

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

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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

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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.

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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