

change-related anxiety is still an emerging concept. In Italy, studies on eco-anxiety are limited but necessary, as the country is identified by the Intergovernmental Panel on Climate Change (IPCC) as particularly sensitive to climate change.

Objectives: The aim of this study is to assess the prevalence of eco-anxiety in a population of Italian blood donors, with a particular focus on its distribution across different generational cohorts.

Methods: An online questionnaire, structured on the Qualtrics platform, was administered via QR code among blood donors affiliated with AVIS (Associazione Volontari Italiani Sangue) in Bologna, Italy, in May 2024. Demographic and social data were collected, and the HEAS questionnaire was used to assess eco-anxiety.

Results: The study included 1,795 participants (1,060 males, 727 females, 8 non-binary) with an average age of 46.6 years (range 18-70). The results revealed variation in the detection of eco-anxiety among participants (mean HEAS score: 5.09; SD: 5.84). Analyzing differences in the presence of eco-anxiety across various age groups, the mean HEAS score was found to be higher in the GenZ group, defined as those aged 18-28 years (mean: 8.65; SD: 7.50), compared to other groups. Kruskal-Wallis analyses confirmed statistically significant differences in the presence of eco-anxiety across generations (p -value < 0.001). The data indicate that, in the GenZ sample considered, the prevalence of eco-anxiety is 48.4%, representing nearly five out of ten young individuals (chi-square value: 81.3; $p < 0.001$). Spearman's correlation and univariate logistic regression confirm the statistical validity of the association between generation and anxiety experiences related to climate change.

Conclusions: The data highlight the alarming spread of eco-anxiety in contemporary society, particularly among younger generations. Given the significant consequences, it is crucial to deepen our understanding of this condition and its psychosocial determinants.

Disclosure of Interest: None Declared

Migration and Mental Health of Immigrants

EPP315

Breaking the Silence: Exploring Self-experienced Discrimination Among Non-EU Physicians in Denmark

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Introduction: Discrimination against foreign healthcare professionals is an underexplored issue. Like many other countries, Denmark is experiencing an increasing influx of non-European Union (EU) physicians. These physicians face higher levels of requirements

to obtain authorization to practice and be included in the Danish healthcare sector compared with their European peers, which can lead to an experience of perceived discrimination. Considering importance of physicians' mental health, addressing this perceived discrimination is crucial.

Objectives: This study aims to evaluate the perceived daily discrimination among non-EU physicians residing in Denmark. We focus on those who have immigrated within the past 10 years to shed light on the challenges faced during their integration into the Danish healthcare system.

Methods: 62 non-EU physicians who immigrated to Denmark within the last decade participated in the online survey during January 2024. The survey consisted of demographic information and Perceived Discrimination Scale (PDS). PDS was used to assess daily discrimination. Participants were grouped based on their duration of stay in Denmark and employment status. A Kruskal-Wallis H Test was conducted to compare the median daily discrimination scores across the different groups, using SPSS version 29.

Results: The study revealed that 74% of the participants who had lived in Denmark for less than four years were unemployed (p -value=0.001), suggesting significant challenges in finding employment. Furthermore, participants living in Denmark for over four years reported significantly higher levels of perceived daily discrimination compared to newcomers (p -value=0.016), indicating difficulties in integration. Similarly, employed physicians, reported higher discrimination levels than their unemployed peers ($p=0.053$), suggesting discrimination experiences at work.

Conclusions: This study reveals that non-EU physicians in Denmark face significant challenges to secure employment, especially in their first years of residence. Additionally, perceived discrimination for the physicians may be influenced by both employment status and duration of stay. High unemployment rates among recent arrivals and increased discrimination for those residing longer suggest that extended integration into the Danish healthcare system can intensify feelings of bias.

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Psychopathology

EPP316

Sartre's Existential Psychopathology: The Role of Freedom and Personal History in Mental Health

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Introduction: The existentialist approach to psychopathology emphasizes the need to understand the conditions that allow for the emergence of psychological disorders, referred to as "conditions of psychopathologization." This perspective, rooted in phenomenological methodology, rejects deterministic biomedical models, favoring a holistic view that considers the subject's lived experience, freedom, and choice. Drawing on the work of Jean-Paul Sartre, this study aims to analyze how existential conditions such as past events, personal choices, and social contexts contribute to the development of psychopathological states.

Objectives: The primary objective of this research is to explore the existentialist understanding of psychopathology, particularly focusing on Sartre's contributions to making psychopathological experiences comprehensible.

Methods: Narrative review of relevant literature.

Results: The findings highlight that psychopathological conditions often arise when individuals are alienated from their own projects of being. These conditions are shaped by personal histories, societal structures, and choices made in "bad faith" (self-deception). Past events, such as family dynamics, social oppression, and traumatic experiences, play a critical role in shaping the individual's choices and actions. Sartre argues that when individuals distance themselves from their authentic desires and intentions they experience existential alienation, which manifests as psychopathology. A key result is the understanding that psychopathology should not be seen as a mere malfunction of the brain, as suggested by the biomedical model. Rather, it is a comprehensible event in the subject's individual and social history. The deviation from an authentic life project is central to understanding the origin of psychological disorders.

Conclusions: Sartre's existentialist framework offers significant contributions to the field of psychopathology by making psychological suffering comprehensible through the lens of personal freedom and choice. The rejection of a purely biomedical or deterministic approach allows for a more nuanced understanding of the individual's psychological struggles as part of their broader life context. Psychopathology is thus seen as a breakdown in the relationship between the subject's life project and their historical or existential situation, where the individual either chooses to distance themselves from their authentic self or is forced to do so by external contingencies. Sartre advocates for a "reciprocal" clinical relationship that recognizes the patient's subjectivity, transforming the clinical space into one of genuine listening and understanding. This existentialist clinical model focuses on the subject-in-situation.

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Psychophysiology

EPP317

Transdiagnostic investigation of schizophrenia and autism spectrum: Heart rate variability changes during rest, relaxation, and cognitive tasks

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Introduction: Autism spectrum disorder (ASD) and schizophrenia (SCH) are distinct diagnoses. However, they share common features such as high heritability, neurodevelopmental origins, and difficulties in social communication. Despite this, the etiology and precise pathophysiology of both conditions remain unclear, and no biomarker can definitively distinguish between them. In addition to higher-level cognitive and social-communication skills, autonomic

regulation capacity is crucial for emotional regulation in social situations, which has been shown to differ in ASD and SCH according to the literature.

Objectives: Our study, part of a larger research project, aimed to explore autonomic regulation in ASD and SCH by investigating heart rate (HR) and heart rate variability (HRV) as key markers of autonomic nervous system functioning. We measured these parameters during rest, relaxation (body scan), and cognitive tasks to assess changes in autonomic regulation capacity across different conditions.

Methods: Participants underwent an electrocardiogram (ECG) recording during a longer EEG experiment. We analyzed heart rate and HRV data from 114 participants ($N_{ASD}=38$, $N_{SCH}=37$, and $N_{NTP}=39$), with a particular focus on the RMSSD parameter as a key marker of parasympathetic regulation. We hypothesized that HRV would be lower in ASD and SCH groups compared to neurotypical controls (NTP), with the differences between groups diminishing during tasks. The experimental setup avoided additional stressors outside of the social context of the study.

Results: As hypothesized, we found significant differences in RMSSD between groups during the initial resting state (eyes open $F(2,111)=6.314$, $p=0.003$, $\eta^2=0.102$, eyes closed (EC): $F(2,98)=6.800$, $p=0.002$, $\eta^2=0.122$). Although HRV was nominally lower in the ASD group (EC: $M_{ASD}=26.10$), only the SCH group (EC: $M_{SCH}=19.77$) showed a significant difference from the NTP group (EC: $M_{NTP}=32.78$) based on post hoc comparisons. Contrary to expectations, HRV did not significantly change in the SCH and NTP groups during tasks. However, in the ASD group, HRV increased after body scan relaxation and, notably, during cognitive tasks (group main effect in repeated measures ANOVA: $F(2,105)=6.068$, $p=0.003$). This suggests that the structured nature of the task may have a calming effect, observable in autonomic regulation.

Conclusions: Our findings indicate distinct autonomic regulation patterns in ASD and SCH, with structured situations potentially having a calming effect, particularly in individuals with ASD. In the next phase of our research, we will systematically examine the relationship between electrophysiological parameters and key symptoms such as attachment insecurity, mentalization deficits, disorganization, and the severity of clinical symptoms, all of which have significant implications for clinical conditions and everyday functioning.

Disclosure of Interest: None Declared

EPP319

Objective Measures of Stress: Association of Speech Features and Cortisol

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Introduction: Stress is a physiological and psychological response that contributes to the development and worsening of psychiatric