the literature surrounding the intersection of ECT and IIH. We will present notable findings and propose avenues for future investigation.  
**Methods:** We conducted a literature review using PubMed's search function. Key terms that were queried are as follows: Idiopathic Intracranial Hypertension, Pseudotumor Cerebri, Benign Intracranial Hypertension, Mood Disorder, Major Depressive Disorder, ECT, Electroconvulsive Therapy.

**Results:** The prevailing theory of IIH and mood disorder centers around HPA axis dysfunction, which has been heavily theorized to be positively impacted with ECT. ECT itself may not increase the ICP, but the anesthesia might. The only two case reports in the literature presented safe and successful use of ECT's in patients with IIH and MDD.

**Conclusions:** More data is needed to draw conclusions, as the literature surrounding ECT's use in patients with IIH remains sparse. Further studies must explore whether ECT's use in IIH remains effective. Through this, we may understand more about both IIH and ECT itself.

**Disclosure:** No significant relationships.

**Keywords:** mood disorder; Idiopathic Intracranial Hypertension; Pseudotumor Cerebri; ECT

## Mental Health Care 02

### EPP0558

#### The interaction of love in clinical care and its connection with burnout of health professionals

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**Introduction:** The phenomenon of love in the clinical field, in other words, the practical love through specific features, is the "ultimate investment" of the well-being, both to the patient and to the health professional.

**Objectives:** The aim of this research study is to investigate the role of love and its connection with burnout in the context of clinical professional care.

**Methods:** The study was cross-sectional and was conducted from September 2020 to February 2021 at the Nursing Department of University of Ioannina, Greece. The sample of the present study was determined to be health professionals, both sex from all over Greece. The research tools which were used in the quantitative study were: 1) Socio-demographic questionnaire, 2) Measurement of social representations of love and 3) Maslach Burnout Inventory - MBI.

**Results:** The results of the present quantitative research showed that gender, religion, family environment, place of residence, years of work and job position of health professionals affect the love and compassion they can show and offer to their patients, and the love is

related to the level of burnout they experience ( $p < 0.05$ ), in the context of clinical occupational care.

**Conclusions:** In conclusion, love, its traits and expression of the feelings of health professionals, determine the level of clinical care and the burnout of health professionals.

**Disclosure:** No significant relationships.

**Keywords:** health professionals; burnout; Love; Care

### EPP0560

#### Is it exhausting to be a healthcare worker these days?

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**Introduction:** People spend a large part of our lives in the workplace. Stress at work, demotivation and mental exhaustion are consequences derived from stressful situations that can be generated at work.

**Objectives:** Detection in hospitals of those workers susceptible to exhaustion, work stress or personal demotivation to avoid a problem in the worker's mental health, allowing early intervention and health strategies.

**Methods:** A cross-sectional study was carried out that included 84 healthcare workers from Spain in October 2021, through an anonymous, voluntary and multiple response type online survey which included questions about sociodemographic aspects and the Maslach burnout inventory

**Results:** 62% were doctors and 29% were nurses, 3 workers were nursing assistants, 2 orderlies, 1 psychologist and 1 physiotherapist. 13% of workers report having received / thought about requesting care from a mental health team (psychologist / psychiatrist) in the last year. 8% admit to having had suicidal ideas in the last year. 30.6% report being emotionally exhausted from their work always and almost always. 15.3% report that working with patients every day is stressful for them. 29.4% report feeling "burned" by work. Only 28.2% say that they are always or almost always with a lot of vitality. 20.2% feel that they are at the limit of their possibilities.

**Conclusions:** Detection in hospitals of those people susceptible to exhaustion, work stress or personal demotivation to avoid a problem in the worker's mental health, allowing early intervention and health strategies.

**Disclosure:** No significant relationships.

**Keywords:** Stress; personal demotivation; healthcare workers; mental health

### EPP0561

#### Mental well-being in residents of monolingual and multilingual regions of Russia

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**Introduction:** Despite numerous studies of the mental health and well-being of the population depending on various factors, insufficient attention is paid to the research of the relationship between well-being and mono- and multilingual regional specifics in multilingual and multicultural Russia.

**Objectives:** This study aims to identify a possible relationship between mental well-being in some regions of the Russian Federation and monolingualism and multilingualism inherent in these regions.

**Methods:** The study involved 966 participants (29.5% men and 70.5% women) aged 11 to 80 years ( $M=24.8$ ;  $SD=12.19$ ) from six regions of the Russian Federation: Crimea, Adygea, Bashkortostan, Sakha, Tatarstan and Kabardino-Balkarian region. The mental well-being of participants was assessed using the Warwick-Edinburgh Mental Well-being Scale (Tennant et al., 2006; Tennant et al., 2007).

**Results:** The measures of mental well-being were compared among residents from the regions as following categories: native Russian language speakers in monolingual regions (144 participants); native Russian language speakers in multilingual regions (193 participants); native national language speakers in multilingual regions (325 participants); native Russian and national languages speakers in multilingual regions (304 participants). Using one-way analysis of variance (ANOVA), it was found that there were no significant differences in the assessments of mental well-being ( $F = 0.852$ ;  $p = 0.521$ ) among residents from the above categories.

**Conclusions:** Residents who are native speakers in Russian and national languages and are living in Russia's regions with monolingualism and multilingualism demonstrate no difference in mental well-being measures. The reported study was funded by the RFBR, project number 17-29-09167.

**Disclosure:** No significant relationships.

**Keywords:** monolingual and multilingual regions; Russia; mental well-being; mental health

## EPP0563

### Effects of Human Rights Sensitivity of case managers on the working relationships with people suffering from mental illness mediated by empathy

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**Introduction:** It is critical to provide not only mental health services but also welfare services that meet the socioeconomic needs of people suffering from mental illnesses in order for them to recover. Case managers in the public sector who provide socioeconomic support to the low-income class, in particular, play critical roles in early detection of untreated mentally ill people, linking them to the mental health system, and providing various supports for their community integration. Positive working relationships are required to fulfill these roles.

**Objectives:** This study aims to analyze the effects of human rights sensitivity of case managers on the working relationships with the persons with mental illness mediated by empathy.

**Methods:** We evaluated overall human rights sensitivity, level of empathy (cognitive, affective, behavioral aspects) and working

relationships with the mentally ill of 291 public sector case managers (Mean age = 40.52,  $SD=7.96$ , female 78.2%, male 21.8%).

**Results:** In research model analysis, the goodness-of-fit was evaluated to verify the effect of overall human rights sensitivity on the working relationships with the persons with mental illness mediated by empathy. Most of indices showed sufficient goodness-of-fit. In other words, the higher overall human rights sensitivity is, the higher the level of empathy is, and this has a positive effect on the working relationships with persons with mental illness.

**Conclusions:** To form positive working relationships with people suffering from mental illnesses, public sector case managers must be educated to increase their empathy by improving their overall human rights sensitivity.

**Disclosure:** No significant relationships.

**Keywords:** Human Rights Sensitivity; working relationships; Empathy

## EPP0565

### Perceived Stress Among Students of Private and Public Sector Medical Colleges of Pakistan: A Cross Sectional Study

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**Introduction:** Medical-education is associated with high overall stress and it is important to identify relevant factors.

**Objectives:** The study was aimed to discern the differences in perceived stress among the students of public and private medical colleges of Pakistan and to identify factors subservient to any hypothesized difference.

**Methods:** This cross-sectional study was conducted at different private and public medical colleges of Pakistan using validated tools: PSS-14 (Perceived Stress Scale) to find out the levels of stress faced by each sector and MSSQ (Medical Student Stressor Questionnaire) to determine the factors associated with increased stress.

**Results:** Total of 424 medical students from various public and private medical colleges of Pakistan (212 each) filled the questionnaires. The mean score  $\pm$  SD of PSS-14 was  $36.17 \pm 6.096$  for the public sector and  $36.29 \pm 5.732$  for the private sector. Hence, there was no difference between the two comparative means of PSS score,  $t(422)=-0.213, p=0.831$ . The results for both sectors were classified as high perceived stress (27-40 score is high perceived stress). Out of 40 individual stress-causing factors in MSSQ, the students from private-sector scored higher as compared to public-sector: Quota System in examination  $t(422)=-3.951, p=0.000$ , stress caused by lack of time for friends and family  $t(422)=-3.225, p=0.001$ , stress caused by Tests/Examination  $t(422)=-2.131, p=0.034$ , stress caused by the parental wish for them to study medicine  $t(422)=-2.346, p=0.019$  and stress caused by fear of getting poor marks  $t(422)=-2.183, p=0.030$ .