

disorders, aiming to transform personalized mental health care by addressing critical challenges in psychiatric care.

Methods: The study follows a multi-phase approach, incorporating prototype development, a proof-of-concept trial, and a Randomized Controlled Efficacy Study (RCT). Each phase is informed by iterative stakeholder feedback, ensuring responsiveness to real-world needs and experiences. The research was approved by the Semmelweis University Regional and Institutional Committee of Science and Research Ethics (SE RKEB: 85/2023).

Results: In the pilot phase, we have effectively tracked the daily well-being of participating patients through interactive activities and structured questionnaires. Our experiences in this phase promise to offer valuable insights for the psychiatric community, shedding light on the potential of personalized mental health care interventions.

Conclusions: This ongoing study represents a pivotal step towards redefining interventions for individuals with schizophrenia spectrum disorders. Early results signal a transformative potential in enhancing symptom management. As the study advances, deeper insights will emerge, emphasizing the profound impact of leveraging mobile technology in personalized mental health care.

Disclosure of Interest: None Declared

EPP0123

Emotion Regulation and Physiological Reactivity in the Parent-Child Relationship: A Preliminary Study of an Online Attachment-Based Program for Parents of Preadolescents with Behavioral Disorders

M. Tironi^{1*}, S. Charpentier Mora¹ and F. Bizzi¹

¹University of Genoa, Genoa, Italy

*Corresponding author.

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Introduction: Behavioral disorders have been defined as a “health crisis” of modern times that has a significant impact on the parent-child relationship. In this scenario, the emotional regulation (ER) of each partner plays a central role and serves a protective factor, configuring as an area to intervene. The Connect Parent Group, an attachment-based intervention for parents, has shown evidence of effectiveness. However, its online version (e-Connect) has not yet garnered specific evidence related to emotional and physiological regulation in parents and preadolescents.

Objectives: This study aimed to explore changes in the short and medium term regarding ER abilities - both self-reported and measured through physiological indices - in parents and preadolescents with behavioral disorders, building upon initial findings from an online parenting intervention.

Methods: 28 parents (82.1% mothers, 17.9% fathers, $M_{age} = 47.48$, $SD = 4.73$) and their 28 preadolescents with behavioral disorders ($M_{age} = 11.22$ years, $SD = 2.69$, 35.7% girls) were recruited from child neuropsychiatry services in Northern Italy and subsequently took part in the pilot study. They were assessed at three time points: before intervention (T1), one month after the intervention (T2) and at 6-months follow-up (T3). ER were assessed with a multimethod approach: parents and children

completed a self-report questionnaire (i.e., Difficulties in Emotion Regulation Scale and How I Feel, respectively) and then they interact during a stress-task in which physiological parameters (i.e., Galvanic Skin Response, GSR; Heart Rate/Beat per Minute, BPM) have been measured.

Results: Regarding self-reported ER, mixed-effects regression models showed an improvement in parent emotion dysregulation between T1 and T3 ($p=0.004$), a decrease in preadolescents' negative emotions ($p=.012$) between T1 and T2 and a lower emotion intensity in preadolescents between the three-time points ($p=.003$). Regarding physiological ER, the two overall models of GSR and BPM were not significant for both parents and children. Yet GSR correlations within three-time points were positive and significant for children (T1-T2: $r=.58$; T1-T3: $r=.68$) but not for parents, while BPM correlations between T1 and T2 were significant for parents ($r=.49$) but not for children.

Conclusions: The online attachment-based parenting program appears to have contributed to a reduction in emotional dysregulation in parents and preadolescents, which seems to persist to some extent in the medium term. The non-significant results at the physiological level may suggest that changes reported by parents and children through self-report questionnaires do not align with changes in the physiological response to interpersonal stress experienced after an online intervention. Clinical and research implications will be discussed.

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Forensic Psychiatry

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Aggression management of criminal offenders in prison setting

G. Nikolić^{1*}, N. M. Stojanović², J. Branković³, S. Tošić Golubović⁴, O. Žikić¹ and J. Kostić¹

¹Department of psychiatry; ²Department of Physiology, Faculty of Medicine; ³Daily hospital, Center for mental health protection and ⁴Clinic for Psychiatry, Faculty of Medicine, Niš, Serbia

*Corresponding author.

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Introduction: A new approach of social therapy for criminal offenders was applied in Penalty Facility in Niš, Serbia. It is based on three month peer-training focusing on recognizing of triggers for anger, understanding emotional manifestation and learning socially acceptable ways of anger expression.

Objectives: To estimate how the impact of peer-based training influences the level of aggression of criminal offenders in prison settings.

Methods: One hundred and six prisoners were randomly assigned to program. The six previously educated inmates trained the participants through 12 work-shops. An independent professional evaluated change in aggression levels after training using Buss&Perry Aggression Scale. We compared subgroups with shorter versus longer sentences pre and post training using Student's t test. And univariate logistic regression analysis for impacts of sociodemographic variables on aggression scores.