

**Introduction:** While prison inmates have an increased risk of mental illness, psychiatric services are often less accessible and insufficient for this group. A low level of awareness or a fear of becoming stigmatised could also influence the help-seeking behaviour of some inmates.

**Objectives:** To study the knowledge and beliefs regarding mental health and mental illness as well as the help-seeking behaviour of inmates in Norwegian prisons.

**Methods:** We describe a study of help-seeking behaviour and mental health literacy of prisoners. This is a qualitative study involving in-depth interviews with inmates in prisons in North Norway.

**Results:** Recruitment and data collection is ongoing. Central topics in the interviews are inmates' associations regarding positive mental health and how they can enhance their own well-being while in prison, and how other external factors can contribute to increased well-being. Furthermore, the inmates are asked about their attitudes, beliefs, and knowledge regarding mental illness, and what they think might be factors that can contribute to the development of mental illness. Moreover, we cover topics such as the inmates' beliefs regarding the treatment of mental illness, strategies for handling such health problems, and sources of information regarding mental health and mental illness.

**Conclusions:** The study will increase knowledge about how prisoners think about mental health and mental illness and the help-seeking behaviours of prison inmates. In a next step, this understanding can be utilized in improving information about well-being, mental illness, and psychiatric services to prisoners.

**Keywords:** help-seeking; health promotion; health literacy; inmates

## EPP1010

### Contributions to the study of the relationship between blood pressure and mental health

G. Esgalhado\* and A. Louro

Psychology And Education, University of Beira Interior, Covilha, Portugal

\*Corresponding author.

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**Introduction:** Blood pressure (BP) refers to the pressure that the blood exerts on the walls of blood vessels. There is a number of evidences that show that depression, anxiety, and also stress have a high incidence in people suffering from hypertension.

**Objectives:** To correlate blood pressure levels with psychopathological symptomatology levels and to compare differences between genders, age and education levels.

**Methods:** This was a descriptive, inferential and correlational study encompassing 1407 participants, aged from 18 – 89 years of age (average age = 36 years). Measures included biomedical data - systolic blood pressure and diastolic blood pressure, arrhythmias and heartbeat, as well as the demographic variables - sex, age and education of the participants; mental health (psychopathological symptomatology) was measured using the Portuguese version of the BSI.

**Results:** In the present study there were no statistically significant relationships between Systolic Blood Pressure, Diastolic Blood Pressure and General Symptom Index, as well as for each BSI dimension. Nevertheless, statistically significant differences were found between Diastolic Blood Pressure and obsessions-compulsions, interpersonal sensibility and hostility. Also, there are statistically significant differences for BP according to gender and education.

**Conclusions:** This study brings important contributions to the study of the associations between blood pressure and mental health, with important implications for intervention and prevention.

**Keywords:** Cardiovascular indicators; Blood pressure; mental health; Psychopathological symptomatology

## EPP1012

### Mental health essentials for future healthcare professionals. A public health capacity building initiative.

M. Borrell Arrasa<sup>1\*</sup>, M. Eissa<sup>2</sup> and O. El Omrani<sup>3</sup>

<sup>1</sup>Facultat De Medicina. Unitat Docent De Sant Pau, Universitat Autònoma de Barcelona, Barcelona, Spain; <sup>2</sup>Faculty Of Medicine, University Of Alexandria, Alexandria, Egypt and <sup>3</sup>Faculty Of Medicine, Ain Shams University, Cairo, Egypt

\*Corresponding author.

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**Introduction:** Mental disorders in Europe represent the leading cause of disability and the third leading cause of overall disease burden, following cardiovascular disease and cancers. As future healthcare professionals, with an imminent role in tackling this global health issue, we acknowledge that Mental Health is not adequately included in the medical curriculum. To address this gap, this workshop was created to equip medical students with the knowledge and skills that will empower them to lead a pioneering role in advocating for mental health for their patients, peers, and communities.

**Objectives:** By the end of the workshop, all participants should have: - Increased their knowledge in the field of Mental Health disorders - Increased their skills in the field of Mental Health (preventive practices, intervention strategies towards others, etc.) - Explored the relations between stigma, vulnerability, and Mental Health - Strengthened the international perspective and global understanding concerning mental health issues

**Methods:** This workshop utilized principles of non-formal education and was planned according to the 4MAT system to meet all four learning styles through theory blocks, space for reflection, practical application of knowledge, and future opportunities for application of content. This was achieved through various methodologies including presentation, self-discovery activities and exercises, roundtable debates, simulations, and role-playing.

**Results:** obtained



**Conclusions:** This workshop highlighted the importance of building the capacity of medical students to tackle the burden of Mental Health globally and within the region, and how similar student-led initiatives can further empower them to be change agents and impactful advocates for better Mental Health in their own communities.

**Keywords:** essentials; students; mental health; capacity building

### EPP1013

#### An online forum to support consultant psychiatrists in their first five years of practice, introduced during the COVID-19 pandemic

T. Maclaren<sup>1,2\*</sup>, N. Ahmed<sup>3</sup> and S. Edwards<sup>3</sup>

<sup>1</sup>Faculty Of Medicine, Imperial College London, London, United Kingdom; <sup>2</sup>Liaison Psychiatry, Central and North West London NHS Foundation Trust, London, United Kingdom and <sup>3</sup>Medical Staff, Central and North West London NHS Foundation Trust, London, United Kingdom

\*Corresponding author.

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**Introduction:** In the United Kingdom, the move from trainee to consultant psychiatrist can be both exciting and daunting. Trainee psychiatrists have access to support and weekly supervision that is not available to consultants. Having an organised meeting for new consultants could help bridge this gap with peer-led support.

**Objectives:** Improving support and guidance to new consultants Networking with peers Promoting wellbeing, good clinical practice and career development

**Methods:** We identified a group of 85 consultants in their first five years of practice. Meetings were held online using videoconferencing. Senior leaders presented at each meeting, with a group discussion at the end. We surveyed attendees using an online platform.

**Results:** We had excellent attendance rates from the group, with 30 to 45 consultants attending each webinar. Over 60% of attendees had been a consultant for less than a year. For 90%, this was their first experience of a new consultant forum. Attendees gave excellent feedback (Table). Being able to meet consultants from different specialties, hearing career stories from senior leaders and how they have managed the COVID-19 pandemic were cited as benefits.

Table: Feedback scores (0 = not useful to 100 = very useful)

Statement	Score
The forum helped me feel supported	75
Topics covered are relevant to me	79
I feel more connected with colleagues	71

**Conclusions:** The forum was popular and the feedback was excellent. Using an online format worked well and made it easier to organise and plan sessions. There is potential to implement similar fora for other senior psychiatrists across Europe.

**Keywords:** wellbeing; Staff; Support; psychiatrists

## Psychoneuroimmunology

### EPP1014

#### Gut microbiota and its implications for psychiatry

A. Matas Ochoa<sup>\*</sup>, A. Rodriguez Quiroga, R. Martinez De Velasco, P. Nava Garcia, C. Banzo Arguis and I. Moreno Alonso

Psychiatry, Hospital Universitario Infanta Leonor, Madrid, Spain

\*Corresponding author.

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**Introduction:** In recent years there has been increasing interest in knowing the function of the microbiota, especially its role in the gut-brain axis. The microbiota is the set of millions of microorganisms that coexist in a symbiotic way in our body and are located in the digestive tract mainly. Numerous evidences show that the microbiota could modulate the information directed to the brain and therefore the pathogenic basis of numerous psychiatric and neurological disorders.

**Objectives:** A better understanding of the microbiota and its interaction with the brain and mental health.

**Methods:** Review of recent literature about the implications of the gut microbiota in psychiatry.

**Results:** The connection between the microbiota and the central nervous system (gut-brain axis) occurs through the vagus nerve, the systemic pathway (through the release of hormones, metabolites and neurotransmitters) and the immune system (through the action of cytokines). Changes in the microbiota are associated not only with gastrointestinal diseases, but also with disorders such as depression, anxiety, autism, anorexia, attention deficit and hyperactivity, Alzheimer's disease and Parkinson's disease. As some research indicates, changes in diet and composition of the microbiota can reduce the risk of suffering these diseases or reduce their symptoms. Other therapeutic alternatives postulated are the use of probiotics or fecal microbiota transplantation.

**Conclusions:** Despite growing interest in the microbiota in the last few years, little is known about the mechanisms underlying this communication. More research is expected to contribute to the design of strategies that modulate the gut microbiota and its functions in order to improve mental health.

**Keywords:** microbiota; gut; brain; psychiatry

### EPP1015

#### Childhood trauma and mental disorders: Exploring the relationship between trauma, immunity and psychosis.

I. Figueiredo<sup>1\*</sup>, F. Viegas<sup>2</sup>, F. Ferreira<sup>3</sup> and C. Manuel<sup>2</sup>

<sup>1</sup>Mental Health Department, Hospital Professor Doutor Fernando Fonseca, Lisboa (Amadora), Portugal; <sup>2</sup>Mental Health Department, Hospital Professor Doutor Fernando Fonseca, Lisboa (Amadora), Portugal and <sup>3</sup>Psychiatry, Hospital Professor Doutor Fernando Fonseca, Lisboa (Amadora), Portugal

\*Corresponding author.

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**Introduction:** A relationship between childhood trauma, psychotic experiences, and psychosis is well established, although causality is not yet ascertained. There are several hypotheses linking trauma and