

growth and benefit gain. Patients mental health can play an important role in PTG development.

Objectives: to explore possible differences in mental health according to PTG levels.

Methods: the sample was composed of 392 outpatients with MS from Virgen de la Macarena University Hospital (268 women; 124 (31.6 %) men, ages 19-78 years old (mean 45.61 years, SD=11.16 years). Expanded Disability Status Scale (EDSS) mean score was 3.38 (SD=2.06). Relapsing remittent (n=327) and progressive (n=65) MS type were reported. Post-traumatic Growth Inventory (PGI-21) measured patients perception of personal benefit gain after MS experience. General Health Questionnaire-28 (GHQ-28) evaluated Mental Health distress symptoms. Unpaired t-test was used to identify differences in mental health distress between “low PTG ≤ 49 score” and “high PTG ≥ 50 score” groups.

Results: Significant differences were found in social dysfunction ($t=2.521$, $p=0.012$) and severe depression ($t=2.442$, $p=0.015$), “high PTG group” (n=194) presented lower scores compare to “low PTG group” (n=198). No significant difference was detected in somatic symptoms ($t=0.185$, $p=0.087$) and anxiety and insomnia ($t=0.859$, $p=0.391$).

Conclusions: patients with higher PTG reported a better mental health. This suggests the relevance of mental health status in positive outcomes development after an adverse life event. Particularly, social dysfunction and depressive symptoms should be considered in interventions aimed to promote positive outcomes as personal gain and benefit finding in MS population.

Disclosure of Interest: None Declared

EPP0360

Examination of the Effectiveness of a Universal Prevention Program to Enhance Understanding and Regulating Others' Emotions for Children in Terms of Implicit and Explicit Affect

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Introduction: Uchida & Yamasaki (2012, 2022) have developed a universal prevention program to enhance understanding and regulating others' emotions for elementary and junior high school students. In recent years, affect and emotions are popular research topics in the domains of psychology and brain science. Most research has thus far focused on the effects of explicit affect on health and adjustment. However, an increasing number of studies have started to examine the effects of implicit affect on psychological outcomes. Although the program was developed for enhancing coping of explicit emotions for health and adjustment, the effectiveness needs to be examined also in terms of implicit affect.

Objectives: The purpose of this study was to examine the effectiveness of this program in terms of implicit and explicit affect.

Methods: Participants were 6th-grade children in a public elementary school in Japan. The final sample was 61 children (32 boys and 29 girls). Participants completed a battery of two questionnaires just before (Time 1) and just after (Time 2) the intervention

program. The questionnaires were the Implicit Positive and Negative Affect Test for Children (IPANAT-C) for assessing implicit positive and negative affect (IPA and INA) and the Japanese version of the Positive and Negative Affect Schedule for Children (PANAS-C) for measuring explicit positive and negative affect (EPA and ENA). The universal intervention program that was one of the programs we developed for children's health and adjustment was implemented over four regular classes targeting all children in their homeroom classes.

Results: Data were analyzed by 2 (pre-intervention and post-intervention periods) x 2 (boys and girls) analyses of variance (ANOVA) with the hoc tests using Holm corrections. First, regarding the EPA and IPA, there was a significant main effect of periods ($F_s(1, 59) = 6.82$ and 4.54 , $p < .05$, respectively), revealing in the post hoc tests that they significantly increased at the post-intervention period. In contrast, regarding ENA and INA, there was no significant main effect of periods. Moreover, regarding EPA, there was a significant main effect of sex. No significant period x sex interactions were found in any affect.

Conclusions: These results revealed that the current program was effective in enhancing explicit and implicit positive affect. On the other hand, no significant effects were found in enhancing explicit and implicit negative affect. The necessity of future research that will examine the sustainability of the effectiveness of the program is discussed, along with several limitations.

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EPP0361

Study of self-esteem and perceived stress in medical students in Tunisia

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Introduction: Self-esteem affects people's reaction to stressful events and the way individuals cope with stress. At the same time, stressful events negatively affect self-esteem, which is a psychological resource against psychological disorders.

Objectives: To study the link between self-esteem and perceived stress in medical students.

Methods: A cross-sectional study was conducted through an online survey among medical students of the faculty of medicine of Sfax (Tunisia). Participants completed an anonymous self-administered questionnaire and two psychometric scales: Rosenberg's self-esteem scale for the evaluation of self-esteem and Cohen's Perceived Stress Scale (PSS) for the evaluation of the level of perceived stress.

Results: Our sample consisted of 95 students. Their mean age was 25.8 ± 3.4 , with a sex ratio (M/F) = 0.25. The majority were single (83.2%) and live with their parents (64.2%). Only 14.7% of the participants were smokers, and 13.6% consumed alcohol.

History of psychiatric disorders was reported by 17.9% of students, 76.5% of which were anxiety disorders.

On the Rosenberg scale, self-esteem was very low in 27.1% and low in 34.7% of the students. According to the PSS scale, 21.1% had a severe stress level and 69.5% had a moderate stress level.

Female students had lower self-esteem with no significant correlation.

Students with a history of anxiety disorders had a significantly lower self-esteem ($p < 10^{-3}$).

Low self-esteem was significantly correlated with severe stress ($p = 0.01$).

Conclusions: Our study showed significant frequencies of low self-esteem and considerable stress among medical students. Low self-esteem was associated with severe stress. Further studies should be conducted to better investigate this relationship in order to promote student's mental health and the use of stress management techniques, which can not only reduce stress, but also improve self-esteem.

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EPP0362

Online Multifamily Systemic Therapy after First Psychotic Episode

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Introduction: In Greece, the Athens Multifamily Group Therapy Project (A- MFGT) provides systemic multifamily therapy to young adults after the first psychotic episode, with a purpose to deliver an early intervention program.

Objectives: Few evidence is available regarding the viability of multifamily systemic therapy in an online setting in purpose of widely developing in e-mental health care (Borcsa et al., 2021). The members of ten families who participated at two online multifamily systemic groups for young adults after the onset of psychosis provided their opinions regarding their experience of 10-month therapeutic program through online platform, with two - hour sessions every 15 days.

Methods: The members of the group described in an online form what they found helpful and/or unhelpful/harmful at three separate times: in the middle of the therapy process, at the end of therapy and at 6 months follow up period. The data collected was analyzed with an inductive, "data - driven", form of coding based on the methodology of thematic analysis (Braun & Clarke, 2006). Themes represent the prevalence of what the participants found important in relation to the perceived effectiveness of online A- MFGT.

Results: The members highlighted the impact of the online group process on family communication, reflected on advantages and difficulties offered by the online setting, described their emotions and the effect of diagnosis and hospitalization at individual and family level, valued the problem solving and empathy techniques in the group and identified the obstacles they encountered in the group sessions.

Conclusions: Psychosis can affect all aspects of a person's life, and without support and appropriate care, it can place considerable weight on the patient's relatives, as well as the community in general. Our suggestion is that MFGT can be a viable way to support

the whole system facing psychosis, with the aim of preventing relapse and implementing quality of life of all the participants.

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EPP0363

Psilocybin as an antidepressant strategy - a review of safety aspects

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Introduction: Psilocybin is considered a classical psychedelic and is increasingly attracting scientific and media attention as an alternative approach to the treatment of various mental disorders.

Apart from its efficacy, an important question is the tolerability and safety of psilocybin in general and in a controlled environment. Accurate knowledge of drug safety aspects might be essential for applicability in clinical practice and for drug adherence.

Objectives: This paper aims to provide an overview of drug safety aspects of psilocybin.

Methods: A narrative review was conducted. The literature search was conducted using the bibliographic database MEDLINE.

Results: The literature search of papers published in recent years showed no serious side effects under psilocybin in controlled study conditions. Common reported ADRs were headache, gastrointestinal complaints such as nausea, diarrhoea and vomiting, tachycardia and arterial hypertension. The lethal dose of psilocybin is many times higher than the therapeutic dose and overdose deaths have not been identified.

An often mentioned problem is the occurrence of hallucinogenic persisting perception disorder (HPPD) which, however, did not occur in the studies examined and is most likely to be a problem in the context of recreational use. The results on the safety of psilocybin must be regarded as preliminary; in the studies conducted, risk populations were predominantly excluded, which is, however, relevant for everyday clinical practice. The risk of delusional experiences and so-called "bad trips" is also a relevant safety risk, as it can be associated with risky behaviours. However, these would also be observed more in the area of recreational use.

Conclusions: The use of psilocybin in rigorously controlled study designs appears to be predominantly safe and without serious side effects. At the same time, it should be noted that the results must be considered preliminary and many questions remain open. Many of the risks are more likely to occur in uncontrolled recreational use of psilocybin. At the same time, we see a certain risk in the use of a substance associated with high expectations and a certain "fame" that, without appropriate regulations, the boundaries between sensible therapeutic use and abusive use could become blurred and permeable.

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