Image:

Conclusions: There is an equidistant trialogue and circular relations between art, religion, and science, without any specific supremacy. This can offer up from the start the possibility of a lasting harmonization, of information transfers and professional enhancements to support new developments, uplifting the human being through positive reorientations and beneficial recoveries.

Disclosure of Interest: None Declared

EPV0391

Detection and psychoprophylaxis: therapy through art in institutional contexts in cluj-napoca romania

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Introduction: Considering the development of this study, we selected cases where art therapy played a central role in the educational/therapeutic process. Studied 130-150 cases per year on average, for 25 years (1996-2021), including children and adolescents aged between 2 and 18 years of both sexes, different social backgrounds in terms of housing, culture, and education: education/clinical art therapy (Mental Health Center for Children and Adolescents ward of the Cluj-Napoca Children's Emergency Hospital) and non-clinical education/art-therapy.

The activities also have components of artistic creation, research, and teaching with students, within the disciplines "Art therapy in institutional contexts" and "Artistic play and experiment in group dynamics", within the University of Art and Design section Pedagogy of Plastic and Decorative Arts from Cluj-Napoca Romania. The results are published at the international and world congresses to which we were invited together with the practitioners under supervision.

Objectives: The aims of occupational therapy, which include art therapy and play therapy, are to facilitate the use of creative process and symbolic communication, associated with narrative and imitation, to develop new ways of communication, self-expression and seeing things.

Methods: We use materials and techniques that are specific to visual arts (painting, sculpture, graphic, multimedia, photography, film, animation, and digital media), but also traditional ones, specific to tridimensional arts, such as pottery wheels and sculptural modeling. Activities are structured according to the following dimensions:

- The making of art or the production of other crafts resembles a situation test
- The analysis of the products allows the beneficiaries to attain a certain level of introspection and to "work through" their problems in constructive manner
- The execution of an operation requires sensory, cognitive, and affective intervention;
- Psychological dimensions, which include the individual's intrinsic need for self-improvement, for obtaining competence and self-knowledge;
- The socio-cultural and symbolic dimension of the act;
- The spiritual dimension, related to the meaning of the occupation for the individual;
- The temporal dimensions of the occupation (referring to the time or period of time required for recovery).

Results: By interacting with these factors, the individual gets to know his own potential and limits, but also those of the environment in which he lives.

Image:

Image 2:

Conclusions: An equidistant trialogue and circular relations between art, religion and science, without any specific supremacy, is created, which can offer from the start the possibility of lasting harmonizations, of informational transfers and professional enhancements that support developments, ennobling the human being through positive reorientations and beneficial recoveries.

Disclosure of Interest: None Declared

EPV0392

The Stigma of Mental Healthcare: A Qualitative Analysis of the Utilisation of Mental Health Services by South Asians in the UK

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Introduction: A growing amount of evidence indicates that South Asians in the UK are experiencing high rates of mental health disorders. Despite this, data from the National Health Service reveals that these communities utilise mental health services less than any other ethnic group residing in the UK. For these communities, mental illness stigma has been cited as a major barrier to accessing mental healthcare.

Objectives: By situating stigma within a specific socio-cultural context, this study aimed to explore how stigma may affect the utilisation of mental healthcare by South Asian communities within the UK. Acknowledging that the experiences of stigma can be influenced by an intersection of multiple social categorisations, it aimed to disaggregate the data further. This study examined how the experiences of stigma and the subsequent utilisation of mental healthcare may differ across generational statuses.

Methods: This qualitative study utilised document analysis as its approach to data collection and interpretation. Both, academic and grey literature were used. A literature search was performed using Google Scholar and PubMed. Google search engine was also used to identify grey literature such as blogs and reports. The search terms "mental health services", "stigma", "utilisation", "South Asian", "culture" and "generation" were used. Articles were organised into matrices relating to cultural stigma and intersections relating to culture and generational status.

Results: This study revealed that the values and beliefs instilled within South Asian cultures may perpetuate the effects of stigma, thus contributing to the under-utilisation of mental health services within the UK. This study also observed that second-generation South Asians may be more likely to utilise mental health services in comparison to the first-generation. This is ascribed to the fact that second-generation individuals, as a result of processes related to acculturation, are more likely to disengage with their heritage culture, which may, in turn, mitigate the levels of stigma experienced and reduce barriers to care.

Conclusions: This research argues that stigma is socially constructed within cultural groups, and heterogeneously across generations. Such findings can have wider relevance for healthcare professionals, who wish to become more culturally competent and policymakers, who wish to tailor anti-stigma interventions. Primary qualitative research, using questionnaires and interviews, should be employed to further understand mental illness stigma within cultural groups, such as South Asians, and could prove useful in acknowledging discrete beliefs between first- and second-generation cultural groups.

Disclosure of Interest: None Declared

EPV0393

Is Social Media Causing Anorexia? A Case Report on Kpop and Cultural Awareness

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Introduction: One of the most significant changes to society came with the advent of social media, and with it a cultural shift in whom people consider their actual friends. The cultural influence of entertainment figures is not a new phenomenon; however, there has a revolution in the way celebrities interact with their fans, specifically in the Korean Pop (Kpop) industry. In contrast with musicians who release an album and then disappear into mysterious obscurity, Kpop stars constantly interact with fans through meet and greets, live streams, variety tv shows, and most importantly, through social media. With a concomitant rise in parasocial interactions and relationships, Kpop blurs the line between what constitutes pathological delusions and healthy fan activity.

Objectives:
- To learn the assessment and management of patients with anorexia nervosa