

7% of case. A family psychiatric history was present in 34% of students and personal history in 25%. A difficult childhood was found in 77.5% of patients and their academic results were low ($< 10/20$) in 54%. Adjustment disorders were the most frequent disorders in psycho-educational counseling (47% of case). The most prescribed psychotropic drugs were antidepressants (31.8%) followed by anxiolytics (23.7%) and the withdrawal syndrome was found in 18% of patients. **Conclusions:** A students with a difficult childhood, low academic results and adjustment disorders such is the profile most frequently encountered among patients consulting the psychopedagogy unit. In this way, the promotion and protection of adolescent's health particularly pupils and students benefits not only for their own health, but also for the economic and the society.

Keywords: mental disorder; Students; academic result; mental disorder; antidepressor; students; academic result

EPP0745

Evaluation of the effect of mental health training of primary health care workers on attitudes towards mental illness

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Introduction: The World Health Organization (WHO) set a target of task shifting as a means of achieving improved mental health services within the community as a means of tackling the unmet needs of mental health care. Primary health care workers (PHCWs) have been identified as essential to achieving this goal.

Objectives: This study was to identify attitudes and beliefs of PHCWs on mental illness, and to assess the effect of a mental health training on these attitudes and beliefs.

Methods: The attitude towards mental illness (ASMI) scale was administered on 91 PHCWs pre- and post- a 4 day training on mental health to assess change in attitude across 6 domains.

Results: Our findings revealed significant positive change in four domains, namely separatism ($p < 0.001$), restrictiveness ($p < 0.001$), benevolence ($p = p < 0.001$) and stigmatization ($p < 0.001$). The changes in stereotyping ($p = 0.475$) and pessimistic prediction ($p = 0.056$) domains were not clinically significant.

Conclusions: Primary health care workers' negative attitude and stigmatizing beliefs can be improved upon via regular enlightenment programmes and training. This can be done at regular intervals

Keywords: Primary health care workers (PHCWs); attitude; Mental health training; Mental illness

EPP0746

Yoga exercises can reduce prenatal maternal stress

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Introduction: Prenatal maternal stress is an important phenomenon. Evidence on this topic suggests that women who experience high stress during pregnancy are more likely to deliver preterm infants.

Objectives: The goal of this study was to evaluate the influence of Yoga exercises training on stress reduction during pregnancy.

Methods: In the current study we included 20 women who participated in the Yoga exercises training during pregnancy. The control group included 20 women who were in the reading control condition during pregnancy. Women were eligible to participate if they were experiencing elevated levels of perceived stress or pregnancy-specific anxiety (PSA), as indicated by responses to the Perceived Stress Scale and the PSA scale on a screening questionnaire. Women enrolled between 12 and 26 weeks gestation were randomly assigned to either the Yoga exercises training or to the reading control condition. Effects of training were analyzed by means of an ANOVA with repeated measurements.

Results: ANOVA has revealed ($p < .05$) that women in the Yoga exercises training experienced larger decreases from pre- to post-intervention in pregnancy-specific anxiety and pregnancy-related anxiety than participants in the reading control condition.

Conclusions: This pilot study suggests that Yoga exercises training during pregnancy can effectively reduce pregnancy-related anxiety. However, it is necessary to do further research on the impact of Yoga exercises on stress reduction during pregnancy.

Keywords: pregnancy-specific anxiety; yoga exercises; prenatal maternal stress

EPP0748

The efficiency of self-regulation training program for coping with distant work stress under COVID-19 lockdown

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Introduction: Under COVID-19 lockdown, mostly all organizations in non-productive sphere had to implement distant work forms. The personnel obligatory and rapidly switched to unknown work conditions and faced new stressors: COVID-19 fears, unstable internet connections, tensed communications, permanent noise, work hours extension. In order to cope with increased daily stress, the new version of self-regulation training program (Leonova, Kuznetsova, 2019) was implemented in distant format in order to train people: to evaluate the impact of distant work stressors; to measure stress manifestations during work hours; to choose self-regulation skills, effective for distant stress reduction.

Objectives: In order to verify the distant training program, the empirical study was conducted, targeted to estimate effectiveness of self-regulation means during COVID-19 pandemic period.

Methods: The program included progressive relaxation exercises as means for anxiety reduction and negative emotions control, and autogenic exercises for achievement an optimal for different work situations mental state. The empirical data were obtained by diagnostic methods for self-assessment of the main distant stress manifestations: anxiety and high fatigue (Spielberger, 1994, Leonova, 2012).