

recognized as necessary by all the sample subjects. 90% answered that lithium is toxic and 65% answered that it is fatal. In case of toxicity by lithium all subjects (100%) agreed to call the responsible doctor of the patient, 25% of them chose it as a unique measure and 75% thought it was necessary to stop the lithium immediately as well.

Conclusions: Lithium is considered as a double-edged sword largely due to its narrow therapeutic index. Nevertheless, nurses are undertrained when it comes to its use and manipulation.

Disclosure: No significant relationships.

Keywords: monitoring; Nurses; initiation; Lithium

EPP0156

Success rates of smoking cessation therapies to patients with mental illness by video consultants or by treatment in the community: A Randomized Controlled Trial

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Introduction: Smoking is probably the one single factor with the highest impact on reducing the life expectancies of patients with mental illness. In Denmark, 38.8% of patients with persistent mental health problem are smoking. Patients may have problem in participating in ordinary smoking cessation programs offered in the community, but they are concerned about the impact of tobacco use on their health and finances and are motivated to stop smoking. Videoconferencing addressing smoking cessation might be an alternative to ordinary consultation at the clinic because the patients can access the treatment at home.

Objectives: Compare rates of smoking cessation in two interventions.

Methods: Patients diagnosed with schizophrenia, bipolar disorders or depression in 3 outpatient clinics are eligible for inclusion. Primary outcome is changes in number of cigarettes smoked pr. patients per day in at 6-month follow-up. Secondary outcome is abstinence from smoking at 6-month follow-up. This is a two-arm randomized controlled trial. 1. Daily video consultants at the start of smoking cessation and the months after. 2. Treatment as usual consistent of smoking cessation treatment in the community by weekly consultants.

Results: By September 2021, we have included 64 patients. Among patients, receiving video 26% has stopped and 15% has stopped from treatment as usual. Many patients has reduced their smoking considerably. The patients in general express that they are satisfied with both interventions.

Conclusions: Smoking cessation delivered by daily short video consultants seems to be the best and most effective way to help patients with serious mental illness to stop smoking.

Disclosure: No significant relationships.

Keywords: schizofrenia; affektiv disorder; Randomized Controlled Trial; smoking cessation

EPP0157

Further Validation of the Short Form of the Self-Compassion Scale in a sample of Portuguese Medicine Students

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Introduction: The Short Form of the Self-Compassion Scale (SCS-SF; Raes et al. 2011) is composed of 12 items that evaluate the same six dimensions (Self-Kindness/SK, Self-Judgement/SJ, Common Humanity/CH, Isolation, Mindfulness/M, Over-Identification/OI) as the long scale (26 items). The Portuguese version of the SCS-SF (Castilho et al. 2015) was validated in a vast sample from clinical and general populations, the latter being composed of students, other than from medicine courses.

Objectives: To analyze the psychometric properties of the Portuguese version of the SCS-SF in a sample of Medicine/Dentistry students.

Methods: Participants were 666 Portuguese medicine (82.6%) and dentistry (17.4%) students (81.8% girls); they answered an online survey including the SCS and other validated questionnaires from the OECD Study on Social and Emotional Skills/SES: Stress resistance, Emotional control, Optimism and Persistence.

Results: Confirmatory Factor Analysis showed that the model composed of six factors, two second order factors (positive and negative) and one third order factor (total) presented good fit indexes ($\chi^2/df=3.013$; RMSEA=.0066, $p<.001$; CFI=.970; TLI=.948, GFI=.947). The Cronbach's alfas were .892, .869 and .877 respectively for the total, self-compassion and self-criticism dimension. Pearson correlations of the SCS-SF total score, self-compassion and self-criticism dimensional scores were moderate to high with the SES measures, from .272/- .236/.247 with Persistence to .709/- .634/.615 with Optimism.

Conclusions: Although reduced to less than half than the original SCS, the SCS-SF is a valid and useful alternative to measure general self-compassion and their positive and negative components in an ongoing longitudinal research with medicine/dentistry students.

Disclosure: No significant relationships.

Keywords: validation; medicine students; self-compassion; SCS-SF

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'MALADAPTIVE DAYDREAMING': An introduction to a new condition

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