

disorders. However, little is known about the relation between lifestyle, and personality disorders.

**Objectives:** The purpose of this review is to regroup the available information on this topic.

**Methods:** In February 2021, we searched the literature using 4 databases for articles analyzing the relation between lifestyle and personality disorders. Twenty-one articles were included.

**Results:** In this review, we found few studies analyzing the relation between lifestyle and personality disorders. Most studies either used lifestyle measures as control variables or did not use such variables at all. Moreover, instruments used to measure lifestyle variables lacked precision at best. Two studies demonstrated a relation between early malnutrition and further development of personality disorders, but those results may be influenced by confounding variables and cannot indicate a clear link between nutrition and personality disorder.

**Conclusions:** Few evidences are available linking lifestyle to personality disorders in any way. This lack of evidence is surprising considering the multiple benefits individuals with personality disorders could get from it. More studies are needed to thoroughly analyze the impact of lifestyle on personality disorders and vice versa. Those studies need to use validated instruments to provide strong evidence about this relation.

**Disclosure:** No significant relationships.

**Keywords:** Personality disorders; physical activity; Lifestyle; nutrition

## EPV0980

### Self-harm on a closed psychiatric ward

N. Kool\* and A. Jaspers

Parnassia Groep, Centre Intensive Treatment, The Hague, Netherlands

\*Corresponding author.

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**Introduction:** Self-harming behavior is a frequent problem seen at patients admitted to closed wards in psychiatric hospitals. People who self-harm have a higher risk of other forms of aggressive behavior as well. Little is known about prevalence and characteristics of this behavior, the preceding triggering factors and the relation with other aggressive behaviors.

**Objectives:** To gain insights in the self-harming behavior of patients admitted to a closed ward in a psychiatric hospital.

**Methods:** From September 2019 till January 2021 information on self-harming incidents and aggressive behavior towards others or objects, of 27 patients admitted to the closed department of the Centre Intensive Treatment (Centrum Intensieve Behandeling), has been gathered. The Self-Harm Scale and Social Dysfunction and Aggression Scale were used to gather the data.

**Results:** Twenty of 27 patients examined (74%) showed self-harming behavior. Head banging (41,9%) and self-harming using straps/ropes (30%) occurred most. Tension/stress as triggering factor was mentioned most (19,1%), followed by reliving (13,5%) and team interaction (11,8%). Self-harming behavior occurred more in evenings than during the rest of the day. No significant difference was found in the degree of aggressive behavior towards others or objects between the group of patients harming themselves and the group that didn't.

**Conclusions:** This study delivers insights in self-harming behavior of patients admitted to closed psychiatric departments that can be used for prevention and treatment.

**Disclosure:** No significant relationships.

**Keywords:** self-harm; closed ward; psychiatric hospital; nonsuicidal self-injury

## EPV0981

### “Let's face it... it's futile”: Experiences of futility among nurses who provide care to patients with borderline personality disorder

C. Papathanasiou\* and S. Stylianidis

Panteion University of Social and Political Sciences, Psychology, Athens, Greece

\*Corresponding author.

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**Introduction:** Research studies suggest that mental health nurses hold negative attitudes towards patients diagnosed with borderline personality disorder (BPD).

**Objectives:** The aim of this study was to explore mental health nurses' experiences and attitudes towards BPD patients in Greece, using a qualitative approach.

**Methods:** Data were collected through two audio-recorded focus group discussions. The participants were twelve nurses who work in two General Hospital Psychiatric Units –one in Athens and one regional– and have direct clinical experience with BPD patients. The audio recordings were transcribed verbatim and analysed using thematic analysis in the context of grounded theory.

**Results:** One overarching theme and three main themes were identified. The overarching theme that emerged was: “Futility”, which refers to feelings that the provision of nursing care to BPD patients is devoid of purpose and meaning. The main themes were: “Uncertainty”, which refers to the absence of valid causal explanations for mental disorders and on the perplexity of the BPD psychopathology; “Frustration”, which refers to challenges and barriers to providing care to BPD patients; “Unsupportiveness”, which refers to a complex mental health system, where there is a lack of guidance and goal orientation. Of significance are the nurses' feelings of frustration and futility creating a sense of being burdened and leading to negative attitudes and behaviours towards BPD patients.

**Conclusions:** Understanding treatment goals from the recovery model perspective and developing guidelines to help nurses revisit the concept of medical futility, may improve care to BPD patients.

**Disclosure:** No significant relationships.

**Keywords:** mental health nursing; staff experiences; futility; borderline personality disorder

## EPV0982

### Portuguese validation of the Self-Generated Stress Scale

M.J. Brito<sup>1,2\*</sup>, F. Carvalho<sup>2</sup>, P. Vitória<sup>3,4</sup>, A.P. Amaral<sup>5</sup>, M. Carneiro<sup>1,2</sup>, C. Cabacos<sup>1,2</sup>, A. Araújo<sup>1,2,6</sup>, A. Macedo<sup>1,2,6</sup> and A.T. Pereira<sup>2,6</sup>

<sup>1</sup>Centro Hospitalar e Universitário de Coimbra, Department Of Psychiatry, Coimbra, Portugal; <sup>2</sup>Faculty of Medicine of University of Coimbra, Institute Of Psychological Medicine, Coimbra, Portugal;

<sup>3</sup>University of Beira Interior, Department Of Psychology And Education, Covilhã, Portugal; <sup>4</sup>ISCTE - University Institute of Lisbon, Cis-iul - Centre For Social Research And Intervention, Lisboa, Portugal; <sup>5</sup>Polytechnic Institute of Coimbra, Coimbra Health School,

Coimbra, Portugal and <sup>6</sup>Coimbra Institute for Biomedical Imaging and Translational Research, -, Coimbra, Portugal

\*Corresponding author.

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**Introduction:** Self-Generated Stress might be defined as stress that is created by oneself by engaging in behavior or making decisions that ultimately add strain to pre-existing personal stress. The Self-Generated Stress Scale (SGSS; Flett et al. 2020) is a seven-item self-report measure built to assess this tendency to make one's own life more stressful.

**Objectives:** To analyze the psychometric properties of the Portuguese Version of the SGSS.

**Methods:** Participants (127 medicine and dentistry students; 78.0% female) answered an online survey including the preliminary Portuguese version of the SGSS and other validated questionnaires: Maslach Burnout Inventory – Students Survey, Depression Anxiety and Stress Scales, HEXACO-60 and *Big Three Perfectionism Scale*.

**Results:** Confirmatory Factor Analysis showed that the unidimensional model presented good fit indexes ( $\chi^2/df=1.546$ ; RMSEA=.0666,  $p<.001$ ; CFI=.982 TLI=.972, GFI=.960). The Cronbach's alfa was .868. Pearson correlations between SGSS and the other measures were significant ( $p<.01$ ) and moderate/high: Burnout, .412; Stress/Anxiety/Depression, >.550; Perfectionism, .600; Emotionality, .315; Extroversion, -.411. After controlling for the effect of Emotionality and Extroversion, SGSS explained significant additional increments of 19.9% and 14.0% of the DASS and MBI variance; controlling for Perfectionism, the increments were respectively of 27.9% and 2.0%. SGSS mean score ( $22.96\pm 5.90$ ) was not significantly different by gender.

**Conclusions:** As observed with the original English-language scale, the Portuguese version of SGSS showed good validity (construct and convergent-divergent) and internal consistency. As such, the SGSS might be useful in further investigation, particularly to explore the different pathways between personality traits, emotional regulation processes and psychological distress.

**Disclosure:** No significant relationships.

**Keywords:** self-generated stress; personality; psychological distress; emotional regulation

## EPV0984

### Aesthetics and mental health: an increase in personality disorders

C. Garcia-Bernal<sup>1\*</sup> and G. Rodriguez-Menéndez<sup>2</sup>

<sup>1</sup>University Hospital Virgen del Rocío, Psychiatry, Seville, Spain and

<sup>2</sup>University Hospital Virgen Macarena, Psychiatry, Seville, Spain

\*Corresponding author.

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**Introduction:** There has been a growing interest in our society for aesthetic interventions and achieving perfect beauty standards. We analyze its relationship with the mental health of our present time.

**Objectives:** 1. Describe the most frequent pathologies associated with aesthetic interventions.

2. Describe the population that most frequently uses these interventions.

3. Management of this pathology.

**Methods:** Systematic bibliographic review of the literature of the last 5 years following the PRISMA recommendations between March and June 2021.

**Results:** 4 articles were included. Most of them coincide in a high prevalence of borderline personality disorders, high impulsivity, high levels of anxiety, low perceived self-esteem and dysmorphophobia. Greater coordination between physicians who are dedicated to aesthetics and mental health is proposed due to the rise of this fashion.

**Conclusions:** 1. High increase in the use of aesthetic techniques.

2. Women who consume these techniques more.

3. High prevalence of personality disorders.

4. High prevalence of dysmorphophobia.

5. Referral is recommended in some cases to mental health consultations for specific treatment.

**Disclosure:** No significant relationships.

**Keywords:** Aesthetics; personality disorder; dysmorphophobia

## EPV0985

### Narcissism as a protective factor against the risk of self-harming behaviors without suicidal intention in Borderline Personality Disorder. Preliminary results.

Í. Alberdi-Páramo<sup>1\*</sup>, G. Montero-Hernández<sup>2</sup>, M. Pérez Lombardo<sup>1</sup>, J. Ibañez Vizoso<sup>1</sup>, J. Pemán Rodríguez<sup>1</sup>, L. Niell Galmés<sup>3</sup>, J. Rodríguez Quijano<sup>1</sup> and R.Á. Baena Mures<sup>3</sup>

<sup>1</sup>Hospital Clínico San Carlos, Psychiatry, Madrid, Spain; <sup>2</sup>Hospital Fundación Alcorcón, Psychiatry, Madrid, Spain and <sup>3</sup>Hospital infanta Sofía, Psiquiatría, Alcobendas, Spain

\*Corresponding author.

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**Introduction:** The spectrum of suicidal behavior is a core factor of the prognosis and care of Borderline Personality Disorder (BPD).

**Objectives:** Identify possible BPD specific personality traits that could act as protective factors of nonsuicidal self-injuries (NSSI).

**Methods:** We performed a cross-sectional, observational and retrospective study of a sample of 134 BPD patients aged from 18 to 56. We assessed the presence or absence of suicidal behavior and NSSI as well as different sociodemographic variables. Millon, Zuckerman-Kuhlman and Structured Clinical Interview for DSM personality questionnaires were also applied. The analysis of the association between variables was carried out with a multivariate negative binomial logistic regression model.

**Results:** A statistically significant association between NSSI and suicidal behavior was found. Elseways, statistically significant differences were also found in the association between NSSI and the SCID variables for Narcissistic Disorder, which appears as protective variables. These results provide an idea of the dynamic relationship between NSSI and suicidal behavior in a BPD population with particularly severe characteristics.

**Conclusions:** The role of narcissistic personality traits appears to be important in identifying protective factors for NSSI and suicidal behavior in BPD patients and could be the subject of further research projects.

**Disclosure:** No significant relationships.

**Keywords:** narcissism; protective factors against suicide; nonsuicidal self-injury; borderline personality disorder