

## O0042

### The association between autistic traits and quality of social interactions in the daily life of adolescents and young adults

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**Introduction:** Autism spectrum disorder (ASD) is a heterogeneous group of neurodevelopmental conditions characterized by difficulties in social communication and the presence of restricted interests and repetitive behaviors. Autistic traits are distributed along a continuum in the general population and are negatively associated with social functioning also in non-autistic subjects. Several studies have evaluated the association between autistic traits and the quantity of social interaction; however, evidence on the relationship between autistic traits and quality of social interaction is still scarce.

**Objectives:** To evaluate the association between autistic traits and the quality of social interactions in daily life in youths from the general population using the experience sampling method (ESM).

**Methods:** During a six-day experience sampling period, 349 twins and 248 of their siblings aged between 15 and 34 reported the quality of their everyday social interactions. Autistic traits were assessed using the Autism Spectrum Quotient (AQ). The association between autistic traits and quality of social interaction was tested in separate multilevel linear and logistic regression models.

**Results:** When participants were alone, higher autistic traits were associated with a sense of being less safe ( $B=-0.02$ ,  $p=0.02$ ). When participants were in company, higher autistic traits were associated with a higher preference for being alone ( $B=0.02$ ,  $p<0.001$ ) and higher sense of being judged ( $B=0.03$ ,  $p=0.001$ ). Moreover, while in company, higher autistic traits were associated with a decreased pleasure of being in company ( $B=-0.03$ ,  $p<0.001$ ), a lower sense of being safe in company ( $B=-0.03$ ,  $p<0.001$ ), and a lower sense of belonging to a group ( $B=-0.02$ ,  $p<0.001$ ).

**Conclusions:** The preliminary results of the present study showed that autistic traits may influence the quality of social interactions in daily life. Future studies may clarify the mechanisms underlying this association. Assessing autistic traits in youth may help improve the outcome of psychosocial interventions of youths presenting difficulties in social interactions.

**Disclosure of Interest:** None Declared

## O0041

### Intervention to promote mental health and psychosocial support to promote social cohesion in the context of ongoing crisis and post conflict

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**Introduction:** Armed conflicts, collective situations of adversity, and gross social injustices cause widespread mental suffering in affected populations. In these crises, conflicts break down and traditional community support mechanisms are weakened or destroyed. The loss of trust in others and the lack of hope for change undermine social cohesion at the deepest levels of communities. Therefore, it is important not to overlook the psychosocial impacts of social injustice and violence on the individual and society undermines other efforts to build peaceful societies. Nevertheless, the use of mental health and psychosocial support (MHPSS) approaches to support social cohesion is still very uncommon.

**Objectives:** The objective of the proposed intervention in the Ituri province of the Democratic Republic of Congo was to complement the economic recovery activities of the most vulnerable populations with a psychological support approach. This was to ensure more sustainable results in the appropriation of problem management strategies through the strengthening of individual well-being and group support mechanisms.

**Methods:** The psychosocial intervention is organized around a community psycho-education to sensitize the populations to mental health issues and to promote the awareness of their possible suffering in order to access a psychological care system. The protocol included five weekly group sessions designed to strengthen participants' individual and collective psychological resources. Several indicators were measured to assess the impact on social cohesion (psychological well-being, psychological resilience, prosocial behavior, etc.)

**Results:** In eight months of intervention between July 2021 and February 2022, 1024 people were able to participate in the psychological support program. 90% of them showed improvement in psychological well-being, daily functioning and resilience. In addition to these very optimistic results on individual aspects, 65% of the participants increased the level of prosocial behaviour.

**Conclusions:** The psychosocial intervention proposed in an area of permanent conflict and adversity was mainly aimed at improving the well-being of people showing signs of distress to make them better able to complete their economic activity project. The results showed that taking into account the psychosocial dimension, not only reduced distress and allowed people to better project themselves in the future, but also promoted prosocial behavior. All these elements contribute strongly to social cohesion.

**Disclosure of Interest:** None Declared

## O0042

### Qualitative study on the factors leading to variation in experience of the Foundation Psychiatry Fellowship of the Royal College of Psychiatrists

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**Introduction:** The Psychiatry Foundation Fellowships were created by the Royal College of Psychiatrists (RCPsych) as a route to encourage foundation doctors to consider psychiatry as an exciting medical discipline.

**Objectives:** This study aimed to explore the Psychiatry Foundation Fellows' experience of applying to the Fellowship, their expectations prior to being appointed, the benefits of the fellowship, the