

Conclusions: Participants showed a reduction in psychopathological severity and an increase in perceived well-being between T0 and T1. They found useful to practice physiotherapy during hospitalization and to manage anxiety, muscle relaxation and mood improvement.

Disclosure of Interest: None Declared

EPV0941

Advancing resilience in healthcare professionals: A multifaceted IoMT-based strategy to combat burnout

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Introduction: The escalating burden of occupational stress and chronic health issues among healthcare professionals frequently culminates in burnout syndrome.

Objectives: This study proposes the development of a prototype mobile recommendation system that utilizes the Internet of Medical Things (IoMT) for health monitoring and burnout assessment, while simultaneously offering coping strategies for healthcare professionals.

Methods: A digital framework was conceptualized using the Unified Modeling Language (UML), which outlined the system's modules and graphical interfaces. The proposed system integrates a range of biometric sensors, including an electrocardiogram (ECG), a blood pressure monitor, a blood oxygen saturation monitor, and temperature sensors, complemented by a psychometric assessment tool to evaluate burnout syndrome.

Results: The results of this study demonstrate that the proposed system can offer significant benefits in terms of promoting physical and mental well-being. By functioning as a continuous health monitoring tool and a preventive measure against stress and chronic illnesses, the proposed system can enhance the resilience of healthcare professionals.

Conclusions: The proposed system not only facilitates proactive health surveillance but also delivers targeted interventions to alleviate burnout effects. The implementation of this technology could revolutionize mental health management in the workplace, paving the way for robust health policy formulation within medical institutions.

Disclosure of Interest: None Declared

EPV0942

Desire for social distance towards mentally ill people

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Introduction: Familiarity with, social distance from people with mental illness and socio - demographic characteristics has been linked to conditions that lead to weaker prejudiced beliefs and a more positive opinion about mental illness.

Objectives: The relation of the attitudes and perceptions of the citizens of Larissa city towards mental illness and their desire for social distance from the mentally ill people, in relation to their familiarity with mental illness and their demographic characteristics.

Methods: A convenience sampling survey was conducted in Greece, Larissa City (n=220). The research tools which were used were: a) **Familiarity** was assessed using the **Level of Contact Report**, b) **The Social Distance Scale**, to measure the desire for social distance from people with mental illness c) Attitudes about mental illness were assessed using **The Opinions About Mental Illness (OMI) Questionnaire** and finally d) a **questionnaire for the socio - demographic information**.

Results: Univariate and multivariate analysis was applied for the statistical analysis of the data, which showed that: Desire for social distance from people with mental illness is positively related with the familiarity (with mental illness) but on the other hand is negatively related to the opinions / attitudes about mental illness.

Conclusions: The results from this study highlight and emphasize the important role of familiarity (with mental illness) and the desire for social distance (from people with mental illness) in the formation of positive/negative (prejudiced) attitudes and perceptions about mental illness.

Disclosure of Interest: None Declared

EPV0943

The Relationship between Mental Health and Music Listening in the Elderly: Is There a Connection?

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Introduction: All older adults have a strong desire to age healthily and successfully. Because of this, the research community has extensively researched various influences on an older person's aging experience. One of those influences is music, which is associated with a positive impact on the aging experience and contributes to an individual's health, wellness, and quality of life.

Objectives: This study aims to explore the relationship between older adults' mental health and music listening.

Methods: A self-report survey was employed in this study with 168 people over the age of 65, using a convenience sample. The survey had two parts: the first part included socio-demographic information and a variety of music and listening factors, while the second part was a health-related quality of life assessment—the SF-36.

Results: The Mann-Whitney statistical test was used to examine the hypothesis that the mean total score of the SF-36 mental health subscale is different between participants who identified as enjoying