

Results: The program verification was conducted in employees of municipal administration offices ($n = 214$). The empirical data revealed high effectiveness of relaxation and autogenic means in decrease of anxiety ($t=8,64$; $p<0,001$) and fatigue ($t=9,18$; $p<0,001$).

Conclusions: The first variant of distant program could be recommended for stress-management under pandemic lockdown. At the same time, advanced evaluating procedures are necessary to measure the coping effect of such programs, and to prove stress-reduction capacities of specialized distant training modules.

Keywords: stress-management; COVID-19; distant work stress; self-regulation

EPP0749

The familial experience of acute bacterial meningitis in children. A transversal qualitative study using interpretative phenomenological analysis

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Introduction: Pediatric acute bacterial meningitis is a life-threatening illness that results from bacterial infection of the meninges and leaves some survivors with significant sequelae. Given the potential trauma induced by the disease itself and the hospitalization, it is important to have an insight on how the parents cope with this aversive event, and especially how they give sense to this experience.

Objectives: (1) To explore the lived experience of close family ascendants whose child or grandchild had survived acute bacterial meningitis (2) To investigate how they give meaning to this specific experience.

Methods: Participants were recruited through two association of persons affected by meningitis. Convenience sample of eleven family ascendants. Their family descendants were aged between 0.2 and 20 years old at the time of the meningitis diagnosis ($M= 4.1$, $SD= 7.3$). In average, 9.4 years had passed between the onset of illness and the relative's interview ($SD= 5.4$).

Results: 6 superordinate themes and 2 meaning-making processes were identified: 1. Sick child becoming a "hero" (comparison with other children). 2. Engaged action/attitude: finding the "positive" of the traumatic experience and engaged action to improve the care system.

Conclusions: This is one of the first studies exploring the first-hand experience of family ascendants confronted to acute bacterial meningitis. Findings highlighted factors characterising the disease experience and the psychological adjustment of meningitis survivors' families. They demonstrated (1) the multidimensional impact of the disease on family ascendants and their need for professional psychological support, (2) the importance of direct involvement of parents in identifying key aspects of care.

Keywords: Subjective experience; Meningitis; survivors; Meaning-making process; Qualitative methods

EPP0750

Psychiatric impact of mobile usage on medical student life: Ringxiety, nomophobia, and sleep

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Introduction: The usage of mobile phones has seen exponential growth worldwide.^{1,2} While college students use mobile applications for educational purposes, the reports of adverse health problems are emerging.^{3,4}

Objectives: Investigate the impact of mobile usage patterns on the life of medical students and its association with psychiatric effects concerning ringxiety and nomophobia.

Methods: Data was collected from the 300 medical students of Ashwini Rural Medical College of India through a survey for this cross-sectional study. Chi-square (χ^2) was used for statistics that revealed association, mobile phone usage patterns, including time spent before sleep, in classrooms or clinics, and frequency of update checks.

Results: A significant association was found between time spent on mobile before sleep and duration of sleep, and mobile usage in classrooms or clinics and psychological effects ($p<0.0001$). Significant association observed between mobile use in classes or clinics and the frequency of update checks, and the frequency of update checks and psychological effects ($p<0.0001$). About 78% of participants distracted in self-study due to mobile. Updates checked every 10 minutes by 14.7%, every hourly by 43%, and during breaks by 42.3%. Mobile low network caused anxiety (13.3%) and irritability (67.3%). About 41.7% of students couldn't abstain from mobile use for a day. Every student used the mobile phone averagely for 24 minutes before they went to sleep.

Conclusions: Our study results highlight the prevalence of ringxiety and nomophobia in medical school students. With the surging dependency on mobile phones and technology, we need to cautiously monitor its adverse effects on psychology and psychiatric conditions.

Keywords: ringxiety; nomophobia; medical students mobile usage; psychiatric effects and sleep disturbance

EPP0751

Is ketamine and lamotrigine interactions responsible for the sub-therapeutic effect of ketamine?

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Introduction: The immediate antidepressant effect of Ketamine has become a breakthrough in the treatment of depression. Cytochrome CYP3A4 and 2B6 primarily metabolize Ketamine.

Objectives: The present study explores potential pharmacokinetic and pharmacodynamic interactions of Lamotrigine and Ketamine.

Methods: A literature search was conducted using ("ketamine" OR "Lamotrigine" AND Interactions in PubMed, Embase, and PsycINFO. Our literature search resulted in 72 hits and result in qualified five studies.

Results: We found five studies: one RCT study, a RCT, a crossover design, Two case reports, and one murine model study. In the first RCT conducted on 16 healthy normal volunteer subjects. lamotrigine significantly decreased ketamine-induced perceptual abnormalities ($P < 0.001$), positive ($P < 0.001$) and negative symptoms ($P < 0.05$), and learning and memory impairment ($P < 0.05$) which shows the counter effect of ketamine. Another study revealed Ketamine evoked increases in all the BPRS subscale scores, and all scores were lower after lamotrigine pretreatment. A case report from 2014 reports the failure of ketamine anesthesia in a patient with lamotrigine overdose. Another case report mentions that Lamotrigine reduced the craving in a patient with ketamine use disorder. A murine model study with lamotrigine showed improved PPI (Prepulse inhibition) ketamine-induced disruption. These results suggest that Lamotrigine may exert this effect via a glutamatergic system.

Conclusions: The literature review suggests that Lamotrigine interferes with glutamatergic neurotransmission reducing the effect of Ketamine. It is not clear how this may impact Ketamine's antidepressant action. Future large scale and well-designed RCTs are required to confirm these findings.

Conflict of interest: No significant relationships.

EPP0752

Perceived stress among nurses: A hospital-based study

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Introduction: Stress can be described as a dynamic and reciprocal relationship between the person and the environment. Nursing is considered as an occupation with a constellation of circumstances leading to stress.

Objectives: This study aims to assess perceived stress among staff nurses in Hedi Chaker and Habib bourguiba Hospital from Sfax city, Tunisia

Methods: Nurses from Hedi Chaker and Habib bourguiba University hospitals in Sfax- Tunisia were invited to complete a structured self-report questionnaire. The questionnaire consists of the following parts: Perceived Stress Scale (10-item form), personal data and information relevant to types of work shifts and years of experience.

Results: A total of 146 (males = 49; females = 97) nurses participated in this study. The mean age was 37 years. Nearly 82 % of the

participants considered themselves in very good health. Rotating shifts work was noted in 72.50% of cases. The average length of working experience was 7.96 years. The stress in most of nurses was in severe level (74.65%), followed by mild (23.28%) and moderate (2.05%) levels. High level of perceived stress was significantly associated with general health problems ($P = 0.032$). No significant association was found between level of perceived stress, types of work shifts and years of experience.

Conclusions: The results show a significantly high level of stress among staff nurses. Hence, nurses need support and subsequent interventions to cope with stress. Actions in this direction may contribute to the improvement of health, well-being and quality of life of the professionals.

Conflict of interest: No significant relationships.

EPP0753

Mental health service providers: Barriers in collaboration

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Introduction: Collaboration between psychiatrists and psychologists (counsellors) is one of the key factors impacting efficiency of services in child and youth mental health. Despite the clear benefits, a teamwork approach is still limited and has some difficulties.

Objectives: The objective of the study was to explore potential barriers in the collaboration between professionals with different backgrounds.

Methods: Anonymous online survey for staff from various mental health clinics across Russia was completed by 142 psychologists and 70 psychiatrists ($\Sigma = 212$).

Results: 77.7% participants reported that collaboration is helpful in adult mental health services; 91.3% see partnership as an essential part of child and youth mental health. 61.6% specialists work together; 44.7% described it as a successful experience. At the same time 58.4% believe that pharmacological treatment should start first, and counselling may be postponed. 49.5% believe that doctors often diminish the importance of counselling. Fears and biases towards psychiatrists were reported by 28.9% of the sample. 25.4% participants reported lack of trust and limited understanding of counselling methods. Top barriers for collaboration that were reported: lack of opportunities on an organizational level (20% doctors and 45% psychologists), unclear professional boundaries and responsibilities (28.5% doctors and 15.4% psychologists), lack of motivation (20% doctors and 7% psychologists), lack of positive experience (11.2% psychologist and 0% doctors). The main reported benefit of collaboration by 39.6% was improved compliance and better treatment outcomes.

Conclusions: In order to make collaboration among mental health professional more efficient, there is a need to address the barriers listed above.

Keywords: quality of services; barriers; collaboration; Child Psychiatry