

appearance as less attractive, body size as bigger and weight as heavier. Only symptoms of disordered eating predicted higher extent of investment in one's appearance and health. And neither IBM, nor disordered eating predicted self-evaluation of one's health and fitness or the extent of investment in fitness.

Keywords: body image; Body Mass Index; disordered eating

EPP0968

Time perspective and psychological hardiness mediate a COVID-19 related life threat

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Introduction: Unpredictable risks of COVID-19 morbidity and mortality make people suffer from threats and fears. Are there any psychological personality traits that correlate with a decrement in such feelings?

Objectives: To specify the relationship between psychological characteristics of time perspective, hardiness and COVID-19-related life threat.

Methods: We used Zimbardo Time Perspective Inventory, Maddi Hardiness Scale and a 17-point Attitude towards COVID-19 Questionnaire to question 327 Russian university students on social networks. The survey was carried out in the second half of May 2020 in the period of increasing COVID-19 morbidity and mortality rates. The mean age of the respondents was 21.24 ± 2.84 ; most of them were females (61.16%).

Results: The survey showed that every fifth respondent had a high level of COVID-19-related life threat (21.10 %). At the same time, every tenth of the respondents (10.09%) saw no threat to their life in the situation of a fast spreading dangerous novel coronavirus infection. According to the correlation analysis, decrement in feeling personal threat related to the spread of COVID-19 was directly associated ($p < 0.05$) with low indicators on the scales of Negative Past ($r = 0.16$), Hedonistic Present ($r = 0.13$) and Fatalistic Present ($r = 0.17$). Certain inverse relation was found between the level of COVID-19 related life threat and such indicators as psychological hardiness – commitment ($r = -0.16$), and challenge ($r = -0.23$).

Conclusions: Dispositional orientation to the present and future, as well as psychological characteristics of hardiness may mediate COVID-19 related life threat; therefore, these may be used as a possible basis for preventing stress and mental disorders in population.

Keywords: time perspective; psychological hardiness; life threat; COVID-19

EPP0969

Mental health conditions in people searching for aesthetic treatments: The importance of early detection.

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Introduction: It's established that aesthetic dysfunctions can be associated with psychiatric conditions. In present times, considering the exponential growth of minimally invasive and accessible techniques, alongside with ideals of beauty present in everyday life through exposure in social media, the importance of early detection of mental illness and its impact on the respective outcome should be emphasized.

Objectives: To review evidence regarding psychiatric disorders in people searching for aesthetic treatments and their impact on the outcome.

Methods: Literature review using Medline database.

Results: Around 50% of individuals seeking aesthetic procedures fulfill the diagnostic criteria for psychiatric disorders. The prevalence of Body Dysmorphic Disorder (BDD) can vary from 5-15%, with some studies showing a prevalence of more than 50%. Patients with heightened BDD symptoms are less satisfied with the outcomes of aesthetic procedures which could result in exacerbation of said symptoms. With regards to eating disorders, evidence suggests the initial satisfaction following aesthetic procedures, when observed, is usually transitory, not leading to long-term changes in self-perception relating to body image, nor improving prognosis or quality of life. There's also some evidence suggesting that personality disorders may be a predictor of poor satisfaction with the results of aesthetic treatments.

Conclusions: Awareness should be raised in this matter, since psychiatric conditions are more common in patients seeking aesthetic treatments and early identification can lead to a better prognosis by providing patients with the mental health treatment they need; this could also reduce the probability of dissatisfaction and subsequent aggravation of psychiatric symptoms following aesthetic interventions.

Keywords: psychiatric conditions; aesthetic; early detection; prevention

EPP0971

The relationship between self-disorders (SDS) and depressive/anxious symptoms in a clinical sample of adolescents

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Introduction: Self-disorders (SDs) have been described as a core feature of schizophrenia-spectrum disorders. Previous studies conducted on heterogeneous clinical adult and adolescents samples demonstrated that SDs aggregate selectively in the schizophrenia spectrum disorders compared to other disorders.

Objectives: To examine the specificity of SDs for schizophrenia spectrum disorders in adolescent inpatient sample.

Methods: Fifty-five adolescent inpatients admitted to the Child Psychiatry Unit at the Sapienza University in Rome were assessed for psychopathology using Kiddie Schedule for Affective Disorders and Schizophrenia (K-SADS-PL), Structured Interview for Prodromal Syndromes (SIPS/SOPS), Examination of Anomalous Self-Experiences (EASE), Multidimensional Anxiety Scale for Children (MASC), Calgary depression scale for schizophrenia (CDSS)

Results: Patients, aged 14-18 years, were divided in four diagnostic groups: schizophrenia spectrum disorders (5 pts.), mood disorders (19 pts.), anxiety disorders (27 pts.) and other disorders (4 pts.). Frequency of self-disorders was different among the 4 groups. Including patients schizotypal personality disorder in the schizophrenia-spectrum disorder group, the difference is still significant. Mann-Whitney U test shows no differences between EOP and UHR patients in SD. Furthermore, correlations between EASE total score and Calgary and MASC total scores were significant.

Conclusions: Our results confirm the specificity of SDs for schizophrenia spectrum disorders and also the belonging of schizotypal personality disorder to schizophrenia-spectrum.

Keywords: Anxiety; Depression; Self-Disorders; Schizotypal personality disorder

EPP0974

Validation of the general self-efficacy scale in french students for the prevention of student health

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Introduction: The perceived self-efficacy, framed by Bandura, is one of the most important concepts within Cognitive Social (Villegas Barahona et al., 2018). General self-efficacy is defined, as the global confidence a person has in order to perform tasks successfully (Stanley & Murphy, 1997). The perception of stress may be more for people with lower level of self-efficacy (Shilpa & Prasad, 2017).

Objectives: Students often suffer from stress (Saleh et al., 2019) and student health intervention and prevention programs must therefore act on this variable. The French version the General Self-Efficacy Scale could be an element for the validation of these programs.

Methods: 955 French students aged 17 to 67 (M = 22.22; SD = 5.1) participated to the study. We performed an Exploratory Factor Analysis (EFA) to determine the most appropriate factor structure then a Confirmatory Factor Analysis (CFA).

Results: Kaiser's criterion pointed towards a one-factor model while Cattell's criterion pointed towards a two-factor solution. Both models have been tested and the two-factor model seemed to be better. Indices showed an excellent fit between the model and the data (CFI = 0.97, TLI = 0.96, SRMR = 0.035).

Conclusions: We have tested two models and one of them, the two-factor model, presented better psychometric qualities. However, the one-factor result is also satisfactory and it will be discussed in the communication.

Keywords: measure; General Self-Efficacy; Prevention of mental health; stress

EPP0975

Work engagement and workers' health, is there any connection in the social work in ukraine?

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Introduction: This study is a part of the bigger research project on the burnout syndrome risk and prevention factors [1,2,4].

Objectives: At the current phase we aimed to discover: 1- trends observed in sociodemographic profiles of Ukrainian social workers(SW) who respond to the online survey; 2- if there is any correlation between the SW work engagement(WE) and general health(H).

Methods: The survey is designed out of two questionnaires - Gallup Q12 Employee Engagement survey(Q12) and the 15-item Patient Health Questionnaire(PHQ-15). Questions on the socio-demographic status are included according to the study purpose [3,4]. SW 'from the field' in Ukraine included in the study group(SG). Other professionals (doctors, lawyers, etc.) formed the comparison group(CG). Descriptive statistics applied for the data analyses.

Results: Our sample has the next socio-demographic characteristics: age 20-57 (average 33.2) years old, male/female ratio is 0.36; single at the moment of the study are 66.7%. The SG: women-87.5%, married-62.5%, social work experience -from 1 to 15years. In 28.6% of the CG respondents the Q12 revealed low(less than 50%) WE while in the SW no one showed low WE. PHQ-15: in the SG -62.5% mild and 12.5% -severe somatic problems; in the CG -57.1% mild and 28.6% -severe somatic symptoms. There were no statistically significant differences between 2 groups with regard to WE and H (p<0.05). Relations between variables are non-linear; therefore, Spearman's coefficient (ρ) applied.

Conclusions: The weak association between the work engagement and health condition ($\rho=0.3$; $p<0.05$) is found. There are several limitations due to the sample specificity (online users in Ukraine). This study is ongoing.

Keywords: work engagement (WE); socio-demographic profile; social workers (SW); health

EPP0977

Mindfulness and self-compassion based intervention program to prevent burnout in medical and dentistry students

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Introduction: Burnout occurs in every stage of a medical graduation and career. In the first years of graduation, it affects 35-45% of medical and dentistry students. This has severe consequences, such as: higher levels of suicidal ideation, substance abuse, medical errors and medical neglect; lower levels of empathy and self-compassion - essential to the quality of healthcare. Students with certain