

for an early interventions and prevention of consequences of this pathology.

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EV926

Dietary pattern and mental health: review of literature

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Introduction If we are what we eat, are we eating ourselves into depression and anxiety? There has been an emerge evidence supporting a role for lifestyle factors in the development of these conditions.

Objective To review evolving concepts and gain insight on the phenomenon of dietary pattern and mental health.

Methods Bibliographic search in Pubmed for articles published between 2010 and 2015, using the keywords words mental health, diet and depression, from the 220 articles found, 68 were included.

Results From the 68 selected articles, 19 were reviews, 3 randomized controlled trials and 2 meta-analysis. The scientific community agrees that substantial global changes in the food system have had a highly detrimental impact on dietary patterns. Thirty-three articles found a positive correlation between unhealthy dietary patterns and poorer mental health or better mental health with healthy eating habits, such as a potential protective role of mediterranean diet (or similar) with regard to the prevention of depressive disorders. A recent systematic review by Baskin et al (2015) revealed positive associations between poor quality and unhealthy diets and antenatal depressive and stress symptoms. Healthy diets were inversely associated with antenatal depressive and anxiety symptoms.

Conclusion Although there is some evidence on the association between dietary quality and mental health, we can't tell if it's a casual linkage or what are the biological pathways that mediate these relationships. Therefore, randomized control trials of diet are necessary to disentangle the effects of multiple health behaviors on mental health.

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Promotion of mental health

EV928

Attitude toward mental health in the Republic of Georgia

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The stigma, discrimination and human rights violations that individuals and families affected by mental disorders suffer are intense and pervasive.

In order to study attitude toward mental health problems, more than 1000 population from the different region of Georgia have been interviewed within 3 months (May-July 2015) in their household.

The scope of questions used in the survey were based on the questionnaire proposed by the NHS Information Centre, Mental Health and Community.

The population of Georgia showed high levels of understanding and tolerance of mental disorders. Despite of this, the fear and exclusion toward people with mental illness were almost twice as more, compare to the countries, where community mental health services are developed. More than half of the interviewed reported that institutional care is quite sufficient for providing treatment and suggested that person with mental disorder should not have rights to a job. Social status, income and occupation did not play any role in terms of attitude.

Majority of the respondents thought that mentally ill patient is a person who is violent or who need isolation due to the disturbed or inadequate behavior.

The survey revealed that the attitude toward persons with mental disorders in the republic of Georgia less likely is based on evidence and objective information. The lack of knowledge and awareness of mental health issues increase stigma and discrimination regarding the people with mental health problems and prevent them from the integration into the society.

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EV929

Relationship between attitude toward spirituality and attitude and performance of spiritual care among nurses

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Introduction Although spiritual care is commonly regarded as a nursing task, in practice, it is often provided inadequately.

Objective The purpose of this study was to examine relationship between attitude toward spirituality and the attitude and performance of spiritual care among nurses who working in hospitals of Iran university of medical sciences.

Methods This was a correlative-descriptive study. Spiritual Perspective Scale (SPS) and Nursing Spiritual Care Perspective Scale (NSCPS) were used to gather the data. A number of 166 nurses participated in this study.

Results Findings showed that of nurses' spirituality attitude score was 4.98 ± 1.1 which indicated high attitude toward spirituality. The total average of nurses' attitude about spiritual practices was 3.67 ± 0.51 , which signified the positive attitude of nurses about spiritual practices. Findings revealed that positive spiritual attitude had a significant correlation with 6 out of 12 expressed spiritual interventions. In addition, spiritual attitude generally had a significant positive correlation with spiritual interventions. The positive spiritual attitude had a significant correlation with only 3 items out of 11 for the attitude toward spiritual practices. There was no correlation between spiritual attitude and the attitude toward spiritual practices.

Conclusion In spite of the positive attitude, nurses did not perform half of the spiritual interventions which most of them were in line with fulfilling the patients' religious needs. Establishment of in-service education program regarding spiritual care practice by role play and modeling methods are recommended.

Keywords Nurse's attitude; Spirituality; Spiritual care practice
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EV930

Resilience, coping, personality traits, self-esteem and quality of life in mood disorders

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Introduction Resilience is a dynamic, context- and time-specific process that refers to positive adaptation or ability to maintain or regain mental health despite experiencing adversity. Pathways to resilience include biological, psychological, social and dispositional attributes. In mood disorders, resilience may influence frequency of relapse, severity of episodes and response to treatment.

Aims To evaluate resilience as well as personality features, coping abilities, self-esteem and quality of life in a sample of mood disorder patients.

Methods We recruited mood disorder patients at the Psychiatry institute AOU Maggiore della Carità, Novara. Socio-demographic data were gathered and patients filled in the following self-administered scales: Resilience Scale for Adult (RSA), Brief Cope, Rosenberg Self-Esteem Scale (RSES), Paykel list of stressful events, Temperamental and Character Inventory (TCI), Quality of life (SF-36).

Results We collected data from 61 patients. Statistical analysis was performed by calculating the Pearson Correlation Coefficient between the RSA and the other tests. We observed a positive correlation between RSA and coping "Emotion" and coping "Problem". A negative correlation was found between RSA and coping "Avoidance". Resilience was also positively related to self-esteem and physical, mental and general health. As far as personality traits are concerned, resilience was positively correlated with Reward dependence, persistence, self transcendence, self directedness and cooperativeness.

Conclusions Since higher resilience levels are related with better physical and mental health, constructive coping and self-esteem, strategies aimed at enhancing resilience could improve treatment and quality of life in patients with mood disorders.

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EV931

The impact of early affiliative memories on psychological health: The mediator role of external shame and cognitive fusion

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Early positive interactions have been positively associated with positive mental health outcomes. In contrast, the lack of these early affiliative experiences of warmth and safeness can have negative consequences on the individual's physical, emotional and social development.

The current study tests a mediation model that examines the mediator effect of external shame and cognitive fusion on the association between early affiliative memories with attachment figures and with peers, and psychological quality of life. These analyses were conducted using a sample of 453 participants from the community. The final model explained 47% of psychological quality of life and presented excellent model fit indices. Results from path analysis showed that both early affiliative memories of warmth and safeness with peers and attachment figures present a significant impact on psychological quality of life through the indirect effect of external shame and cognitive fusion. In fact, although early affiliative memories with peers also presented a direct effect on psychological quality of life, the impact of early affiliative memories with attachment figures on this outcome was totally mediated through the mechanisms of external shame and cognitive fusion.

These findings seem to provide an important contribution to the field of early affiliative memories of warmth and safeness with attachment figures and with peers by uncovering the mediating role of external shame and cognitive fusion. Furthermore, these data highlighted the relevance of developing intervention programs in the community, especially in a context of early adverse experiences, for the promotion of mental health well-being.

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EV932

Image of psychiatric hospitals among general population in 2015, views from four countries

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Introduction In recent years, numerous studies about the image of psychiatry have been conducted. However, to our knowledge, a significant part of psychiatry has been very little explored: the vision of psychiatric hospitals (PsH). For instance, "PsH" on google images reveals a long list of frightening pictures of ravaged places.

Objectives/Aims With such an image spread by the medias, we wanted to evaluate the vision of PsH and treatment modalities among general population in 2015, in 4 countries: France, Spain, England, and Brazil.

Methods An online survey in 4 languages has been sent via facebook and emails. Two hundred and fifteen responses were collected during September 2015: 178 French, 11 Spanish, 17 Brazilians, 9 English.

Results Thirty-nine percent of participants consider PsH as a place of care, and 16% as an asylum. There were differences among countries: for example, asylum is more represented in France than Spain. Regarding patients admitted in PsH, they are not all dangerous (90%), nor all irresponsible (94%) and have specific rights (66%). Concerning diseases: delirium, bipolar disorders, and perversity are to be treated in PsH, while depression, addiction, and autism are to be cured in psychiatric structures other than hospital. Moreover, 2% of participants believe abuses are common practice, whereas a majority consider therapeutic activities instead.

Conclusions These results are quite different from the studies based on the perception of mental illness and patients. Here, on the overall, they are quite encouraging. So, PsH could lead the path on the improvement of the image of psychiatry.

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