

Objectives: One purpose of this project is to evaluate the associations between self-reported quality of life and objective measures of somatic health.

Methods: A clinical intervention in which a GP consults patients in all medium secure wards in the Central Denmark Region (N=72). The consultation includes a physical examination, medication review, and evaluation of blood samples. Data is collected from: electronic patient files and questionnaires regarding quality of life (SF-12), lifestyle, and attitude towards GP services.

Results: The population will be described in regards to socio-demographic, clinical, and forensic characteristics. Associations will be made between quality of life (SF-12), metabolic syndrome, blood markers, and heart-SCORE risk. Risk profiles for endocrinologic and coronary illness will be examined.

Conclusions: Results may guide future health interventions and will be used as a basis for adjustments to the current project.

Disclosure: No significant relationships.

Keywords: #Forensic Psychiatry; #Multimorbidity; #Cross Sectoral; #Clinical Intervention

EPV0777

Implementation of Traffic Light System on food sold at Brockfield House Medium secure unit to help improve healthy food options.

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doi: 10.1192/j.eurpsy.2022.1544

Introduction: Public Health England published a report in 2017 on Obesity in Secure Mental Health units. A key finding was that not only is obesity and overweight more prevalent in the population detained within mental health secure units (reported rates of up to 80%) than in the general population (around 60%), patients appear to be more at risk of weight gain when they are detained.

Objectives: 1. To implement a traffic light system on food and confectionaries sold at the shop at a Medium secure hospital. 2. Provide healthier food options at the shop by using traffic light system as a visual aid 3. To achieve weight reduction and promote healthy life style choices in patients admitted to our medium secure Forensic unit

Methods: 1. Buying a new till system which is able to quantify what type of food is sold 2. Labelling food sold using traffic light system 3. Calculate the types of food sold following a three- month period after implementation.

Results: /Intended Outcome Traffic light system provides a visual aid to patients in choosing healthier food Patients in our medium secure unit achieve a reduction in their weight Traffic light system can be replicated/ adopted by other secure hospitals

Conclusions: The purpose of this research is to implement a traffic light system on food sold at a shop in our medium secure unit and that this will help improve food choices in the unit.

Disclosure: No significant relationships.

Keywords: Secure Services; forensic psychiatry; lifestyle choices; obesity

EPV0778

Quality of Life, Risk and Recovery in a National Forensic Mental Health Service: A D-FOREST study from DUNDRUM Hospital.

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doi: 10.1192/j.eurpsy.2022.1545

Introduction: Secure forensic mental health services have a dual role, to treat mental disorder and reduce violent recidivism. Quality of life is a method of assessing an individual patients' perception of their own life and is linked to personal recovery. Placement in secure forensic hospital settings should not be a barrier to achieving meaningful quality of life. The WHO-QuOL measure is a self-rated tool, internationally validated used to measure patients own perception of their quality of life.

Objectives: This aim of this study was to assess self-reported quality of life in a complete National cohort of forensic in-patients, and ascertain the associations between quality of life and measures of violence risk, recovery and functioning.

Methods: This is a cross sectional study, set in Dundrum Hospital, the site of Ireland's National Forensic Mental Health Service. It therefore includes a complete national cohort of forensic in-patients. The WHO-QuOL was offered to all 95 in-patients in Dundrum Hospital during December 2020 – January 2021, as was PANSS (Positive and Negative Symptoms for Schizophrenia Scale). During the study period the researchers collated the scores from HCR-20 (violence risk), therapeutic programme completion (DUNDRUM-3) and recovery (DUNDRUM-4). Data was gathered as part of the Dundrum Forensic Redevelopment Evaluation Study (D-FOREST).

Results: Lower scores on dynamic violence risk, better recovery and functioning scores were associated with higher self-rated quality of life.

Conclusions: The quality of life scale was meaningful in a secure forensic hospital setting. Further analysis will test relationships between symptoms, risk and protective factors and global function.

Disclosure: No significant relationships.

Keywords: Forensic in-patients; Quality of Life; Risk; Recovery

EPV0779

Bio-psycho-social model of aggressive behaviour

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doi: 10.1192/j.eurpsy.2022.1546