

**Introduction:** Self-determination is the developmental task (R. Havighurst) in youth leading to personality psychological well-being and health.

**Objectives:** The aim was to study the worldview attitudes in Russian youth who are Tolkien fans.

**Methods:** The techniques were completed by 121 students; 17-28 age (M = 21.7; M/F= 35.5 / 64.5 %); 81 (66.9%) subscribers of the Vkontakte communities dedicated to the work of J.R.R. Tolkien. 1. Incomplete Sentences by Sacks-Levy in authors' version 2. World assumptions scale (R. Janoff-Bulman) (Padun, Kotelnikova, 2007) 3. Purpose-in-Life Test (J. Crumbaugh, L. Maholick) (Leontiev, 2000) 4. The Level of Escapism (Teslavskaya, Savchenko, 2019).

**Results:** Three groups of respondents differing in their attitude to the literary genre of fantasy («fans», «amateurs», «indifferent») were identified. Respondents consider the world to be moderately benevolent, and fair, and themselves quite good people, able to control most of the events taking place in their lives. They are sure that they are often lucky in life. «Fans» have the highest tendency to escapism, the most pessimistic view of the world, with a more positive image of the person compared to other respondents. «Fans» consider their lives less emotionally rich and productive, compared to the assessment of their lives by peers of other groups.

**Conclusions:** The level of escapism expression in fantasy literature fans are higher than in respondents who do not distinguish this genre as preferred. A new theoretical and empirical work is that worldviews can be monitored and taken into account in practical psychological working with at-risk young people.

**Disclosure:** No significant relationships.

**Keywords:** worldview; self-determination; escapism; psychological health

## EPV1052

### Dissemination project: Linking Clinical Practice and Research towards daily function and Mental Health prevention.

S. Regev<sup>1\*</sup> and S. Rosenblum<sup>2</sup>

<sup>1</sup>University of Haifa, Occupational Therapy, Haifa, Israel and

<sup>2</sup>University of Haifa, Department Of Occupational Therapy Faculty Of Social Welfare & Health Sciences, Haifa, Israel

\*Corresponding author.

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**Introduction:** Occupational therapy (OT) offers evidence-based methods to address daily functioning improvement and better health promotion. However, many adults who are dealing with deficient daily functioning due to unrecognized Attention Deficit Hyperactivity disorder (ADHD) do not benefit from these developed methods. Thus, they are at risk of experiencing adjustment barriers and poor mental health.

**Objectives:** The aim of this project is to develop a dissemination strategy in order to reach-out for this unrecognized ADHD population and grasp their attention in an early stage of life. The study following this project is measuring the possibility of this action to reach out to the individuals and make a small change in their daily functional capabilities.

**Methods:** The Laboratory for the Study of Complex Human Activity and Participation (CHAP) is a lab sited in the occupational therapy department at the University of Haifa. Its research address ADHD as part of further neuro-developmental challenges in the life

span. The lab started a dissemination program including 4 OT researchers, and a group of former researchers for materials feedback.

**Results:** In the presentation we will share the dissemination strategy and its implementation during 6 months. Moreover, we will present a theoretically map relevant virtual pathways that adults with unrecognized ADHD may cross since childhood.

**Conclusions:** This preventative program towards health promotion aims to help people achieve meaningful milestones in life and live more fully. Moreover, this strategy may serve as a prototype for similar approaches in other outreach processes.

**Disclosure:** No significant relationships.

**Keywords:** Media; strategy; adhd; Occupational therapy

## EPV1053

### An Anxious Heart: The Relation Between Cardiovascular Disease and Prevalence of Anxiety Symptoms

R. De Sousa<sup>1\*</sup>, C. Solis<sup>2</sup>, I. Silva<sup>1</sup> and R. Gonçalves<sup>3</sup>

<sup>1</sup>ACeS Baixo Mondego, Usp Coimbra Centro, Coimbra, Portugal;

<sup>2</sup>ACeS Baixo Mondego, Usp Coimbra Centro, Apt ° Esq, Portugal and

<sup>3</sup>University of Coimbra, Medical School, Coimbra, Portugal

\*Corresponding author.

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**Introduction:** Cardiovascular disease represent the leading cause of death worldwide, and is also responsible for the consumption of many medical resources, work absenteeism and worse Quality of Life. On the other hand, psychiatric diseases have recently gained more relevance worldwide as one of the principal causes of disability.

**Objectives:** Evaluate a possible relationship between cardiovascular risk factors (CVRF) and anxious or depressive symptoms.

**Methods:** Observational and cross-sectional study in a non-probabilistic and convenience sample, composed by patients followed on five primary healthcare facilities, who voluntarily accepted to answer the questionnaire through an interview, between July 2020 and January 2021. After an informed consent, a questionnaire was carried out including sociodemographic characterization, presence of cardiovascular disease and/or cardiovascular risk factors and the Portuguese version of HADS. Descriptive and inferential statistics were performed, using Mann-Whitney U test. A value of  $p < 0,05$  was considered statistically significant.

**Results:** Sample of 179 people, 53,1% female, with an average age of  $51,05 \pm 22,02$  years, in which 57,5% had one or more CVRF and 59,8% had CVD and/or CVFR and the most prevalent CVRF were hypertension (48%) and dyslipidemia (43,6%). There was a statistically significant relationship between diabetes and anxiety ( $p < 0,05$ ).

**Conclusions:** There was a greater prevalence of anxiety symptoms in people with diabetes compared to people without diabetes. This suggests the importance of giving attention to anxiety in patients with diabetes, given the relevance of this comorbidity in their quality of life. The main limitation of the study is related with the sample size.

**Disclosure:** No significant relationships.

**Keywords:** diabetes; Cardiovascular; risk factors; Anxiety