

disorders. However, little is known about the relation between lifestyle, and personality disorders.

**Objectives:** The purpose of this review is to regroup the available information on this topic.

**Methods:** In February 2021, we searched the literature using 4 databases for articles analyzing the relation between lifestyle and personality disorders. Twenty-one articles were included.

**Results:** In this review, we found few studies analyzing the relation between lifestyle and personality disorders. Most studies either used lifestyle measures as control variables or did not use such variables at all. Moreover, instruments used to measure lifestyle variables lacked precision at best. Two studies demonstrated a relation between early malnutrition and further development of personality disorders, but those results may be influenced by confounding variables and cannot indicate a clear link between nutrition and personality disorder.

**Conclusions:** Few evidences are available linking lifestyle to personality disorders in any way. This lack of evidence is surprising considering the multiple benefits individuals with personality disorders could get from it. More studies are needed to thoroughly analyze the impact of lifestyle on personality disorders and vice versa. Those studies need to use validated instruments to provide strong evidence about this relation.

**Disclosure:** No significant relationships.

**Keywords:** Personality disorders; physical activity; Lifestyle; nutrition

## EPV0980

### Self-harm on a closed psychiatric ward

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**Introduction:** Self-harming behavior is a frequent problem seen at patients admitted to closed wards in psychiatric hospitals. People who self-harm have a higher risk of other forms of aggressive behavior as well. Little is known about prevalence and characteristics of this behavior, the preceding triggering factors and the relation with other aggressive behaviors.

**Objectives:** To gain insights in the self-harming behavior of patients admitted to a closed ward in a psychiatric hospital.

**Methods:** From September 2019 till January 2021 information on self-harming incidents and aggressive behavior towards others or objects, of 27 patients admitted to the closed department of the Centre Intensive Treatment (Centrum Intensieve Behandeling), has been gathered. The Self-Harm Scale and Social Dysfunction and Aggression Scale were used to gather the data.

**Results:** Twenty of 27 patients examined (74%) showed self-harming behavior. Head banging (41,9%) and self-harming using straps/ropes (30%) occurred most. Tension/stress as triggering factor was mentioned most (19,1%), followed by reliving (13,5%) and team interaction (11,8%). Self-harming behavior occurred more in evenings than during the rest of the day. No significant difference was found in the degree of aggressive behavior towards others or objects between the group of patients harming themselves and the group that didn't.

**Conclusions:** This study delivers insights in self-harming behavior of patients admitted to closed psychiatric departments that can be used for prevention and treatment.

**Disclosure:** No significant relationships.

**Keywords:** self-harm; closed ward; psychiatric hospital; nonsuicidal self-injury

## EPV0981

### “Let’s face it... it’s futile”: Experiences of futility among nurses who provide care to patients with borderline personality disorder

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**Introduction:** Research studies suggest that mental health nurses hold negative attitudes towards patients diagnosed with borderline personality disorder (BPD).

**Objectives:** The aim of this study was to explore mental health nurses’ experiences and attitudes towards BPD patients in Greece, using a qualitative approach.

**Methods:** Data were collected through two audio-recorded focus group discussions. The participants were twelve nurses who work in two General Hospital Psychiatric Units –one in Athens and one regional– and have direct clinical experience with BPD patients. The audio recordings were transcribed verbatim and analysed using thematic analysis in the context of grounded theory.

**Results:** One overarching theme and three main themes were identified. The overarching theme that emerged was: “Futility”, which refers to feelings that the provision of nursing care to BPD patients is devoid of purpose and meaning. The main themes were: “Uncertainty”, which refers to the absence of valid causal explanations for mental disorders and on the perplexity of the BPD psychopathology; “Frustration”, which refers to challenges and barriers to providing care to BPD patients; “Unsupportiveness”, which refers to a complex mental health system, where there is a lack of guidance and goal orientation. Of significance are the nurses’ feelings of frustration and futility creating a sense of being burdened and leading to negative attitudes and behaviours towards BPD patients.

**Conclusions:** Understanding treatment goals from the recovery model perspective and developing guidelines to help nurses revisit the concept of medical futility, may improve care to BPD patients.

**Disclosure:** No significant relationships.

**Keywords:** mental health nursing; staff experiences; futility; borderline personality disorder

## EPV0982

### Portuguese validation of the Self-Generated Stress Scale

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