

**Conclusions:** Implementation of regular physical activities in psychiatric wards should be considered whenever possible, due to its positive effects on physical and mental health. The adoption of structured exercise programs in psychiatric wards is feasible, safe, and well-received by patients.

**Disclosure:** No significant relationships.

**Keywords:** physical activity; exercise program; exercise; mental health care

## EPV0866

### Positive education for students' mental health support

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**Introduction:** There has been obvious in university education the importance of mental health and psychological well-being of students along with academic achievements (Lambert et al., 2019). M. Seligman, one of the founders of positive psychology, characterizes positive education as education aimed at acquiring happiness along with knowledge and skills (Seligman et al., 2009).

**Objectives:** The current study aims to overview the positive education impact on mental health and psychological well-being.

**Methods:** Systematic analysis of research publications concerning positive education and its role for maintenance of mental health and psychological well-being.

**Results:** While university administration collects student's feedback on various aspects of the educational process, it almost never asks students for their opinion on what can be done for their psychological well-being. The promotion of psychological well-being among young people is becoming an increasingly popular topic, and positive education is increasingly emerging within education. Positive education can be seen as a general sphere of positive psychology and advanced practice in education that aims the development of students for both academic achievement and psychological well-being. Special attention in positive education is paid to the use of empirically proven methods and programs aimed at improving well-being, engagement in educational activities, optimism, positive emotions, life satisfaction and other positive experience.

**Conclusions:** A particularly promising direction for the development of positive education can be the use of information and communication technologies to improve mental health and psychological well-being. The reported study was funded by the Russian Foundation for Basic Research, project number 18-29-22049.

**Disclosure:** No significant relationships.

**Keywords:** positive education; psychological well-being; mental health

## EPV0868

### Patient safety in community-based mental healthcare: A systematic scoping review

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**Introduction:** There is limited existing research about patient safety issues in mental healthcare. A lack of evidence is particularly pronounced in relation to safety in community-based mental health services, where the majority of care is provided. To date, reviews of mental health patient safety literature have focused primarily on inpatient care settings.

**Objectives:** This systematic scoping review will aim to identify and synthesise literature about the types of patient safety problems in adult community-based mental health settings, the causes of these problems, and evaluated safety interventions in this care context.

**Methods:** A systematic search was conducted on 19<sup>th</sup> June 2020 and refreshed on 23<sup>rd</sup> October 2021, across five databases: Medline, Embase, PsycINFO, Health Management Information Consortium, and Cumulative Index to Nursing and Allied Health Literature. The search strategy focused on three key elements: 'mental health', 'patient safety' and 'community-based mental health services'. Retrieved articles were screened at title, abstract and subject heading level, followed by full-text screen of longlisted articles.

**Results:** In this presentation, the findings of this systematic scoping review will be described, based on synthesised literature about safety incidents, broader care delivery problems, their causes, and evaluated patient safety interventions to address these issues.

**Conclusions:** This study will offer learning opportunities about the safety problems, contributory factors, and safety interventions in adult community-based mental health services, as described in the evidence base. Review findings will also help to ascertain gaps in existing research, which should be addressed in future studies.

**Disclosure:** NS is the director of London Safety and Training Solutions Ltd, which offers training in patient safety, implementation solutions and human factors to healthcare organisations and the pharmaceutical industry. The other authors have no competing interests.

**Keywords:** review; mental health care; Patient safety

## EPV0869

### Rural-urban differences in accessing mental health care in Tunisia

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**Introduction:** Despite improvement of mental health outcomes over the last years in Tunisia, there are still striking rural-urban mental health inequalities.

**Objectives:** The aim of this study is to evaluate the rural-urban differences in accessing mental health care among patients with psychiatric disorders

**Methods:** A cross sectional and descriptive survey was conducted between March and April 2021 in the department of psychiatry D of Razi Hospital including 70 patients admitted or treated as out-patients. The sex ratio was 1.

**Results:** The participants were aged between 17 and 68. About 11.42% came from rural areas. In these areas, 75% percent had low income versus 30.64% in urban areas. ( $p=0.047$ ) The percentage of celibacy in urban areas was 68.85% versus 37.5% in rural areas ( $p=0.042$ ) No significant difference was observed between the level of education and living in rural or urban areas. There was no association between rural or urban origin and number of admissions or treatment adherence or use of cannabis. The mean time between symptoms onset and consulting was 8.51 years in rural areas versus 2 years in urban areas. Moreover, time between symptoms onset and admission was significantly associated with rural or urban origin ( $p=0.045$ ). The mean duration was 13,33 years ( $\pm 10$ ) in rural areas versus 3.12 years ( $\pm 4.13$ ).

**Conclusions:** Families living in urban areas had better income and would come to psychiatric hospital earlier. Therefore, we should help patients in rural areas access to mental health facilities for a better medical care.

**Disclosure:** No significant relationships.

**Keywords:** Urban; mental healthcare access; Rural

## Mental Health Policies

### EPV0870

#### Application of a decision support system for providing better mental health care: the case of the Basque Country (Spain).

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**Introduction:** Decision Support Systems (DSS) are appropriate tools for guiding policymaking processes in Mental Health (MH) management, especially where a balanced and integrated care provision is required.

**Objectives:** To assess the performance of a MH ecosystem for identifying benchmark and target-for-improvement catchment areas according to the Balanced Care model.

**Methods:** The MH provision, distinguishing inpatient, day and outpatient main types of care, has been assessed in the Mental Health Network of Gipuzkoa (Basque Country, Spain) using a DSS, integrating Data Envelopment Analysis, Monte-Carlo Simulation and Artificial Intelligence. 13 catchment areas, defined by a reference MH centre, are the units (universe) for the analysis. The indicators for MH ecosystem performance were: relative technical efficiency, stability and entropy, for identifying both benchmarking and target-for-improvement areas. The analysis of the differences between the two groups can be used to design organizational interventions.

**Results:** The Mental Health Network of Gipuzkoa showed high global efficiency scores, but it can be considered statistically unstable (small changes in variable values can have relevant impacts on its performance). For a global performance improvement, it is recommended to reduce admissions and readmissions in

inpatient care, increase workforce capacity and utilization of day care services and, finally, increase the availability of outpatient care services.

**Conclusions:** This research offers a guide for evidence-informed policy-making to improve MH care provision in the main types of care and provide aftercare. The characteristics of the area to be improved are critical to design interventions and assess their potential impact on the MH ecosystem.

**Disclosure:** No significant relationships.

**Keywords:** Mental health services; Policymaking; Efficiency; mental health care

### EPV0871

#### Subjective frequency of seeking for support from different sources and mental health among juvenile convicts

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**Introduction:** As mental health and emotional wellbeing while serving a sentences contribute a lot to the successful resocialization of juvenile convicts, it is necessary to study the factors that influence them.

**Objectives:** To consider the relationship between the subjective frequency of social support from various sources and indicators of mental health and well-being of juvenile convicts.

**Methods:** The study used DASS (Lovibond, Lovibond, 1995), WEMWBS (Tennant et al., 2007), PANAS (Watson, Clark, Tellegen, 1988), SPANE (Diener et al., 2010), and a question to measure the subjective frequency of seeking for support from different sources (parents, close relatives, friends, mentors, psychologists, other convicts etc.), as measured on a 4-point scale from 1 (never) to 4 (constantly). 657 juvenile convicts aged 15 to 18 ( $M=17.0$ ;  $SD=0.8$ ) took part in the study.

**Results:** Regression models ( $R>0.5$ ) were obtained by means of regression analysis (frequencies of seeking for support from different sources were taken as independent variables). The declared frequency of seeking for support from mentors served as a predictor of psychological well-being ( $Beta\ 0.148$ ,  $t=2.271$ ;  $p=0.024$ ), the level of depression ( $Beta=-0.193$ ,  $t=-2.917$ ;  $p=0.004$ ), anxiety ( $Beta=-0.157$ ,  $t=-2.365$ ;  $p=0.018$ ) and stress ( $Beta=-0.142$ ,  $t=-2.136$ ;  $p=0.033$ ), as well as of negative experience ( $Beta=-0.202$ ,  $t=-3.025$ ;  $p=0.003$ ). The declared frequency of seeking support from psychologists predicted the level of positive experience ( $Beta=0.128$ ,  $t=2.052$ ;  $p=0.041$ ) and of positive affects ( $Beta=0.145$ ,  $t=2.259$ ;  $p=0.024$ ).

**Conclusions:** Mental health, well-being and emotional state of juvenile convicts are directly related to the perception of the frequency of seeking support from the employees of the correctional camps (mentors and psychologists).

**Disclosure:** No significant relationships.

**Keywords:** juvenile convicts; social support; mental health