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**Introduction:** In 2018, it was implanted in a Brazilian public university, the UEPG Abraça Extension Program, which has as objectives to realize psychosocial care and accompaniment, offer psychotherapies and therapeutic groups to the university community, that is, students, professors and university staff to suicide prevention, coping with mental disorders and the problematic use of alcohol and other drugs. The Program has a multi-professional team composed of nurses, social worker, psychologists and psychiatrists, in an exclusive environment, thus guaranteeing comfort and secrecy to users.

**Objectives:** To characterize the socio-demographic and clinical profile of users assisted by the UEPG Abraça Program and to disclose the importance of the service for the promotion of Mental Health.

**Methods:** Qualitative, quantitative, descriptive study, with a structured questionnaire as the research instrument. The collection took place in 2019 and the target audience were users who sought psychological care.

**Results:** There were 469 admissions/visits and 35 of them continued with individual visits in 2020. The majority of users were female (58%) and had the age group between 17 and 20 years. The main mental health problems identified were anxiety, self-knowledge and university-related problems such as interpersonal conflicts and difficulties in the work process. The most attended undergraduate courses were Letters, Journalism and Dentistry.

**Conclusions:** It is noted the importance of a psychosocial care service at university level for the care and promotion of Mental Health.

**Disclosure:** No significant relationships.

**Keywords:** mental health; Promotion of Health; University

## EPV0476

### Social physique anxiety and physical activity

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**Introduction:** Social Physique Anxiety is defined as an emotional response that reflects individuals' concerns regarding the way their body may be observed or judged by others.

**Objectives:** To explore the relationship between physical activity and social physique anxiety.

**Methods:** A literature review has been made through pubmed database.

**Results:** Social Physique Anxiety is negatively related to participation in physical activity and commitment to exercise. Studies examining the relationship between motivation and social physique anxiety have shown that external motivations, such as improving muscle tone and body attractiveness, are directly linked to social physique anxiety. In addition, social physique anxiety is negatively related to self-efficacy. Individuals who believe that they will be judged by others to be ineffective are less likely to be engaged in physical activity programs. Social Physique Anxiety has been linked

to negative effects on mental health such as low self-esteem, smoking and eating disorders.

**Conclusions:** Given all the negative effects of social physique anxiety, as it is responsible for a wide range of health-related behaviors, it is important to identify physical activity-related motivational mechanisms in order to reduce the impact of social physique anxiety.

**Disclosure:** No significant relationships.

**Keywords:** Social Physique Anxiety; Physical Activity; athletics; motivation

## EPV0478

### Breast milk and infant formula milk for the prevention of hypoxic-ischemic encephalopathy in premature infants

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**Introduction:** A relationship was found between the use of breast milk and infant formula milk and a decrease in the incidence and number of clinical complications caused by hypoxic-ischemic encephalopathy hypoxic-ischemic encephalopathy.

**Objectives:** To assess the efficacy and safety of breast milk and infant formula milk in terms of reducing of hypoxic-ischemic encephalopathy, the level of morbidity, the severity of damage to brain structures, the time before switching to full-fledged enteral nutrition and the frequency of detecting feeding intolerance in premature infants.

**Methods:** Prospective observation of the development of 254 premature babies were treated up to six months of corrected age at the Department of Neurology of Early Growth in 2016-2018. The effect of breast milk and formula milk on neurological status was compared.

**Results:** In comparison, breast milk and formula milk didn't show any effect on the frequency of severe hypoxic-ischemic encephalopathy ( $p < 0,05$ ), the severity of brain damage ( $p < 0,01$ ). Breast milk showed a statistically significant effect in terms of reducing the average number before switching to full enteral nutrition ( $p < 0,01$ ).

**Conclusions:** Breast milk and formula milk does not affect the frequency of development of hypoxic-ischemic encephalopathy, the severity of brain damage. Breast milk significantly reduces the frequency of feeding intolerance, accelerates the transition to enteral nutrition, reduces the duration of hospitalization in premature infants.

**Disclosure:** No significant relationships.

**Keywords:** premature infants; breast milk; mental health; hypoxic-ischemic encephalopathy

## EPV0479

### Academic procrastination in university students: Associated factors and impact on academic performance

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**Introduction:** Academic procrastination is a specific sub-type of procrastination, assessing the tendency to delay academic tasks in connection with the preparation of courses or exams.

**Objectives:** To determine the impact of academic procrastination on studies and academic performances and identify associated factors.

**Methods:** We conducted a cross-sectional descriptive study in students from three different universities: a medical school, a law school and an engineering school. Socio-demographic, clinical and academic data were collected. Procrastination was assessed using the Academic Procrastination Scale. We further administered the Short Version of the impulsive behaviour scale, the Satisfaction with Life Scale, the Perfectionism scale, and the one item Self-esteem Scale.

**Results:** Our sample consisted of 1019 students. The mean age was  $22 \pm 2.25$  years, and 62% were females. About one third of study participants used tobacco or alcohol, and 10% used drugs (cannabis or others). We found a significant positive correlation between procrastination and academic failure ( $r=0.22$   $p=0.00$ ) and a negative correlation with academic success ( $r=-0.27$   $p=0.00$ ). Multivariate regression analysis showed the following risk factors for academic procrastination: alcohol consumption (ORa= 1.74 [1.14; 2.67]), study field (with reference to medicine: law ORa= 1.50 [1.02; 2.19], engineering studies ORa= 2.01 [1.34; 3.02]), and impulsivity (ORa= 2.11 [1.55; 2.86]).

**Conclusions:** Academic procrastination has a negative impact on academic achievement and performance. This impact appears to differ depending on the field of study. It also seems closely related to impulsiveness and alcohol use. Our findings might contribute to find new ways of helping students to improve academic performance.

**Disclosure:** No significant relationships.

**Keywords:** academic performance; alcohol use; Procrastination; Impulsivity

## EPV0480

### “Just do it tomorrow”: Procrastination in Tunisian university students

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**Introduction:** Procrastination is a common phenomenon among students, defined by the tendency to delay tasks. Procrastination can have a negative impact not only on academic achievement but also on other areas of life.

**Objectives:** To assess students' level of procrastination and associated psychological factors

**Methods:** We conducted a cross-sectional descriptive study in students from three different universities: a medical school, a law school and an engineering school. Socio-demographic, clinical and academic data were collected. Procrastination was assessed using the Pure Procrastination Scale. We further administered the Short Version of the impulsive behaviour scale, the Satisfaction with Life Scale, the Perfectionism scale, and the one item Self-esteem Scale.

**Results:** Our sample consisted of 1019 students. The mean age was  $22 \pm 2.25$  years, 62% were females and almost 70% were single. The mean level of procrastination was  $35 \pm 10.42$ . Procrastination was positively correlated with impulsivity ( $r=0.37$   $p=0.00$ ) and perfectionism ( $r=1.32$   $p=0.00$ ) and negatively correlated with life satisfaction ( $r=-0.22$   $p=0.00$ ) and self-esteem ( $r=-0.12$   $p=0.00$ ).

**Conclusions:** The level of procrastination was relatively high in our study population. As described in the literature, impulsiveness and perfectionism were closely and positively related to procrastination, whereas higher procrastination scores were linked to lower quality of life and self-esteem. Our findings underline the need for counseling services with a focus on procrastination for university students.

**Disclosure:** No significant relationships.

**Keywords:** Impulsivity; Perfectionism; quality of life; Procrastination

## EPV0481

### Mental health and help seeking behaviour in first year medical students

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**Introduction:** Mental health challenges are common among medical students. Data shows that they are less likely to use mental health services, regardless of experiencing frequent mental health issues.

**Objectives:** The aim of our study was to evaluate first year medical students' mental health state and attitude to seeking help.

**Methods:** The target group was the first year medical students in Vilnius University. Anonymous questionnaire created by authors was used to evaluate socio-demographic data, self-perceived emotional state level, attitudes and accessibility to mental health services. The study involved 152 first year medical students: 97 of them were local and 55 international students.

**Results:** The majority of students (71.7%) reported that their studies negatively impacted their emotional condition. 14.5% of all students thought that they needed a consultation by mental health specialist, but decided not to seek help. 11.2% of students reported having used psychotropic drugs which had not been officially prescribed by a psychiatrist. 18.4% of all students thought that seeing a mental health specialist could negatively affect their future career as a doctor. 30.9% of students reported that they had used alcohol to improve their emotional state, 11.2% of students had used cannabis, 4.6% of students had used other drugs (e.g. LSD, amphetamine, cocaine) for this purpose.