

Methods: A narrative review and local case series were conducted. PsycINFO and Medline were searched for articles post 1995 on contraception in people with intellectual disability post-menarche and pre menopause. The case series examined contraceptive use in 100 randomly selected menstruating people with intellectual disability. Data were collected on physical health issues. Primary care records were reviewed for contraceptive administration and risk discussions. Surveys were sent to DMPA users to assess awareness, risk understanding, and satisfaction.

Results: The review identified 27 papers which showed higher DMPA use in the intellectual disability population compared with the general population, and specific BMD risks. The case series found 23 people with intellectual disability using DMPA, and revealed knowledge gaps in risk and monitoring, inappropriate use given individual risk, and poor proactive risk management.

Conclusion: Findings indicate disproportionate DMPA use in people with intellectual disability, with inadequate clinical justification and risk awareness. Many women with intellectual disability and carers were unaware of additional BMD risks, and alternatives to DMPA were often not considered. Individualised contraceptive management and closer review of DMPA use in women with intellectual disability is needed. Monitoring could include DEXA scans, vitamin D and calcium supplementation, and weight management. Further research is needed on reasons for higher DMPA use and risks within the intellectual disability population.

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Identifying Gaps in the Understanding of Eating Disorders Amongst Medical Students Across South Wales Using a Cross Sectional Survey

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Aims: Eating disorders are complex, serious illnesses that can result in physical and psychiatric co-morbidities, medical emergencies and progressive health consequences. The aim of this service evaluation was to explore current knowledge and understanding of eating disorders amongst medical students in South Wales, and evaluate current teaching and training.

Methods: Two separate cross-sectional web surveys were designed for final year medical students at Swansea and Cardiff Universities using Microsoft Forms. Participation was voluntary, and anonymised. Surveys consisted of eight Likert-based questions and one free text question, allowing participants to share personal details should they wish to participate in future data collection. The survey was disseminated via email between 7 and 14 October 2024.

Results: A total 16 final year medical students from Swansea and 21 from Cardiff completed the surveys.

Over 80% of medical students reported low confidence (rated as 5 or below /10) in their ability to describe the seven types of eating disorder. 90% of students from Cardiff and 75% of students from Swansea reported low confidence in their knowledge of the prevalence and their ability to describe a medical risk profile. 62% from Cardiff and 44% from Swansea reported low confidence in their ability to elicit symptoms of eating disorders and make diagnoses. As

a result, only 38% of Cardiff students and 56% of Swansea students reported feeling confident (rated 6–10 /10) to assess the needs of patients with eating disorders and communicate with them effectively. Over 75% of the entire student cohort described low confidence in their ability to identify stages and types of management for eating disorders. Fewer than 10% of students from both Universities felt highly confident (8–10/10) that they would be able to describe medical emergencies in eating disorders.

The entire student cohort from Cardiff and over 80% of students from Swansea expressed dissatisfaction with the education and training provided on eating disorders.

Conclusion: There are significant gaps in medical students' understanding of eating disorders and confidence in assessing and managing eating disorders is low. Eating disorders may be stigmatised, and this may introduce additional barriers to teaching and to clinical exposure.

This service evaluation highlights the need for a review of medical school curricula to confirm the provision of eating disorder teaching.

More effective and comprehensive teaching, and clinical exposure will be indicated in order to improve confidence and competence in the assessment and management of eating disorders amongst medical students before graduating.

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A 24-Year Narrative Review of an Early Intervention for Psychosis Service in Hong Kong

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Aims: Early intervention for psychosis (EIP) programmes are specifically designed mental health initiatives aimed at the early identification and optimal management of the initial stages of psychotic disorders. The successful launch, development and consolidation of EIP programmes typically span decades and involve many factors. While quantitative meta-analytic studies have assessed the overall efficacy of EIP programmes, there remains a need for more nuanced evaluations that delve into less quantifiable processes. Such detailed accounts are crucial for facilitating the optimisation of similar programmes, especially in settings with limited resources, but they are rarely available. This study provides a comprehensive account of the development and optimisation of an early intervention programme in Hong Kong over 24 years, offering pertinent insights particularly for low- to middle-resource mental health environments.

Methods: A narrative account by the author, who has led the service for over 20 years. The author also has regional and international experiences in early psychosis service. Key processes involved in the service's development, consolidation, maintenance and refinement were described. Factors that facilitate, as well as those that constrain development, were explored. The inter-relationship between these factors over time was specified.

Results: This long-range exploration revealed a complex network of interacting factors which both facilitated and impacted the direction and fidelity of early psychosis programmes. The network is visualised with key processes as nodes, and the mutual influence between factors as links. The evolution of this network over time is described qualitatively. Key observations involve the impact of unexpected external factors, the emergence of new data, the transition of