Epidemiology and Social Psychiatry 02 / Mental Health Policy

EPP0687

Ethnic inequalities in multiple comorbidities among people with psychosis

D. Fonseca De Freitas[1]*, M. Khondoker[2], J. Nazroo[3], R. Hayes[4] and K. Bhui[5]

[1]Institute of Psychiatry, Psychology & Neuroscience, King's College London, Psychological Medicine, London, United Kingdom; [2]University of East Anglia, Norwich Medical School, Norwich, United Kingdom; [3]University of Manchester, School Of Social Sciences, Manchester, United Kingdom; [4]Institute of Psychiatry, Psychology, and Neuroscience, King's College London, Department Of Psychological Medicine, London, United Kingdom and [5]Universiy of Oxford, Dept Of Psychiatry And Nuffield Dept Of Primary Care Health Sciences, Oxford, United Kingdom
*Corresponding author.
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Introduction: Studies have shown ethnic inequalities in health, with a higher incidence of illnesses among people of some minoritised ethnic groups. Furthermore, it has been observed that people with severe mental illnesses have a higher risk for multimorbidity. However, no study has investigated ethnic disparities in comorbidity in people with a schizophrenia spectrum disorder.
Objectives: This study investigates potential ethnic disparities in physical health comorbidity in a cohort of people with psychosis.
Methods: Using a cross-sectional design, we identified service-users of the South London and Maudsley NHS Trust who were diagnosed with a schizophrenia spectrum disorder between 2007 and 2020. We assessed the prevalence of asthma, bronchitis, diabetes, hypertension, low blood pressure, overweight or obesity, and rheumatoid arthritis. Latent class analyses were used to investigate distinct profiles of comorbidity. Multinomial regression was then used to investigate ethnic disparities in these profiles. The regression model was adjusted for gender, age, neighbourhood deprivation, smoking and duration of care.
Results: On a sample of 23,418 service-users with psychosis, we identified two classes of comorbidity: low comorbidity and multiple comorbidities. Compared to the White British ethnicity, a higher risk for multiple comorbidities was observed for people with any Black background, Indian, Pakistani, Asian British, and mixed-race ethnicities. Furthermore, Black African women had a significantly higher risk for multiple comorbidities than their male counterparts.
Conclusions: Ethnic disparities are observed in multiple comorbidities among people with psychosis. Further research is needed to understand the impact of these disparities, especially in relation to mortality.

Disclosure: No significant relationships.
Keywords: multimorbidity; Psychosis; health inequalities; ethnicity

EPP0686

Parallel latent trajectories of mental health and employment earnings among 16- to 20-year-olds entering the US labor force: A 20-year longitudinal study

K. Dobson[1,2]*, S. Vigod[3,4], C. Mustard[1,2] and P. Smith[1,2]

[1]University of Toronto, Division Of Epidemiology, Dalla Lana School Of Public Health, Toronto, Canada; [2]Institute for Work & Health, Research, Toronto, Canada; [3]University of Toronto, Department Of Psychiatry, Toronto, Canada and [4]Women's College Hospital and Research Institute, Department Of Psychiatry, Toronto, Canada
*Corresponding author.
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Introduction: Depression and anxiety-related mental health and employment earnings are complexly intertwined but have rarely been studied as parallel processes.
Objectives: Determine the number of latent parallel trajectories of mental health and employment earnings over two decades among a cohort of American youth entering the labor force, and estimate the association between baseline sociodemographic/health factors and latent trajectory class membership.
Methods: This study included 8,173 participants from the American National Longitudinal Survey of Youth 1997, who were 13–17 years old in 1997. The survey occurred annually until 2011 then biennially until 2017. Mental health was measured eight times using the Mental Health Inventory-5 between 2000–2017. Employment earnings were measured annually between 1998–2017, where participants were 33–37 years old. Latent parallel trajectories were estimated using latent growth modeling. The association between baseline predictors and trajectory membership was explored using multinomial logistic regression.
Results: Four latent trajectory classes were identified: good mental health, high earnings (3% of sample, average 2017 earnings ˜$196,000 USD); good mental health, medium earnings (23%, average 2017 earnings ˜$78,100); good mental health, low earnings (50%, average 2017 earnings ˜$39,500); and poor mental, low earnings (24%, average 2017 earnings ˜$32,000). Multinomial models revealed participants who were younger, female, Black, Hispanic, who had lower socioeconomic status, and had used marijuana at baseline had higher odds of belonging to the poor mental health, low earnings class.
Conclusions: Findings highlight the stagnated, parallel course of poor mental health and earnings, and the influence of gender, race, adolescent socioeconomic status, and health behaviors on these trajectories.
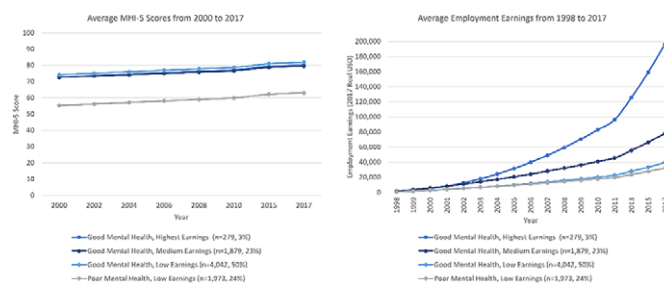
Disclosure: No significant relationships.
Keywords: MHI-5; latent parallel trajectory analysis; Depression; Anxiety; Psychological Distress; employment earnings

EPP0687

The role of chronic disorders in psychotherapy

M. Linden

Charité University Medicine Berlin, Psychosomatic Medicine And Rehabilitation, Berlin, Germany
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Introduction: Many mental disorders take a chronic course, associated with disability and/or participation restrictions. This is well recognized in social psychiatry. It is assumed that in psychotherapy milder disorders are seen, but there are no data available in this regard. In a survey in outpatient psychotherapy the rate of patients with chronic disorders and associated impairment was assessed.

Objectives: Goal of the present study was to assess the prevalence and meaning of long term and prevailing disorders in psychotherapy

Methods: A total of 131 psychotherapists (43.5% psychodynamic, 55.7% cognitive behavior therapy) reported about 322 outpatients. Therapists were interviewed in person by two research psychotherapists in regard to illness characteristics of unselected patients.

Results: The duration of illness was longer than 1 year in 98.1% of patients or longer than a decade in 54.5%. In the judgement of the therapists 79% of disorders had a chronic or recurrent course. In 25% there were relevant participation impairments in regard to daily activities, leisure time, social relations, or work. About one quarter had already been in inpatient treatment.

Conclusions: The data show that chronic disorders are the rule rather than the exception in psychotherapy. This requires a multidimensional and interdisciplinary treatment approach, including sociomedical interventions in order to sustain participation in life. This should be recognized in the treatment concepts and also get proper attention in the education and reimbursement of psychotherapists.

Disclosure: No significant relationships.
Keywords: chronic disorder; Psychotherapy; impairment

EPP0688

Anxiety of pandemic and distance learning as predictor of decrease in satisfaction, competence and engagement in students during digital education period

G. Soldatova[1] and E. Rasskazova[2*]

[1]Lomonosov Moscow State University, Faculty Of Psychology, Moscow, Russian Federation and [2]Moscow State University, Clinical Psychology, Moscow, Russian Federation
*Corresponding author.
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Introduction: Transition of educational institutions to distance learning in pandemic was found to be associated with students' complaints about difficulties, decrease in effectiveness, interest and well-being (Herbert et al., 2021, Almomani et al., 2021, Puljak et al., 2020).

Objectives: The aim was to reveal psychological predictors of decreased academic satisfaction, competence, and engagement among students in the digitalization of education during a pandemic.

Methods: In December 2020 220 students 18-33 years old were asked about their learning difficulties, academic satisfaction, competence and engagement before the pandemic and now (Cronbach's alphas .66-.90), well-being (Diener et al., 1985, Diener et al., 2010), educational motivation (Sheldon et al., 2017), pandemic anxiety (Tkhostov, Rasskazova, 2020).

Results: There was a decrease in academic satisfaction, subjective competence and engagement, with moderate learning difficulties $(F=60.4-63,3, p<.01, \eta^2=.22)$. More pronounced learning difficulties during a pandemic were found in students with higher level of negative emotions, lower integrated learning motivation, higher anxiety due to the transition to distance learning and due to a violation of security online (p<.01). The decrease in academic satisfaction, competence and engagement were maximal among students with a lower level of positive emotions, higher level of amotivation, anxiety due to the transition to distance learning and violation of privacy and security online (p<.01).

Conclusions: Students with higher negative emotions and distance learning anxiety regardless of their skills were more vulnerable to the changes in learning in pandemic. The study was funded by Russian Science Foundation project № 18-18-00365.

EPP0689

Digital self-harm – Social Media and its impact on Non-Suicidal Self-Injury and suicidal behavior. A Longitudinal Mixed Method Study.

M.E. Jensen[1*], M. Vinberg[1], K. Andreasson[1], J. Klausen[2], K. Joergensen[3] and M. Nordentoft[4]

[1]Mental Health Services in the Capital Region of Denmark, Mental Health Centre North Zealand, Hilleroed, Denmark; [2]Mental Health Services in the Capital Region of Denmark, Mental Health Center Glostrup, Glostrup, Denmark; [3]Danish Deaconess Comunity, Diakonissestiftelsen, Frederiksberg, Denmark and [4]CORE-Copenhagen Research Center for Mental Health, Mental Health Center Copenhagen, Hellerup, Denmark
*Corresponding author.
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Introduction: Several initiatives within psychiatric nursing targets Non-suicidal self-injury (NSSI) in DK, but none targets the new phenomenon Digital Self-harm. Digital self-harm involves the use of Social media (SoMe) to harm oneself for example by communicating condescending content about and to oneself through fake profiles, seeking out conflicts to be humiliated, and consciously get others to say vicious things about themselves. Further, images are exchanged showing wounds, broken extremities, etc. and thoughts and feelings are exchanged about suicidal actions as well as methods for both self-harm and suicide actions. We do not know enough about what constitutes the problem nor do we know how to address neither the behavior nor their consequences. Due to conflicting results, more research is needed to understand how media affects NSSI as well as suicidal behavior.

Objectives: The overall objective of this study is to map, at a national level, how SoMe is used as part of NSSI and suicidal