

relationships, diverging from the traditional monogamous model and exploring new possibilities. CNM relationships include forms such as polyamory, open relationships, and swinging. There are no official and systematic epidemiological data on CNM relationships in Italy; however, these relationships have recently gained more visibility due to social media, support groups, and open discussions about relationship diversity that are slowly emerging in a country whose culture is traditionally influenced by Catholicism and conservative social norms.

Objectives: Most research focuses on discrimination against individuals involved in CNM, while the factors underlying people's engagement in such relationships are overlooked. This study aims to investigate predictors of willingness to engage and actual engagement in CNM among Italian emerging adults. Specifically, based on the Theory of Planned Behavior (Ajzen, 1991), we examined the role of perceived social norms and perceived behavioral control, as well as other predictors already tested in previous research.

Methods: Participants completed an online questionnaire examining factors such as gender, sexual orientation, willingness to engage in CNM relationships (WECNM; Moors et al., 2015; 6 items), avoidant and anxious attachment style (ECR-S; Wei et al., 2007; 12 items), erotophilia (ATP; Johnson et al., 2015; 5 items), social norms (PSN; custom scale, 4 items), perceived behavioral control in CNM relationships (PBC; custom scale, 2 items). Data were analyzed using SPSS, applying multiple linear regression.

Results: The sample consists of 667 emerging adults ($M_{age} = 23.29$; age range: 18 – 30) with diverse sexual orientations and gender identities. Of these, 535 participants are involved in monogamous relationships, 65 in polyamorous, and 67 in open relationships. In line with our hypotheses, results show that social norms, perceived behavioral control, non-heterosexual orientation, and cisgender male identity are significant predictors of both the willingness to engage in and the commitment to consensual non-monogamous relationships. Avoidant attachment style, as well as erotophilia, predict the predisposition but not the actual commitment to CNM.

Conclusions: The results contribute to a deeper understanding of CNM relationships in the Italian context by identifying some individual and social factors related to openness and involvement in CNM relationships. This provides preliminary evidence of the utility of the Theory of Planned Behavior in understanding this type of relationship. Moreover, the significant number of individuals involved or interested underscores the importance of considering relationship diversity in future research and social policies, with the aim of promoting greater acceptance and inclusion.

Disclosure of Interest: None Declared

EPV2027

Nutrition and functional compounds of traditional foods in migrant women with schizophrenia: A systematic review

A. González- Rodríguez^{1*}, M. Natividad², R. Penadés³, N. Bague², A. Balagué², J. P. Paolini San Miguel², E. Izquierdo², M. Salvador², A. Vallet², A. Pérez² and J. A. Monreal¹

¹Mental Health, Mutua Terrassa University Hospital. University of Barcelona. CIBERSAM; ²Mental Health, Mutua Terrassa University Hospital. University of Barcelona, Terrassa and ³Psychiatry and Psychology, Barcelona Clinic Schizophrenia Unit (BCSU). Hospital Clinic of Barcelona. IDIBAPS- CIBERSAM., Barcelona, Spain

*Corresponding author.

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Introduction: Several studies have reported that high fruit and vegetable consumption is associated with increased life expectancy. In migrant populations, lifestyle habits are modified in the process of acculturation.

Objectives: Our aim was to review the diversity/functional compounds of food groups in Latin American, African, Asian and European cultures. In a second step, we aimed to review the dietary patterns for migrant women with schizophrenia.

Methods: A two-stage systematic review was conducted using the PubMed and ClinicalTrials.gov databases (2004-2024). The first part included studies reporting information on food and nutrients in adult populations from the nationalities with the highest prevalence of women with schizophrenia attending the Mútua Terrassa Functional Unit for Women with Schizophrenia (Dominican Republic, Venezuela, Ecuador, Morocco, Senegal, Romania and Pakistan). In a second part papers focused on food consumption among migrant women with schizophrenia.

Results: A total of 87 studies were included from a total of 21,306 records screened. First part: (1) Latin America (n=32). Outcomes: food choice trajectories for dietary acculturation, barriers and facilitators for fruit and vegetable consumption (antioxidant effects of polyphenols), fruit/tubers/legumes traditionally consumed. (2) Africa (n=25). Regular consumption of oils, changes in medications during the holy month of Ramadan, anti-inflammatory effects of species. (3) Europe (n=17). Antioxidant properties of phenolics in mushrooms, and polyphenols in berries. (4) Asia (n=13). Women more vegetables, fruit and fish. Second part: Dietary intake of vitamin C, niacin, and folate reduced in schizophrenia. Few studies in women with schizophrenia.

Conclusions: Nutritional intervention programmes for migrant women with schizophrenia should pay attention to biocultural heritage and traditional antioxidant/anti-inflammatory foods.

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EPV2028

Unveiling the Mary Wollstonecraft's Self: A Psychoanalytic Reading of "Mary: A Fiction"

I. Hacısalihoglu Aydin^{1*} and M. Tomsen¹

¹Mood Disorders Research Program, Depression Center Department of Psychiatry and Behavioral Sciences, University of Louisville School of Medicine, Louisville, United States

*Corresponding author.

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Introduction: We can learn a great deal about the power of writing to vanquish the worst forms of psychological trauma by looking closely at Mary Wollstonecraft in the second half of the eighteenth century. Mary Wollstonecraft wrote a Vindication of the Rights of Woman (1792), which is considered by many to be the most important work in feminist thought. Her literary impact went far beyond this foundational work. With the publication of Wollstonecraft's first semi-fictional autobiography, *Mary: A Fiction* (1787), we can see how her personal life did not follow conventional rules either. Her dedication to individual freedom and social progress was not limited to women. Her own personal life history

significantly shaped her influential stance on women's equality. She was a pioneering advocate for women's equal treatment to men.

Objectives: This presentation aims to explore how 'the author,' Mary, coped with her own life traumas by going beyond the era of her time. By examining her real-life reflections of her fictional characteristics through the lens of psychoanalytic formulations, we seek to gain deeper insights into her inner self and coping mechanisms.

Methods: We critically analyzed *Mary: A Fiction* from a psycho-analytical and literary perspective. By connecting each real-life trauma with its fictional retelling, we uncover Mary's liberation.

Results: Self-analysis refers to Freud's exploration and examination of his own psyche, emotions, thoughts, and behaviors in order to gain insight into the unconscious processes that influenced his behavior. In *Mary: A Fiction*, Mary Wollstonecraft wrote her autobiography as a way of her 'self-analysis' in order to erase her family's repression of her ego. In this work, she explores a solitary and challenging self-analytical journey to address the erasure of her identity enforced by her family's adherence to her mother's martyrdom to the role of women. Through this process, she constructs a narrative of anger and righteousness to replace the previously "unspeakable" narrative of submission. In his *Memoirs of Mary Wollstonecraft*, Mary's husband, William Godwin, locates the sado-masochism of her parents', Elizabeth and Edward John's patriarchal marriage, as foundational. In response to this trauma, Mary kills off her brother, mother, and father in the first seven chapters of *Mary: A Fiction*. Once her family is erased, so is their erasure of her. Mary can cast off her guilt and give herself the tools to "work through" the traumas of: her tyrannical, abusive, favored brother; the blows of her alcoholic father, and her family's adherence to her mother's martyrdom. These were the traumatic cornerstones for Mary's pain and repressed rage.

Conclusions: Writing a fictional biography based on one's own life story is a remarkable example of how unresolved conflicts in real life can be reprocessed and lead to eventual healing, similar to the work done in psychoanalysis.

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EPV2029

Sexual violence among Tunisian women and marital satisfaction: which association?

R. Jbir¹, L. Aribi¹, A. Hadj ali^{1*}, I. Chaari¹, F. Charfeddine¹, N. Messedi¹ and J. Aloulou¹

¹Psychiatric department B, Hedi Chaker University Hospital, Sfax, Tunisia

*Corresponding author.

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Introduction: Domestic violence is a scourge that continues to spread, destroying family ties and increasing the prevalence of divorce in our Arab-Muslim societies. In our culture, women often find it hard to disclose domestic violence in general, but what about sexual violence? It's the most under-reported form of violence in Tunisia. However, few studies have focused on sexual violence in the Tunisian context, or on the psychological repercussions of this form of violence.

Objectives: To determine the prevalence and describe the different forms of sexual violence perpetrated by husbands against their wives and to evaluate marital satisfaction and its relation with sexual violence.

Methods: This is a descriptive and analytical cross-sectional study of 122 married women who consulted for medical expertise following domestic violence.

An anonymous survey was asked to these ladies. It included a section for collecting socio-demographic and clinical data on the woman and her partner, and a section for assessing the various forms of sexual violence.

We used the Azrin scale to evaluate marital satisfaction.

Results: One hundred and twenty-two women victims of domestic violence were included in our study. Their average age was 35.66 years, it oscillates between 18 and 64 years. A family history of domestic violence was found in 32.8% of women (N=40). The battered family member was the mother in 41.5% of cases.

A history of childhood sexual abuse was found in 14.8% of women (N=18).

Half of the women (53.3%; n=65) were victims of sexual violence. Different types of sexual violence were reported with decreasing prevalence: forced intercourse (36.1%), unwanted intercourse (15.6%), unusual type of intercourse (31.1%) and pain during intercourse (4.9%).

Seventy-one percent (N=87) had poor marital satisfaction. On multivariate analysis using binary logistic regression, we found that sexual violence: an unusual type of relationship (p=0.04; OR=4.62) and the presence of psychological distress (p=0.04; OR=2.63) were independent factors associated with poor marital satisfaction.

Conclusions: Our study suggests that more attention should be provided to women victims of domestic violence in order to detect any form of sexual violence and provide them with the necessary psychological support.

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EPV2030

Navigating Infertility: How Tunisian Men and Women Cope Differently

K. Mahfoudh¹, S. Hamzaoui^{1*}, F. Askri¹, A. Ouertani¹, U. Ouali¹, A. Aissa¹ and R. Jomli¹

¹Department A, Razi Hospital, Manouba, Tunisia

*Corresponding author.

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Introduction: Infertility is a significant source of emotional stress for couples worldwide. In Tunisia, it affects approximately 15 to 20% of couples of reproductive age. Studies indicate that women experience higher rates of depression (35% vs. 15%) and anxiety (52% vs. 28%) compared to men, largely due to cultural pressures. For these reasons, understanding these gender differences in coping mechanisms is essential.

Objectives: To analyze the coping styles of infertile couples and identify gender differences in coping mechanisms to inform tailored psychological support.

Methods: We conducted a cross-sectional study involving couples undergoing infertility treatment at a specialized Assisted