

Methods: -

Results: OUR DUTY: The main goals of HAPT are educating ourselves, forming a community and making connections with colleagues country-wide and last but not least, trying to stand up for our interests, when needed.

Throughout the year we organize educative presentations about topics that are somehow left out of focus during the official training program. Every year our main event is a three-day long weekend, where we can go deeper into a couple of topics via presentations or workshops, and it is also a great opportunity to get to know each other better.

We also organize case-discussion-groups according to the Balint method, considering the residents' daily difficulties and trying to pay more attention to their mental well-being.

Last year we tried some other ways to broaden our perspectives in the form of cultural events, when we watched a movie or a play and then discussed it together as a group, had been led by a psychotherapist.

HAPT is part of the Hungarian Psychiatric Association and the relationship between the two Organizations has a constantly changing dynamics – in some ways we are trying to be more independent, however, there are common goals that are important for all of us, for example being present on at international events.

Conclusions: FUTURE GOALS: One of our future plans include being more active in the European community, like getting to know the EFPT or the ECP better. This conference is a perfect opportunity for all of us to make new professional connections.

Disclosure of Interest: None Declared

EPV1179

Exploration of dreams in Charaka Samhita – an Ayurveda text and their content analysis of prodromal dreams in various conditions

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Introduction: Research into dreams, have shown the association between increased frequency of distressing dreams, specific content themes (analysed using the Hall Van de Castle system) and greater incidence of progression of neurological conditions and dementia. The history of predicting illnesses by the content of dreams, in the western world is popularly traced backed to the ancient Greek medicine. This stimulates the curiosity if any such practices existed in the ancient medical practises of the eastern world. Ayurveda is one such traditional system of medicine, that is native to the Indian subcontinent. Charaka Samhita is one of the oldest texts on Ayurveda consisting of 8 sections and 120 chapters totally. This text was selected for the purpose of this review, with the line of enquiry such as what does Ayurveda say about dreams associated with illnesses? What are the contents of such dreams? Furthermore, the dream content analysis was done using the Hall Van de Castle system, which is probably the first time being done on an Ayurveda text content.

Objectives: 1) To explore if, Charaka Samhita mentions, describes dreams in relation to illnesses, stages of illnesses and their prognosis. 2) To analyse content of the dreams seen in prodromal stage of illnesses.

Methods: 1-The Charaka Samhita text was scanned chapter by chapter, to answer the questions- a) What are the types of dreams? b) Are any associated with illnesses? c) Are any dreams mentioned in the prodromal stage of illnesses? d) What do they imply? e) What are their contents? 2- The contents of prodromal dreams were analysed against the categories of Hall Van de Castle system.

Results: As per Charaka Samhita, the types of dreams are, i) those based on what was seen ii) heard iii) reflected upon iv) desired v) imagined vi) those of prophetic type and vii) those caused by illnesses. Specific dreams in the prodromal stage, predict manifestation of specific illnesses (mild or fatal). In the diverse dream contents (18 themes mentioned) ranging from things animals to gods and demons, except the elements of the past, rest of the general categories occur, at least once. The categories characters, objects, activities and social interactions were more common than the rest.

Conclusions: Thus akin to the ancient Greek medicine, Ayurveda too had the practice of predicting illnesses based on the dream contents.

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EPV1180

Subjective discomfort and lack of volitional drive with neuroleptic pharmacotherapy - a phenomenological case study

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Introduction: In comparison to extrapyramidal and metabolic side effects, the subjective aspects of neuroleptic treatment have been less extensively researched. Nevertheless, they are equally significant given their potential to influence adherence and functional outcome. Historically, terms such as “neuroleptic dysphoria,” “neuroleptic-induced psychic indifference,” and “neuroleptic-induced deficit syndrome” were used to characterize a range of unpleasant mood states on the one hand and a documented and observable motivational deficit on the other. The latter aligns with the findings from preclinical neuroscientific studies and animal models highlighting the significant involvement of mesolimbic dopamine in motivational processes. Despite an abundance of anecdotal data these adverse effects are often undetectable in large-scale clinical studies that utilize standardized assessment measures.

Objectives: To present adverse subjective changes in arousal, mood and volitional drive resulting from neuroleptic intake from a patient's perspective.

Methods: The subject is a patient, with no reported negative symptoms or lasting functional impairment described, who underwent a gradual 6-month discontinuation of risperidone in an outpatient setting following a complete recovery after a single psychotic episode. A semi-structured interview modelled after

The Clinical Assessment Interview for Negative Symptoms (CAINS) was conducted. We aimed to elicit descriptions of the subjective experience while ensuring our approach remained non-suggestive.

Results: In addition to describing potential akathisia and lethargy at higher doses, the subject reported a significant lack of motivation and a notably reduced willingness to exert effort towards achieving specific goals or engaging in activities that he still found rewarding or pleasurable. Furthermore, he consistently noted gradual improvements across various psycho-social aspects following the discontinuation of the medication. These adverse and unpleasant experiences were presented as the primary reason for wanting to discontinue pharmacological treatment.

Conclusions: Certain adverse effects of antipsychotic medications can only be elucidated by the clinician through the examination of the patient's subjective experiences. Medication induced dysphoria and volitional deficits have the potential to profoundly impact treatment adherence, leading to unrecommended discontinuation of neuroleptics, and can cause important functional impairment.

Disclosure of Interest: None Declared

EPV1182

Association of prosocial personality traits with symptoms of depression, anxiety and stress in psychiatric nurses; Single-centre cross-sectional study in Croatia

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Introduction: Symptoms of depression, anxiety and stress are more common in the population of nurses working in psychiatric hospitals than in many other segments of the health care system. These three elements of psychological distress (depression, anxiety, stress) may reduce the nurse's ability to establish quality therapeutic relationships with patients, which are very important in the treatment of mental disorders. Some studies suggest that prosocial personality traits may have a protective role. Other research suggests that high levels of empathy, for example, may increase secondary traumatization and lead to more pronounced symptoms of distress.

Objectives: The main objective of the study was to examine the association of prosocial personality traits with symptoms of depression, anxiety and stress in nurses employed in a psychiatric clinic. The hypothesis was that more pronounced prosocial personality traits are associated with a lower expression of symptoms of depression, anxiety and stress.

Methods: The target population were nurses employed in a psychiatric hospital working directly with patients. No sample was selected, but the whole available population was invited to participate. The independent variable was prosocial personality traits measured by the Prosocial Personality Battery (PSB). The outcome was symptoms of distress (depression, anxiety and stress) measured

using the Depression, Anxiety, Stress Scale-21 (DASS-21). The hypothesis was tested using three linear regression analyses.

Results: Total of 63 MST were included with a median (interquartile range) age of 34 (24-42) years. Prosocial personality traits were statistically significantly associated with scores on the DASS-21 subscale measuring depression: personal distress (PD) ($r = 0.32$; $P = 0.01$) and self-reported altruism ($r = 0.30$; $P = 0.02$). Only the subscale measuring the specific personality trait of personal distress (PD) was statistically significantly correlated with the scores of the other two DASS-21 subscales, anxiety and stress (anxiety: $r = 0.54$; $P < 0.001$; stress: 0.46 ; $P < 0.001$). Helpfulness was negatively related to anxiety ($b = -0.29$; $P = 0.03$).

Conclusions: This research partially confirmed the hypothesis that stronger prosocial personality traits are associated with a lower prevalence of symptoms of depression, anxiety and stress in the MST of employees in a psychiatric clinic.

Disclosure of Interest: None Declared

EPV1184

Factors Driving the Emigration Intentions of Young Tunisian Medical Professionals

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Introduction: Emigration has a substantial impact on Tunisia's healthcare sector. Graduates, including medical students at different educational levels, as well as general practitioners and specialists, often choose to emigrate. Some do so to pursue further studies abroad, while others seek careers and settlement primarily in Europe. This phenomenon exerts a significant influence on the quality of healthcare systems in their home countries.

Objectives: To evaluate the inclination to emigrate among medical residents employed in Tunisian healthcare institutions and to identify the factors associated with this intention.

Methods: This is a descriptive cross-sectional study conducted among medical residents undergoing their training in various healthcare facilities in Tunisia. The study employed an online questionnaire to assess the degree of satisfaction with various aspects of their professional life and the socio-economic situation in the country, as well as their intention to emigrate. Satisfaction levels were measured using a 4-point Likert scale, ranging from "very dissatisfied" to "very satisfied".

Results: A total of 50 physicians participated in the survey. Among them, 72% were female, 80% were single, with an average age of 27.72 years at the time of the study. Regarding their professional status, 84% worked in university hospitals, 16% specialized in surgery, 40% specialized in medicine, and 44% were family physicians. The majority were students from the Faculty of Medicine in Sfax (56%), with 30% in Monastir, 8% in Tunis, and 6% in Sousse. The study found that 68% of medical residents expressed an intention to emigrate. Among the participants, 74% were dissatisfied with their working conditions, and 68% were dissatisfied with workplace safety. Additionally, 84% were dissatisfied with their