

ing papers. All other students are acknowledged and are able to present the work.

Results We have completed our first audits in Cardiff and London; other sites will return data in 2017. Student feedback indicated a high level of satisfaction with the project and interest in psychiatry as a future career.

Conclusions This initiative aims to tackle the recruitment problems in psychiatry by giving students a chance to take part in high quality research and audits.

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EV1020

Promotion of mental health literacy and mental well-being in a Portuguese unemployed population sample: Effectiveness assessment of a capacity building community-based intersectoral intervention

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Introduction Economic crises have consequences on labor market, with impacts on mental health (MH) and psychological well-being (PWB). We describe the effectiveness of an intervention among unemployed, performed within EEA Grants Healthy Employment project.

Objectives Evaluate the effectiveness of an intervention for MH literacy, PWB and resilience among unemployed.

Aims MH and PWB promotion, common mental disorders prevention and inequalities reduction linked to unemployment.

Methods A five modules intervention (life-work balance; impact of unemployment on PWB and MH; stigma; depression and anxiety; health promotion) distributed by 20 hours was developed based on literature reviews and a Delphi panel. It was delivered to unemployed from two public employment centers (PECs). Inclusion criteria: 18–65 years old; registration in PEC for less than a year; minimum of nine years of formal education. Control groups from the same PECs received the care-as-usual. Measures of psychological WB, MH self-reported symptoms, life satisfaction, resilience and mental health literacy were collected through an online survey before and one week after intervention.

Results Overall, 87 unemployed participated, 48% allocated to the intervention group (IG); 56% women (21–64 years old), average education was 15 years. Mixed measures ANOVA showed that the interaction between time and group was significant for PWB and MH literacy measures. The IG showed better self-reported PWB and improved MH literacy after intervention, compared to controls. No significant interactions were found for MH symptoms, life satisfaction and resilience.

Conclusions This study shows the contribution of short-term community-based interventions in increasing MH literacy and PWB among unemployed.

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EV1021

The benefits of physical activities in patients with dual diagnosis

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Introduction The work describes the benefits of physical activities in patients with dual diagnosis in a psychiatric clinic of Rio de Janeiro city, Brazil.

Objectives Present the benefits of physical activities inside the hospital space. Evaluate the impact of the introduction of regular physical activity practice in patients having dual diagnosis in hospitalization environment.

Aims Demonstrates the decrease of the resistance to treatment in hospitalization regime, the behavioral and social improvement of patients, as well as the physical and mental capacities and the wellness promotion during and after the treatment.

Methods Forty-five patients carrying the dual diagnosis, hospitalized in the clinic for the period of 1 year, were monitored. All the patients were assessed by a general practitioner, a psychiatrist and a physiotherapist, before starting the physical activity, being the classification of mental disorders ICD-10 used for the diagnosis. The patients were treated with psychotropics, according to the diagnosis and the signs and symptoms presented. The therapeutic project offered physical and psychological treatment, promoting the recovery possibility through aerobic and anaerobic ludic physical activities inside the therapeutic environment.

Results All the patients presented improvement in the physical and mental capacities and in socializing. In the physical activities, the patients participated respecting their limitations, respecting the next and having a higher body perception.

Conclusions Through the development of the activities, the patients demonstrated excellent involvement and interaction with the treatment, favoring their psychological and behavioral recovery and impacting positively their response to the treatment of various mental disorders.

Disclosure of interest The authors have not supplied their declaration of competing interest.

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EV1022

The effects of support interventions on anxiety and depression in women with preterm labor during hospitalization

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Aim To examine the effects of support interventions on anxiety, depression in women hospitalized with preterm labour at admission and 2 weeks.

Background Hospitalized pregnant women with preterm labour have significantly higher anxiety and depression levels. Few studies have explored the effects of support interventions on anxiety, depression in such women.

Methods A randomized, single-blind experimental design was used. The control group ($n = 103$) and intervention group ($n = 140$)

were recruited from the maternity wards of one medical centre in northern Taiwan between January 2013 and April 2015. The control group received routine nursing care. The experimental group received support interventions, which included an interview, distraction methods and assistance with daily living needs. Groups were evaluated with the Beck anxiety inventory, Edinburgh Postnatal Depression Scale and at admission and 2 weeks of hospitalization.

Results There were no significant differences between groups for demographics, obstetric characteristics, or birth outcomes. For the control group, anxiety and depression scores increased significantly decreased 2 weeks after hospitalization. The intervention group had a small, but significant, increase in anxiety and no significant change in depression at 2 weeks. Participants who received 2 weeks of support intervention had significantly lower anxiety and depression scores than the control group.

Conclusions Providing interventional support could reduce anxiety and depression for women with preterm labour during hospitalization.

Disclosure of interest The authors have not supplied their declaration of competing interest.

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EV1023

The relationship between job satisfaction with marital satisfaction and mental health: The specific case of female employees

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Introduction As a component of personal characteristics, mental health has always been associated with marital satisfaction. Mental disorders associated with depression and anxiety are common in the workplace. Many studies have found a close link between job satisfaction and these two factors.

Objectives The present study investigated the relationship of the level of job satisfaction, with mental health indicators and marital satisfaction in women.

Aims This study aimed to explain the relationships of job satisfaction (as an organizational key factor) with mental health and marital satisfaction of women at the workplace considering the practical implications for promoting mental health.

Methods To achieve the goal of research, a sample of 100 married women who worked at least for 5 years were selected by randomized sampling method in an organizational setting in Iran. Enrich Marital Inventory, Brayfield and Rothe's job satisfaction scale, and General Health Questionnaire were used for data gathering. Data was analyzed by utilizing hierarchical regression.

Results Findings indicated that most respondents were satisfied with their jobs. In general, subjects with more severe psychological distress and lower level of marital satisfaction reported lower levels of job satisfaction.

Conclusions Factors related to organizational attitudes such as job satisfaction were especially important in overall mental health and severity of psychological distress. Improving job attitudes is a key factor for promoting marital satisfaction and mental health in women.

Keywords Marital satisfaction; Mental health; Job satisfaction

Disclosure of interest The authors have not supplied their declaration of competing interest.

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EV1024

Effectiveness of stress and burnout management training for employees of an industrial company

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Introduction Burnout is a state of physical and emotional exhaustion. It can occur when people experience long-term stress in job, or when they have worked in a physically or emotionally draining role for a long time. There have been numerous studies done showing the results of stress and burnout in the employee's profession across many areas of health care.

Objectives The purpose of this study was to investigate the effectiveness of stress and burnout management training on employees using experimental method to help employees to understand available resources and help them find better ways to manage stress in the workplace.

Aims This study aims to discuss how organizations can assist in combating stress in ways that benefit both the employees involved and the organization itself.

Method A curriculum-based intervention was developed to provide education in a classroom setting. The sample included 14 nurses with various nursing backgrounds who were selected randomly and were assigned randomly in two experimental and control groups, which contained 7 employees in each group. The experimental group received the training while the control group was in waiting list. The instruments were the General Health Questionnaire and Burnout Checklist, and demographic questionnaire. Data was analyzed by covariance analysis method.

Results Result indicated that stress and burnout management training was efficient on reducing stress and burnout symptoms in employee.

Conclusion It is concluded that stress and burnout management training is an effective group intervening method for reducing the dysfunctional effects of stress and job burnout in employees.

Keywords Stress; Job burnout management

Disclosure of interest The authors have not supplied their declaration of competing interest.

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EV1025

Promotion mental health: Healthy habits program in patients with severe mental illness in the north Almeria mental health unit (Activarte)

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Introduction Promoting healthy lifestyles in patients with severe mental illness (balance diet, physical activity, smoking withdraw, adequate oral hygiene, optimal self-esteem and healthy sexuality) help patients to rely on their recovery.

Aims – avoid social isolation and stigma.

– encourage the recovery process, considering as well as the manage of symptoms together the functioning and quality of life of the patients.

– improve the progress and illness prognosis.

Methods – The program is introduced in the North Health Area of Almeria (Hospital Huerca-Overa) and FAISEM-Andalusia foundation to the social inclusion of mental illness patients;

– patients included in the program has been previously assess and informed-therapeutical contract;