

especially from the effects of violence. However, there are notable research gaps with a paucity of reliable prevalence estimates, intervention studies, and work on national leaders. Equally, the underrepresentation of numerous democratic countries accentuates the need for a more diverse evidence-base to better support the mental wellbeing of politicians worldwide.

Disclosure of Interest: None Declared

Psychotherapy

EPP221

Rethinking access to psychological treatment protocols in mental health research

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Introduction: Open access to psychological treatment manuals is critical for advancing research and clinical practice, particularly in low- and middle-income countries, where access to mental health care is scarce. Despite growing recognition of the need for freely available manuals to ensure replicability, transparency, and wider dissemination of evidence-based interventions, open and free access to intervention manuals remains limited.

Objectives: We aimed to quantify the availability of protocols and manuals for psychological interventions used in randomized clinical trials (RCTs) for severe mental disorders. This research is part of the broader European Research Council – funded project DECOMPOSE, in which we employ a systematic and reproducible approach for decoding, classifying, and evaluating the active ingredients of psychological interventions.

Methods: Using recent network meta-analyses of RCTs, we collected psychological interventions for psychotic, bipolar, substance use, eating, and borderline personality disorders. We attempted to retrieve intervention protocols and manuals directly from trial publications or their published protocols and referenced manuals. If the protocols or manuals were not accessible, we contacted the study authors to request the materials.

Results: We identified a total of 259 RCTs, but only 18 had published protocols. Of the 71 RCTs pre-registered on platforms such as ClinicalTrials.gov, only 5 provided an adequate description of the psychological treatment components, all of which overlapped with already published protocols. To retrieve missing materials, we contacted 450 authors from 241 RCTs. We received positive responses from 75 RCTs, negative responses from 55 RCTs, and no replies from 100 RCTs. We were not able to retrieve contact information for the authors of 11 RCTs.

Of the 75 positive responses, we obtained the complete requested materials for only 47 trials. In the remaining cases, we were instructed to purchase the manuals (n=11), provided with only partial materials (n=4), or given additional references that were not the full intervention manual (n=13). Negative responses included the trial being too old or no authors' access to the materials (n=22), commitment to send the materials without further follow-up (n=8),

suggesting the paper as the sole available resource (n=11), and various other reasons (n=14)

Conclusions: Our findings reveal a significant lack of freely available intervention manuals, limiting the implementation and replicability of psychological treatments. Coordinated action is needed to ensure open access to these materials for more replicable research, wider dissemination of results, and improved access to evidence-based mental health care.

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The Positive Writing on Mood States: Empirical Study

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Introduction: Positive writing (PW) consists in a written treatment of real or imagined events, processed with a positive connotation. The technique has been proven useful and effective for increasing psychological well-being. It derives from the expressive writing (EW) methodology developed by James Pennebaker.

Objectives: The objective of this study is to analyze the effects of positive writing (PW) in a group of healthy subjects. The psychological variables measured following the application of PW are six mood states: tension, depression, anger, vigor, fatigue and confusion. These are preliminary data from work that is still in progress.

Methods: Two groups were randomly formed (one experimental and one control) and wrote for 3 consecutive days on different topics. The experimental group wrote for 20 minutes a day about the most rewarding experience of their life, while the control group described, again for 20 minutes a day, a topic with a low emotional connotation (description of their home). Three administrations (baseline, 3-day follow-up and 10-day follow-up) of the POMS (Profile of Mood States) psychological test were carried out on study participants.

A statistical analysis such as analysis of variance (2-way ANOVA for repeated measures) was used to analyze the effects of positive writing in relation to the different parameters considered, between the groups (Experimental Group vs Control Group) in three different times (baseline, 3 days, 10 days).

Results: Statistically significant decreases were recorded in the experimental group in confusion (Factor C) in the 10-day measurement (7.44 VS 5.00 p < 0.01) and in fatigue (factor S) (5, 94 VS 3.88; p < 0.05).

Conclusions: These data demonstrate how positive writing can lead to beneficial psychological effects. In particular, this study examined the effects of writing about one's real life experiences and highlighted beneficial psychological/cognitive effects (decreased confusion) and psychophysical (decreased feelings of fatigue). Focusing attention on one's positive experiences therefore produces improvements on a cognitive level for the sensations that concern clarity and linearity of thought and reduction of feelings of psycho-physical fatigue.

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