

technology were 14%. We use the Patient Health Questionnaire (PHQ-9) and the Generalized Anxiety Disorders (GAD-7) questionnaires to assess anxious-depressive symptoms.

Results: showed a rate of mild-to-severe anxious depressive symptoms by 60.5% and 48.8% respectively. In detail: 41.9% mild, 14% moderate and 4.7% of severe anxiety. Meanwhile, 41.9% mild and 7% moderate depression. The prevalence of comorbid depressive and anxiety symptoms was 39.5% among the entire sample.

Conclusions: Preliminary data showed a high prevalence of anxious depressive symptoms and comorbidity among pregnant with CNS fetal anomalies. Women receiving a fetal CNS anomaly diagnosis may need additional psychological support or counselling.

Disclosure: No significant relationships.

Keywords: Prenatal diagnosis; CNS anomalies; Anxiety; Depression

EPV0825

Schizophrenia stigma in mental health professionals and associated factors: A systematic review

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Introduction: The consequences of schizophrenia stigma are numerous and highly damaging to individuals, their families, the health care system and society. Mental health professionals (MHP) are considered to be one of the main sources of stigmatization.

Objectives: To identify the characteristics of MHP stigma in schizophrenia in comparison with other psychiatric disorders, the specificities of MHP compared with other social groups, and associated factors.

Methods: Following PRISMA guidelines, we systematically searched multiple electronic databases for articles: (i) reporting original data published in English in peer-reviewed journals, (ii) reporting quantitative data with statistical analysis, (iii) assessing stigma in a broad sense, and (iv) including samples composed only of MHP.

Results: A total of 38 articles published from 1999 to 2019 and involving 10926 MHP fulfilled our inclusion criteria. Studies showed that schizophrenia is the most stigmatized mental illnesses in MHP, despite recent results suggesting that borderline personality disorder and substance abuse may be more stigmatized. In comparison with other social groups, MHP reported less dangerousness beliefs and more positive beliefs regarding pharmacological treatment. Nevertheless, results were less consistent regarding prognosis and desire for social distance. Age, education level, type of mental health profession, or length of practice were associated factors that showed inconsistent relations with stigma. Work setting and biological causal beliefs were more clearly associated with MHP stigma.

Conclusions: These findings provide strong support for the need to conduct specific research on schizophrenia stigma in MHP and the importance of controlling for several variables to identify predictors of stigma.

Disclosure: No significant relationships.

Keywords: mental health professionals; schizophrénia; stigmatization

EPV0826

Comprehensive rehabilitation and resocialization in mental health care after surgery of head and neck tumors

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Introduction: There is increasing number of head and neck tumors. Modern medical technologies allow to save lives, but lead to cosmetic and functional defects. DSM-V clarifies that “life threatening illness or debilitating medical condition is not necessarily considered a traumatic event”. However, cancer diagnosis and treatment influence on mental health. Patients after surgery of head and neck tumors need special rehabilitation, because of loss or impairment of speech function. This significantly reduces communicative potential, changes social status, reduces rehabilitation potential.

Objectives: During 6 years we have conducted studies to improve methods of psychological and pedagogical diagnostics, optimize speech therapy and psychological support for increasing effectiveness of speech rehabilitation.

Methods: Speech rehabilitation was carried out with correctional-pedagogical technologies and psychological support. We used Achieving Tendency Scale, Questionnaire measures of Affiliative Tendency and Sensitivity to Rejection, narrative interview, Scale of speech utterance implementation, rehabilitation potential evaluation, general condition assessment by ECOG and Karnovsky, auditory assessment. Speech therapy included methods for eliminating dysphagia, normalizing speech breathing, improving utterance realization. Psychological support kept meaning-narrative approach.

Results: Number of patients without difficulties or with slight difficulties in speech utterance implementation increased by 57.1%. Number of patients with high rehabilitation potential increased by 48.8%.

Conclusions: Psychological and pedagogical rehabilitation and resocialization after surgery of head and neck tumors has positive effect on mental health of patients, forms special rehabilitation motivation, helps to avoid disability and to transform life in new conditions.

Disclosure: No significant relationships.

Keywords: mental health; rehabilitation; head and neck tumors; resocialization

EPV0828

Paralization and online adaptation of an ongoing clinical trial in La Paz University Hospital (Madrid, Spain) during the COVID-19 worldwide pandemic

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Introduction: Spain went into lockdown in March of 2020 due to the COVID-19 outbreak. We had to stop the third randomization of our ongoing clinical trial (Mediavilla et al., 2019), pausing weekly group psychotherapy for 12 people with a first episode of psychosis. Only 5 weekly sessions had been delivered, thus many were just starting to form a therapeutic link with the group. In a public health emergency context, psychotherapeutic groups are considered avoidable gatherings. However, stopping psychological therapy abruptly can make participants more vulnerable. The intervention groups were launched in an online format because we could not let anyone go without psychological support in such a difficult time.

Objectives: Communicate how we adapted an ongoing clinical trial to an online format during the lockdown in Spain.

Methods: In light of our participants' needs and their acute deterioration the first two weeks of lockdown, we adapted our intervention. First, both arms (mindfulness-based v. psychoeducational multicomponent intervention) began online adaptations of the interventions. Second, a research assistant made weekly phone calls to provide basic psychosocial support, assure participants groups would continue, and later remind them of each online session. Third and last, the phonenumber was accessible 24/7 (WhatsApp).

Results: The third randomization concluded in December. Six participants were lost in the transition to online groups. However, adherence was comparable to the previous two randomizations (4/12 completed the intervention).

Conclusions: Online psychotherapy may be used in emergencies such as a lockdown. However, the psychological mid- and long-term effects of a lockdown and online group therapy remain unknown.

Disclosure: No significant relationships.

Keywords: healthcare psychotherapy clinical trial

EPV0829

“Care is needed the most, when it is deserved the least” – the experience of BPD-women

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Introduction: BPD are often characterized by dependence, affectability, unpredictability, impulsivity and self-destructiveness. Paradoxically, the symptoms associated with BPD are the same behaviors that makes them difficult to accommodate by health professionals. They constitute the most excluded and stigmatized patient group.

Objectives: To gain knowledge on how BPD patients felt acknowledged when they experienced the need for professional help.

Methods: We conducted semi-structured interviews with six BPD-women, aged between 18 to 46, all inpatient at different psychiatric units in the Capital Region of Denmark. The data were analyzed and interpreted through meaning condensation. We entered the philosophical hermeneutic framework of Hans-Georg Gadamer.

Results: We found that the women experienced that; the diagnosis was a filter, in which they were always viewed and judged through as “just another BPD-patient” and not a unique individual. their cry for help was expected to be verbalized in a certain manner and therefore was often not understood nor heard, but instead they experienced to be scolded by health professionals. the emergency plan became a legitimate way for the health care professionals to avoid spending to many resources, rather than a helpful tool. the psychiatry as a unit was largely characterized by stigmatization and a distrustful attitude towards them. Therefore they felt deeply dependent on meeting that one special health professional who were experienced to have a genuine interest and desire to help them.

Conclusions: Findings correspond with the findings of existing research. Hence, there also seems to be significant barriers nationally for patients with BPD to experience being acknowledged and helped, when in need of professional help.

Disclosure: No significant relationships.

Keywords: Qualitative research; stigmatization; borderline personality disorder; BPD

EPV0830

Patient adherence to out-patient psychiatric care for neurotic and affective disorders (Should I stay, or should I go?)

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Introduction: Referral is not a necessity for a patient who wants to get psychiatrist consultation in Latvia. The good thing about it is the availability and the possibility to consult with highest educated mental health specialist for any person in society without barriers. On the other hand, there is an overwhelming work load for psychiatrists.

Objectives: To explore the prevalence of self-referred patients in out-patient care and the adherence to psychiatrist recommendations.

Methods: The medical documentation of all consecutive first-time out-patient center “Pardaugava” psychiatrist patients over the period of 01.01.2020. to 30.04.2020. with one year follow-up was analyzed.

Results: 236 patients were included in the study, 31.2% of them were men. The average age was 49 (SD ± 22.65) years. Patients with Affective (F3X) and Neurotic (F4X) disorders were self-referred more often compared to Organic mental (F0X) disorder or other spectrum patients (83.3% and 77.5% vs 33.3% or 56.0%, p<0.001). Median appointment count was 4, higher in F4X (6) and lower in