

interpersonal resources, as well as the expressiveness of emotions in the face of one's own death and the death of others, enabling the development of deeper levels of introspection.

Disclosure of Interest: None Declared

EPP675

“Postnatal” Outpatient Program for Postpartum Women at the University Psychiatric Hospital Vrapce, Zagreb

S. Martić-Biocina¹

¹Department of Social Psychiatry, Psychiatric Clinic Vrapce, Zagreb, Croatia

doi: 10.1192/j.eurpsy.2025.877

Introduction: Postpartum mental health challenges are common, with some women experiencing anxiety, depressive symptoms, or difficulties related to childcare and familial support. To address these issues, the University Psychiatric Hospital Vrapce in Zagreb, Croatia, launched the “Postnatal” outpatient program in 2023, offering structured support for women in the postpartum period.

Objectives: The objective of the program is to provide psychological support for women with children aged 0–2 years through a combination of online and in-person group therapy, to address postpartum mental health issues and provide a supportive environment.

Methods: The program is promoted through the clinic's website, social media, maternity hospitals, pediatric centers, and visiting nurse services. Women join the program through self-referral or on the recommendation of healthcare professionals. A team of three psychiatrists conduct an initial assessment, and approximately 80% of those evaluated are admitted into the program. The program comprises two 90-minute weekly sessions: an online educational workshop and an in-person group therapy session. Each cycle lasts for 8 weeks, followed by monthly 90-minute in-person group meetings.

Results: A total of 45 participants have completed the program so far. About 30% of participants met the clinical criteria for anxiety or depressive disorders, while there were two cases of postpartum psychosis. The majority reported non-specific concerns, such as tension, insomnia, fatigue, and emotional instability. Around 30% indicated a lack of support from their partners, and 10% had pre-existing psychological diagnoses (including OCD, borderline personality disorder, and anxiety-depressive disorder). Most participants were first-time mothers, with around 10% being second or third-time mothers. In the program, participants share experiences related to conception, pregnancy, maternity hospital stays, postpartum mental health changes, and the challenges of maternal care. Participation rates have been consistently high, with only one dropout. Post-program evaluations show a high level of satisfaction, with participants highlighting the group meetings and peer support as the most valuable aspects.

Conclusions: The “Postnatal” program has demonstrated positive outcomes in providing support to postpartum women. The combination of educational workshops and group therapy has been effective in addressing both clinical and non-specific postpartum challenges.

Further cycles and long-term follow-ups are recommended to evaluate the program's sustained impact.

Disclosure of Interest: None Declared

Prevention of Mental Disorders

EPP676

Examining the impact of loneliness and resilience on mental health: Empirical evidence from a nationally representative sample of American college students

P. J. Sullivan¹, J. Ruiz-Menjivar¹, X. Zhang¹, B. R. Carr^{2*} and M. Abraczinskas¹

¹Department of Family, Youth and Community Sciences and

²Department of Psychiatry / Anesthesiology, University of Florida, Gainesville, United States

*Corresponding author.

doi: 10.1192/j.eurpsy.2025.878

Introduction: Mental health disorders, including anxiety and major depressive disorder, are highly prevalent among college students, often leading to significant impairments in academic functioning and psychosocial well-being. Loneliness, characterized as subjective distress arising from a perceived deficit in social connectivity, is frequently associated with the exacerbation of psychiatric symptoms. In contrast, psychological resilience, defined as the capacity to adaptively manage stress and adversity, is increasingly recognized as a key protective factor against the development of psychopathology.

Objectives: Despite understanding the roles of loneliness and resilience, their combined effects on mental health, specifically anxiety and depression, have not been fully explored in a large-scale, diverse population of college students in the United States. This study seeks to address this gap.

Methods: Using data from the 2023-2024 Healthy Mind Study (N=104,729), we employed logistic regression to assess the predictors of anxiety and depression, focusing on two key predictors: loneliness and resilience. Our models also controlled for other relevant factors, such as campus climate, financial stress, and socio-demographic control variables, including sex, race/ethnicity, and traditional student status. Analysis was conducted with a sample delimited to undergraduate students (n=22,927).

Results: Feeling lonely was positively related to moderate-to-severe depression ($\beta = 2$, $p < 0.001$) and moderate-to-severe anxiety ($\beta = 1.45$, $p < 0.001$). Resilience was a protective factor and was negatively associated with self-reported moderate-to-severe depression ($\beta = -1.54$, $p < 0.001$) and moderate-to-severe anxiety ($\beta = -1.54$, $p < 0.001$). The effect of loneliness and resilience on depression and anxiety remains consistent with the baseline models after controlling for campus climate, financial stress, and sociodemographic variables. High levels of financial stress and perceived poor campus climate were positively related to moderate-to-severe depression and anxiety. Finally, female, non-White, and non-traditional-aged students were less likely to exhibit moderate-to-severe depression and anxiety.

Conclusions: The findings highlight the importance of loneliness and resilience in shaping mental health outcomes among undergraduate college students. Loneliness was negatively associated with