

personality traits (e.g., neuroticism and, particularly, perfectionism) are more vulnerable to emotional dysregulation when facing stressors of daily life. Our recent studies proved that mindfulness and self-compassion can attenuate the effect of perfectionism on psychological distress.

**Objectives:** To present the rational, materials, methodology and preliminary results of our project COMBURNOUT, aimed to develop, implement and assess the efficacy of a mindfulness and self-compassion-based intervention to prevent burnout in medical and dentistry students.

**Methods:** Students with high levels of burnout, psychological distress and perfectionism will be randomly assigned to intervention (8 weekly sessions) or control groups. The sessions will be composed by psychoeducation about burnout, mindfulness and self-compassion practices, within and between sessions. The follow up will include three assessment moments until a year after the intervention.

**Results:** We expect that the experimental group will present significantly lower levels of burnout, psychological distress and perfectionism, and higher levels of emotional regulation skills.

**Conclusions:** The facilitators training and the manualization are guaranties of standardization and sustainability. If the positive impact of COMBURNOUT is verified, we intend to provide the program to medical/dentistry students from all over the country.

**Keywords:** burnout; Medical Students; Mindfulness based intervention; Self-compassion

## EPP0979

### The interaction between health and personal anxiety in children

I. Shishkova<sup>1,2,\*</sup> and E. Pervichko<sup>2,3</sup>

<sup>1</sup>Faculty Of Clinical Psychology, Ryazan State Medical University named after I.P. Pavlov, Ryazan, Russian Federation; <sup>2</sup>Faculty Of Psychology, Lomonosov Moscow State University, Moscow, Russian Federation and <sup>3</sup>Faculty Of Psychology And Social Sciences, Pirogov Russian National Research Medical University, Moscow, Russian Federation

\*Corresponding author.

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**Introduction:** In modern health psychology there is a question of separating the concepts of “personal anxiety” and “health anxiety” and defining the interaction features and mutual influence between these concepts.

**Objectives:** To study the interaction between personal anxiety and health anxiety in children, taking into account the parents’ influence and depending on the child’s personal illness experience.

**Methods:** The sample: 145 respondents (46 frequently ill children (mean age  $16.3 \pm 0.3$ ), 41 rarely ill children (mean age  $16.1 \pm 0.1$ ), 28 parents of frequently ill children (mean age  $44.9 \pm 0.8$ ), 30 parents of rarely ill children (mean age  $44.5 \pm 1.5$ )). We used: “Short Health Anxiety Inventory” (SHA; Salkovskis et al., 2002), STAI (Spielberger, 2002).

**Results:** We find significant differences in the personal anxiety indicator ( $1.386$ ,  $p \leq 0.01$ ), which is higher in frequently ill children (moderate level of severity). Parents of frequently ill children have the same level of personal anxiety (no statistically significant differences) ( $12.825$ ,  $p > 0.05$ ). For groups of rarely ill children and their parents we find significant differences ( $2.382$ ,  $p \leq 0.01$ ), and the level

of personal anxiety is higher in children. The indicator of health anxiety in frequently and rarely ill children has no significant differences ( $9.265$ ,  $p > 0.05$ ). The same is typical for rarely ill children and their parents while in the groups of frequently ill children and their parents this indicator has significant differences and is higher in parents ( $9.136$ ,  $p \leq 0.01$ ).

**Conclusions:** The results show that health anxiety is an independent construct, the consideration of which should begin with non-clinical, normative forms of manifestation in both adults and children.

**Keywords:** Short Health Anxiety Inventory; Health anxiety in children; health psychology; Mental health prevention in children

## Promotion of mental health

### EPP0980

#### Emotional regulation as factor of commitment to paralympic sports

A. Yavorovskaya<sup>1,\*</sup>, I. Polikanova<sup>1</sup>, Y. Semenov<sup>1</sup>, S. Leonov<sup>1</sup> and E. Rasskazova<sup>1,2</sup>

<sup>1</sup>Faculty Of Psychology, Lomonosov Moscow State University, Moscow, Russian Federation and <sup>2</sup>Clinical Psychology, Moscow State University, Moscow, Russian Federation

\*Corresponding author.

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**Introduction:** Commitment to sports is especially important for well-being in people with disabilities (Malm et al., 2019), although mental health problems are common among Paralympic athletes (Hunt et al., 2019). Importance of representations of and regulation in sport situations was supported for different kind of sports (Moran, 1993, Suinn R., 1982, Hardy et al., 1996) but Paralympic ones.

**Objectives:** The aim was to reveal aspects of psychological regulation important for achievement and longer commitment to Paralympic sports comparing to non-Paralympic sports.

**Methods:** 51 athletes from Paralympic sports (49.1% candidates and masters of sports) filled Questionnaire of Image Representations of Professional Activity of Athletes (Leonov et al., 2020) measuring general importance and self-appraisals of different aspects of image representation and regulation in sport activities: control of temporal, spatial, informational, technical and tactical, energetic aspects, game intelligence, motivational, emotional and social aspects (Cronbach’s alphas .61-.89). Data were compared to 399 athletes without disabilities (48.4% candidates and masters of sports).

**Results:** Comparing to athletes without disabilities, Paralympic athletes higher appraise general importance and their capacities for emotion regulation during sport situation ( $t = 2.26$ - $3.35$ ,  $p < .01$ ). High-level Paralympic athletes report marginally better emotion regulation ( $t = 1.74$ ,  $p < .10$ ). Longer experience in sport in Paralympic athletes is associated with better representations of spatial and social aspects of sport situations and better emotion regulation ( $r = .25$ -. $29$ ,  $p < .05$ ).

**Conclusions:** Data suggest that improvement of emotion regulation in sport situation in Paralympic athletes could be helpful for