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.

The 5-year prognostic accuracy of the DSM-5 APS in adolescent was adequate (Area Under the Curve=0.77) with high sensitivity (91.3%) and suboptimal specificity (63.2%).

Conclusions: The DSM-5 APS diagnosis can be used to detect help-seeking adolescents at risk of psychosis and predict their long-term outcomes, leading the way to new preventive approaches.

Disclosure: The authors declare that they do not have a significant financial interest, consultancy or other relationship with products, manufacturer(s) of products or providers of services related to this abstrac.

Keywords: Psychosis; Adolescents; Attenuated Psychosis Syndrome; At risk of psychosis adolescents outcome

EPP0207

Menstrual psychosis diagnosis: Does it still hold?

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Introduction: Menstrual psychosis was first described in the 18th century. Brockington defined its characteristics: acute onset; brief duration with full recovery; confusion, stupor and mutism, delusions, hallucinations, or a manic syndrome and periodicity in temporal association with the menstrual cycle.

Objectives: Description of a clinical case of menstrual psychosis and review of the literature.

Methods: Description of a clinical case. Non systematic review of the literature, searching the terms "psychosis"; "menstrual"; "catamenial" in the databases Pubmed, Medline and Cochrane.

Results: Female, 39-year-old patient. No psychiatric history until the postpartum period of a traumatic vaginal birth, when she developed stupor and mutism which lasted for two days. During the following 2 years, she progressively presented with sadness, asthenia, anhedonia, insomnia and incapacity for self-care. She was prescribed paroxetine and olanzapine, with partial recovery. Subsequently, she had at least 6 episodes with about 3-day duration of asthenia, food refusal, insomnia, incapacity for self-care, disorganization of thought and behavior and mystical and persecutory delusions, coincident with the beginning of menstruation. She was hospitalized in two of them and received treatment with venlafaxine 75mg and paliperidone 6mg, with psychotic symptoms remission after a week.

Conclusions: This case presents the characteristics of menstrual psychosis. This is a rare condition, with only 30 reported cases worldwide. According to current classification systems, this condition fulfills diagnostic criteria for brief psychotic disorder. Nonetheless, studying in more detail this disorder could be interesting, with the goal of deepening the knowledge of the neurobiology of psychosis, particularly the effects of estrogen on this disorder.

Disclosure: No significant relationships.

Keywords: brief psychotic disorder; Psychosis; menstrual; catamenial

EPP0208

Correlation between social functioning and quality of life in patients diagnosed with schizophrenia

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Introduction: Social dysfunction is a significant feature of schizophrenia leading to deminution of quality of life (QoL).

Objectives: To explore the correlation between social functioning and quality of life in patients diagnosed with schizophrenia.

Methods: The study sample comprised 32 patients diagnosed with schizophrenia (24 males and 8 females) recruited from the Clinic for mental disorders "Dr Laza Lazarevic" in Belgrade, with a mean age of 41.28 years (min 24, max 62), assessed by the Social Functioning Scale (SFS) and the World Health Organization Quality of Life questionnaire (WHOQOL-BREF).

Results: There were two significant quasi-canonical positive correlations between social functioning and QoL (1: f-test=16.4, p=.001; 2: f-test=23, p=0.0001.) The first structure is formed through the set of SFS subscales- Recreation, Independence-performance and Independence-competence and set of QoL subscales- Mental health, Physical health, Environment and General assessment of QoL. The second structure is formed through the set of SFS subscales- Interpersonal functioning and Social engagement/withdrawal and the set of QoL subscales- General assessment of QoL and Environment. Furthermore, the first canonical component indicates a greater overlap of the opposition set by social functioning (23%) which leads to the assumption that the direction of influence goes from social functioning to QoL. Due to the equality of redundancy in the second canonical component, the direction of influence can only be inferred on the basis of the first canonical component.

Conclusions: Social functioning and quality of life are related in patients diagnosed with schizophrenia, and this relationship is based on specific subfactors within those areas.

Disclosure: No significant relationships.

Keywords: schizophrénia; social functioning; Quality of Life

EPP0209

Predictive value of body composition and core symptoms in schizophrenia for cardiorespiratory fitness: CORTEX-SP study

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