

Conclusions: 1. Majority first year medical students think that the beginning of studies have negative impact on their emotional well-being. 2. A large number of medical students unwilling to see mental health specialist. 3. Significant number of students use psychoactive substances to improve their emotional state.

Disclosure: No significant relationships.

Keywords: mental health; Medical Students; stress; mental health stigma

EPV0482

The enhancement of emotional skills as a resource to reduce hopelessness

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doi: 10.1192/j.eurpsy.2021.2016

Introduction: Emotional Intelligence (EI) involves a set of emotional skills (attention, clarity, and emotional regulation) for the effective use of emotional information (Mayer & Salovey, 1997). The lack of emotional skills has been associated with multiple disruptive emotional phenomena, such as hopelessness. It has been observed that EI can be a predictor of hopelessness in older adults, in such a way that we can consider that the development of EI could be a relevant resource for promoting mental health in older adults.

Objectives: Implement an EI intervention to reduce levels of hopelessness.

Methods: The sample consisted of 123 healthy older adults from Valencia (Spain), randomly distributed into two groups: treatment group (N = 57) and control group (N = 68), aged between 60 and 84 years, with a mean age of 67.62 years (SD = 6.43). Of these, 54.4% were women and the remaining 45.6% were men. The Trait Meta-Mood Scale 24 (TMMS 24) was applied to assess EI and the Beck Hopelessness Scale (BHS) to assess hopelessness.

Results: Significant differences are observed in the treatment group after the intervention (F1, 123 = 19.86; p < 0.001, h₂ = 0.142), with a decrease in scores (T1= 4.72; T2=2.88). For the control group, the effects were not significant (F1, 123 = 1.06; p = 0.305, h₂ = 0,009).

Conclusions: The efficacy of the intervention in EI to manage emotional states is evidenced, reducing levels of hopelessness thanks to training in adaptive emotional processing and emotional management skills.

Disclosure: No significant relationships.

Keywords: Emotional intelligence; Hopelessness; mental health

EPV0483

The effect of online motivational interviewing on stress management in infertile women with PCOS: A randomized clinical trial

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doi: 10.1192/j.eurpsy.2021.2017

Introduction: Polycystic ovary syndrome (PCOS) is one of the most common endocrine disorders in women, which in addition to medical aspects also affects the dimensions of women’s mental health such as stress.

Objectives: The present study was conducted to determine The effect of online motivational interviewing on stress management in infertile women with PCOS

Methods: This randomized controlled clinical trial enrolled 60 Infertile Women with PCOS from the city of Sari-Iran in 2020. Participants were assigned to MI and control groups using block randomization. The intervention group received 5 weekly of MI online via WhatsApp. While the control group received only routine care. Stress management scores in these individuals were measured using health-promoting lifestyle profile II questionnaire (HPLP II) before and after the intervention. Then, the data were entered into the SPSS software, version 25 and were analyzed using descriptive statistics, chi-square test, t-test, and repeated measures analysis of variance.

Results: No significant difference was observed between the two groups before the intervention mean The Stress management scores (p>0.05). After the intervention, mean (SD) of The Psychological Domains score was 22.5 (3.8) in the intervention group and 17.9 (4.1) in the control. The Stress management score was significantly upper in the intervention group compared to the control. (p<0.000). The effect size (1.1) was calculated. NNT (1.6) was calculated.

Conclusions: According to the results and the effect of motivational interviewing is one of the effective methods to manage stress in infertile women with PCOS.

Disclosure: No significant relationships.

Keywords: Infertile women; polycystic ovary syndrome; motivational interview; Health-promoting behaviors; stress

EPV0484

Music and emotion

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