

Conclusions: Adolescents, especially those out of school are at a high risk of poor mental health outcomes due to exposure to a host of psychosocial risk factors. We have identified two interventions that we are keen to implement: the Shamiri Wellness Intervention (<https://www.shamiri.institute/the-shamiri-intervention>) and the Mental Health Literacy Programme (<http://mental-healthliteracy.org/>). We hope that by working with CSOs, the study will support the development of their capacity to offer mental health services that are sustainable, and contextually appropriate.

Disclosure of Interest: None Declared

EPV0798

Community resilience and associated factors in Fort McMurray a year after the devastating flood

G. Obuobi-Donkor^{1*}, E. Eboime², R. Shalaby², B. Agyapong², M. Adu¹, E. Owusu², W. Mao² and V. I. O. Agyapong¹

¹Psychiatry, Dalhousie University, Halifax and ²Psychiatry, University of Alberta, Edmonton, Canada

*Corresponding author.

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Introduction: A natural disaster like flooding causes loss of properties and evacuation and effective mental health. Resilience after natural disasters is a crucial area of research which needs attention.

Objectives: To explore the prevalence and associated factors of low resilience a year after the 2020 floods in Fort McMurray.

Methods: A cross-sectional study was conducted in Fort McMurray using online surveys. The data were analyzed with SPSS version 25 using univariate analysis with the chi-squared test and binary logistic regression analysis.

Results: The prevalence of low resilience was 37.4%. Respondents under 25 years were nearly 26 times more likely to show low resilience (OR= 0.038; 95% CI 0.004 - 0.384). Responders with a history of depression and anxiety (OR= 0.212; CI 95% 0.068-0.661) were nearly four to five times more likely to show low resilience. Similarly, respondents willing to receive mental health counselling (OR=0.134 95%CI: 0.047-0.378) were 7.5 times more likely to show low resilience. Participants residing in the same house before the flood were almost 11 times more likely to show low resilience (OR=0.095; 95% CI 0.021- 0.427), and support from the Government of Alberta was a protective factor.

Conclusions: The study showed demographic, clinical, and flood-related variables contributing to low resilience. Receiving support from the Government was shown to be a protective factor against low resilience. More robust measures must be in place to promote normal to high resilience among flood victims in affected communities.

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EPV0799

Appropriate Therapeutic Disclosures in Improving Client Engagement in Mental Health Management

L. Myers

¹Private, Sydney, Australia

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Introduction: As psychiatrists, we are taught not to disclose and to present a blank canvas to the client

Should mental health professionals be reconsidering this stance if aiming to effectively manage their clients who live in a world that promotes vulnerability and lived experience as powerful therapeutic strategies?

Objectives: Promote mental health and remove the shame and stigma limiting client engagement by advocating for 'real' psychiatrists

Methods:

- Discuss therapeutic disclosure and its history
- The impact of social media and current trends in mental health promotion
- Suggestions for improving client engagement through reclaiming the expert role in mental health promotion and the value of sharing lived experience within professional boundaries. To

Results:

- Clients improve communication and openness
- Mental health engagement promoted and encouraged

Conclusions: Clients respond favourably to psychiatrist vulnerability and authenticity with therapeutic disclosures

Disclosure of Interest: None Declared

EPV0800

Psychological Distress and coping strategies of patients with Chronic Diseases

M. Theodoratou^{1*}, C. Vassilopoulou², V. Giotsidi³, G. Tsitsas⁴, K. Flora⁵ and G. Kougioumtzis^{6,7}

¹Health Sciences, Neapolis University of Pafos, Pafos, Cyprus; ²Social Sciences, Hellenic Open University, Patras; ³Psychology, Panteion University; ⁴Psychology, Harokopeion University, Athens; ⁵Psychology, University of Macedonia, Florina, Greece; ⁶Health Sciences, Neapolis University Pafos, Pafos, Cyprus and ⁷Psychology, National Kapodistrian University, Athens, Greece

*Corresponding author.

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Introduction: According to international research, chronic diseases affect people's life expectancy. There are many risk factors for Chronic Disease, both communicable and non-communicable. Chronic Disease can cause a variety of problems for the person suffering from it, such as physical, social and psychological distress. Therefore, patients' coping strategies can affect their quality of life and the progression of the disease

Objectives: This research aimed to investigate the relationship between Coping Strategies of patients with Chronic Diseases and their Psychological Distress experienced as a consequence of the disease.

Methods: Survey participants were recruited via social media groups for chronic disease. So, 106 people suffering from diseases,