situations. Previous studies offer evidence of the effectiveness of cognitive behavioral- and art-based (CB-ART) interventions in reducing stress related to community crises such as wars and earthquakes.

Objectives: This study aimed to extend current knowledge by investigating the effectiveness of CB-ART interventions in the Covid-19 context, and the mechanisms underlying them.

Methods: Online CB-ART interventions were implemented during the first national lockdown in Israel with 15 women. The intervention included drawing three pictures related to: (1) Covid-19-related emotions and thoughts; (2) resources that may help them cope with the pandemic outcomes; and (3) integration of the stressful image and the resource picture. To examine the intervention effect, participants' Subjective Units of Distress (SUDs) values were measured using a pre-post design.

Results: Participants' initial distress levels decreased on completion of the intervention. Another key finding is the reduction of the initial size of the stressful image and enlargement of the resource images within the integrated drawing. This may be the proposed mechanisms underlying the reduction of the SUDs values.

Conclusions: The new perspective derived from the compositional transformations performed by the participants may have increased their sense of control and competence, enabling them to perceive the Covid-19-related stressors as less threatening. The described art-based tool can be easily implemented online by mental health professionals with diverse populations in times of community crises.

Disclosure: No significant relationships.
Keywords: Image transformations; Covid-19; Distress; CB-ART interventions

EPP0204

Resilience And Coping: The Chicken and The Egg Paradox

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Introduction: Since the outbreak of the 2019 coronavirus, healthcare workers found themselves on the front lines of an unprecedented battle. Being characterized by adversity, this experience represents a fertile ground for the study of resilience.

Objectives: Our study aims to clarify the phenomenon of resilience through its influence on perceived stress level and its connection with coping strategies.

Methods: A cross-sectional study was conducted involving 254 healthcare professionals in the region of Sousse during the pandemic. In addition to socio-demographic and professional characteristics, Resilience, perceived stress, and coping strategies were assessed using the Connor-Davidson Resilience Scale (CD-RISC), the PSS10 scale, and the Brief Cope questionnaire, respectively.

Results: The overall mean [±standard deviation (SD)] age of the participants was 32.9 ± 8.76 years with a sex ratio (M / F) of 0.51.

The assessment of resilience among participants revealed a mean score of 64.99 ± 14.72. The majority of participants evinced a score> 50 (82.68%) and 39.76% had a score >70. Our results revealed that, on the one hand, problem-focused coping strategies were positive predictors of resilience ($p<10^{-3}$), accounting for 3.6% of its variance. On the other hand, coping strategies (problem-focused strategies and avoidance strategies) are also an integral part of the process by which resilience significantly influences the level of perceived stress (mediating factor).

Conclusions: Despite its complexity, the relationship between resilience and coping strategies is undeniable and it is a part of an important line of intervention opening the way to better identifications and care.

Disclosure: No significant relationships.
Keywords: Stress; resilience; coping; Coronavirus

Schizophrenia and other Psychotic Disorders 02 / Training in Psychiatry

EPP0206

Prognostic Accuracy of DSM-5 Attenuated Psychotic Symptoms in Adolescents: Prospective Real-World 5-year Cohort Study

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Introduction: There is limited research in adolescent at risk for psychosis. The new criteria of Attenuated Psychosis Syndrome (APS) of Diagnostic and Statistical Manual of Mental Disorders-5 (DSM-5) have not been validated.

Objectives: The aims of this study were to: 1) characterize adolescent's profile with APS (DSM-5 APS) compared to adolescents with early onset psychosis (EOP) and with other psychiatric disorders (non-APS); 2) to estimate their long-term risk of transition to psychosis and prognostic accuracy of DSM-5 APS.

Methods: 243 adolescents, aged 12-17, were included (October 2012- July 2019) and dived in three sub-groups (110 DSM-5 APS, 31 EOP, 102 non-APS). All underwent a comprehensive assessment evaluating: sociodemographic characteristics, family and personal history of any DSM-5 psychiatric disorders, psychopathological assessment and level of functioning. An annual follow-up evaluation was carried out (up to 7 years) including a clinical interview to investigate DSM-5 criteria for transition to psychosis.

Results: DSM-5 APS adolescents had on average higher comorbid disorders (2.3) and intermediate psychopathological and functioning profile between non-APS/EOP. The cumulative risk of transition at 1,2,3, 4-5 years was 13%, 17%, 24.2%, 26.8% and 26.8% in DSM-5 APS group, 0%, 0%, 3.2%, 3.2% and 3.2% in the non-APS.