Guilt and Shame Proneness Scale (GASP), Domain-Specific Risk-Taking (DOSPERT), Self-Harm Inventory (SHI), and Suicidal Behaviors Questionnaire-Revised (SBQ-R).

**Results:** The study evaluated three main models and nine sub-models. Findings from the comprehensive research model indicated that the proposed causal model, incorporating dark and vulnerable personality traits and guilt and shame proneness, effectively explains self-harm, suicidal, and risky behaviors in both young adults and those with diagnosed personality disorders. Key findings include:

A spectrum of dark and vulnerable personality traits significantly influences self-harm, suicidal, and risky behaviors. Pathological shame proneness, particularly when accompanied by detachment, increases suicidal tendencies. The absence of healthy guilt and shame proneness is associated with higher levels of risky behaviors and non-suicidal self-injury. All dimensions of the dark and vulnerable personality spectrum predict lower healthy guilt and shame proneness and higher pathological shame proneness.

Finally, Healthy guilt and shame proneness plays a mediating and protective role, reducing the likelihood of self-harm and risky behaviors.

**Conclusions:** This study contributes to the conceptualization of self-harm, suicidal, and risky behaviors within a dimensional and spectrum-oriented framework, considering personality traits, moral emotions, and behavioral consequences. Practical and research implications are discussed.

**Keywords:** Dark Personality Traits, Risky Behaviors, Self-Harm Behaviors, Suicide, Guilt and Shame Proneness, Vulnerable Personality Traits, Young Adults.

**Disclosure of Interest:** None Declared

## Women, Gender and Mental Health

### EPP531

### The Effect of Cognitive Behavioral Intervention on Cognitive Situation, Quality of Life, Depression, Anxiety and Stress Levels of Menopausal Women: Mixed Method Study

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**Introduction:** Menopause causes physiological, cognitive, and psychological changes in women and negatively affects women's quality of life.

**Objectives:** This study aimed to examine the effects of cognitive behavioral approach-based intervention on the cognitive situation, quality of life, anxiety, depression, and stress levels experienced by women after menopause with mixed-method research.

**Methods:** The research was carried out between March 2022 and August 2023 as a mixed-method research consisting of three phases (quantitative, qualitative, and intervention). Eighty women (experiment=27, control=53) attended in the quantitative phase. Quantitative data were collected before & after intervention by The Sociodemographic Data Form, The Montreal Cognitive Assessment Test, The Menopause-Specific Quality of Life Scale, and The Depression Anxiety Stress Scale. In the intervention phase, a six-session, cognitive behavioral approach-based nursing intervention was conducted with five groups using online Zoom. Hermeneutic phenomenology design was used in the qualitative phase. Qualitative data were collected online, via Zoom platform, and through three focus group interviews. Qualitative data were evaluated by the Thematic Analysis method. In the analysis of quantitative data, descriptive statistics, Independent Samples Groups t-test, Mann-Whitney U Test, and Wilcoxon Test were used.

**Results:** There was no statistically significant difference between intervention and control groups in terms of sociodemographic characteristics, age, age of onset of menstruation, and menopause. Post-intervention cognitive scores (Z=-3.936, p=0.001) and psychosocial quality of life scores (Z=-2.771, p=0.006) of women who were in the intervention were higher than their pretest scores. There was no statistically significant difference in the post-intervention mean scores between groups in terms of other variables (p>0.05). The themes were loss, stigma, loneliness, not being understood, aging, loss of health, sexuality, acceptance, self-awareness, and coping ability. Women's perceptions of menopause changed mostly functionally after the intervention study.

**Conclusions:** The research findings showed that Cognitive Behavioral Intervention had some curative effects on women's cognitive changes and psychosocial changes they experienced during menopause. Nurses working with menopausal women can use Cognitive Behavioral approaches to manage the changes brought about by menopause effectively.

**Disclosure of Interest:** None Declared

### EPP532

### Navigating Grief: Understanding the Impact of Pregnancy Loss on Parental Attachment to the Second Child

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**Introduction:** Pregnancy loss is a significant emotional experience that can shape subsequent parenting dynamics, particularly the attachment process to the next-born child. While attachment theory provides a framework for understanding how parents bond with their children, the effects of pregnancy loss on attachment to a subsequent child remain complex and understudied. This review aims to synthesize current research on the relationship between pregnancy loss and parental attachment to the next-born child, considering factors such as grief, coping mechanisms, and emotional healing.

**Objectives:** The primary objective of this review is to examine existing literature to determine: (1) How pregnancy loss impacts parental attachment to a subsequent child; (2) The emotional, psychological, and contextual factors that influence the attachment process post-loss; (3) Gaps in the research and potential areas for future investigation.

**Methods:** This review study systematically examines peer-reviewed articles, empirical studies, and theoretical papers published between 2000 and 2024 on the topic of pregnancy loss and subsequent child attachment. The databases used include PubMed and