

Image 2:



Conclusions: An equidistant dialogue 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

- To understand changes in management to address suicidality in patients with anorexia nervosa
- To understand influences by media in perpetrating certain body types in impressionable adolescents

Methods: Patient is a 19 year-old Hispanic female with a Past Psychiatric History of Bipolar Disorder, who was brought in by EMS due for agitation and disorganized behavior. Patient presented manic, labile, and her delusions extended to beliefs that the Kpop group EXO has been communicating with her through morse code in their videos, and that certain members would wink at her through the computer screen in real time. The patient's BMI at the time of admission was 15.4, and she continued to compare her own body to Kpop idols.

Results: Patient shared a lifetime mix of both shame and trauma concerning her eating habits, with multiple incidents that may have contributed to her fear of eating, and simultaneously into her becoming obsessed with the Kpop group ("2018 and COVID were a miracle for me. I got closer to EXO"). Patient denies looking ugly or fat and seems mostly satisfied with her current appearance.

Conclusions: With social isolation growing due to the pandemic, online parasocial relationships are becoming an increasingly normal part of people's lives. We discuss a case where an unhealthy obsession with Kpop contributed to body dissatisfaction, and the precipitating factors that lead to these circumstances, as well as the challenges that are present in helping these adolescents and young adults in coping with social media use. As such, it is important to discuss the challenges faced by psychiatrists who must be sufficiently aware of the ever-changing face of contemporary cultural landscape when forming an accurate diagnosis.

Disclosure of Interest: None Declared

EPV0394

Second Generation Long-Acting Injectable Antipsychotics in Africa: About a Case

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Introduction: Schizophrenia affects people worldwide. In Europe, the advantages of second-generation and long-acting injectable antipsychotics (SG-LAIs) are known and used, supported by scientific evidence. However, somewhere there is limited evidence on this topic.

Objectives: Highlight the improvements in antipsychotic treatment and raise awareness of the scar between Europe and Africa, showing the results of the evidence with a case of cooperation with Cameroon.

Methods: About a case of a 42-year-old Cameroonian woman with 25 years of schizophrenia, treated with first-generation antipsychotic polypharmacy (APP) oral and depot, with several psychotic relapses, disorganized behaviors, motor and cognitive impairment and isolation (telemedicine consultation received through a NGO platform). A search on PubMed was performed, selecting two systematic reviews including "antipsychotic" AND "Africa", one systematic review for SGAs and four reviews for LAIs.

Results: Seven articles were reviewed, finding that APP use is highly prevalent in Africa with a lack of research on this, SGAs show an improved safety and tolerability profile and LAIs are among the most effective treatments in psychiatry improving adherence and overall patient outcomes.

In our case, we recommend progressively adjusting treatment to SG-LAI monotherapy, visiting the patient six months later in Cameroon, observing sustained stability of positive symptoms with an improvement of negative symptoms and good adherence and tolerability to treatment without extrapyramidal effects.

Conclusions: Our case is an example of the evidence that supports the improvement that SG-LAIs represent in psychiatric treatment and how international cooperation can help bridge the gap between Africa and Europe. Nevertheless, more research is needed to build bridges.

Disclosure of Interest: None Declared

EPV0396

Environmental manipulation and stimulation of atypical children through art therapy

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Introduction: The accumulated experience, both with typical and atypical children, led to the desire for an easier integration into the collective. Detecting and encouraging the skills of the atypical child, with the help of combined arts techniques and environmental stimulation, supports their's integration into the community.

Objectives: Beneficiaries-Centered Art therapy, with the aim of identifying and developing outstanding skills, through environmental manipulation and combined arts techniques

Methods: The environmental manipulation method is used in the art therapy session through artistic installations and colorful fabrics. Through chromatics and textures are generated different contexts and atmospheres sense, through which the atypical child comes to accept and discover that environment. Through the manipulation of artistic installations, gross motor skills are also required, having to produce large movements with the whole body, in order to shape the elements in the environment.

Costume making as a transitional phase in the adaptation of the beneficiary to the previously created environment independently or together with the art therapist, consists in harmonizing the beneficiary with the environment. These stages are achieved through mixed techniques of artistic work, painting, decorating, modeling, collage, weaving and binding techniques.

Results: By practicing these methods during the art therapy sessions, the beneficiaries increased their self-esteem through the achievements they had and discovered and improved their outstanding skills: fine and gross motor skills, color sense, visual thinking, hand-eye coordination; improved and developed both verbal and non-verbal communication between beneficiary - art therapist and beneficiary - beneficiary, in the case of group sessions