

Conclusions: Our results show complex differences between eating disorder patients and healthy control subjects in several facets, pointing to a unique pattern and the affectedness of all pathological personality domains. Such results could possibly add to identifying personality trait targets for psychotherapy in eating disorders besides increasing our understanding on the etiopsychopathology of this serious psychiatric illness. Our study is ongoing, but more complex analyses involving further measures and variables in larger samples bring the hope for increasing effectiveness of treatment for anorexia.

Disclosure of Interest: None Declared

EPP0025

Validity and reliability of the Eating Disorder Examination-Questionnaire-7 Portuguese version in the perinatal period

A. T. Pereira¹, R. Lima², D. Pereira¹, J. M. Pinto¹, B. Barbosa², A. I. Araújo¹, C. Marques¹, A. Macedo¹ and C. Pinto Gouveia^{1*}

¹Institute of Psychological Medicine and ²Faculty of Medicine, University of Coimbra, Coimbra, Portugal

*Corresponding author.

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Introduction: The EDE-Q-7 Portuguese version presented good reliability and validity in Portuguese women from the general population (Pereira et al. 2022).

Objectives: The aim of our study was to analyse the psychometric properties of the EDE-Q-7 in a sample of Portuguese women during the perinatal period.

Methods: Participants were 346 women with a mean age of 31.68 of years old (± 4.061 ; range: 18-42). 160 were pregnant (second or third trimester) and 186 were in the post-partum (mean baby's age=4.37 months (± 2.87 ; range: 1-12). They answered an online survey including the Portuguese version of the EDE-Q-7 and of the Screen for Disordered Eating/SDE.

Results: Confirmatory factor analysis (CFA) presented adequate fit, in pregnancy (χ^2/df =; RMSEA=, $p<.001$; CFI=; TLI=; GFI=), postpartum (χ^2/df =; RMSEA=, $p<.001$; CFI=; TLI=; GFI=) and considering both – perinatal period ($\chi^2/df=2.7998$; RMSEA=.0722, $p<.001$; CFI=.9709; TLI=.9444; GFI=.9761). The Cronbach's alpha coefficients were >0.90 for the total and approximately .70 for the three factors - Dietary restraint, Shape/weight overvaluation and Body dissatisfaction. All the items contributed to the internal consistency and presented high internal consistency. Pearson correlations between factors and total scores were significant, positive and high, as well as between the EDE-Q-7 measures and SDE ($>.60$ with the total; $>.40$ with the factors), in pregnancy, postpartum and considering both periods.

Conclusions: Presented sound psychometric properties across the perinatal period, the EDE-Q-7 and can be very useful to evaluate the presence and severity of eating disorders symptoms in women in pregnancy and post-partum.

Disclosure of Interest: None Declared

Epidemiology and Social Psychiatry

EPP0026

Stigma towards mental health disorders - Has anything changed?

M. Subramaniam^{1*}, S. Shahwan¹, E. Abdin¹, Y. B. Tan¹, S. Gunasekaran¹, B. Lim¹, B. Tan¹, S. Shafie¹, G. Schomerus² and S. A. Chong¹

¹Research, Institute of Mental Health, Singapore, Singapore and

²University of Leipzig Medical Center, Leipzig, Germany

*Corresponding author.

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Introduction: Stigma towards mental disorders has been shown to be a major obstacle to recovery and quality of life among people with psychiatric disorders. Despite significant advances in the treatment of mental disorders, stigma remains concerning to patients, caregivers, and healthcare professionals. Singapore is a city state in South-East Asia with a multi-ethnic population. A nation-wide campaign launched in 2018, Beyond the Label, focusing on addressing stigma and promoting social inclusion for persons with mental health conditions.

Objectives: The aims of the current study were to (i) establish the dimensions of stigma and examine its correlates in the general population of Singapore using a vignette approach, and (ii) examine whether there was any change in stigma levels from 2016 to 2023.

Methods: Data for the current study comes from an ongoing nation-wide, cross-sectional study of mental health literacy conducted in Singapore since September 2022. The study population comprises Singapore Residents aged 18–65 years who are currently living in Singapore. Respondents were randomly assigned and presented a vignette describing one of seven specific disorders: alcohol abuse, dementia, depression, depression with suicidality, gambling disorder, obsessive-compulsive disorder, and schizophrenia. Stigma was assessed using Personal and Perceived scales of the Depression Stigma Scale (DSS) (Griffiths et al. Br J Psychiatry; 2004 185 342–349), and the Social Distance scale (SDS) (Link et al. Am J Public Health 1999; 89 1328–1333).

Results: 2500 respondents who completed the survey were included in the current analysis. The mean age of the respondents was 42.8 years. A three-factor model comprising 'weak-not-sick', 'dangerous/undesirable', and 'social distance' provided acceptable fit. Multivariable linear regression analyses revealed that younger age, female gender, students, and dementia vignette were significantly associated with lower weak-not-sick scores while Malay and Indian ethnicity, lower education, and alcohol abuse and gambling disorder vignette were significantly associated with higher weak-not-sick scores. Those of Malay and Indian ethnicities and those with a family member or close friend who had problems similar to the person in the vignette were significantly associated with lower social distance scores.

A significant decrease ($p < 0.001$) in all three factor scores was observed from 2016 to 2023 (Table 1).

Table 1. Mean stigma scores over time

	2016	2023
Factors	Mean (SD)	Mean (SD)
Weak-not-sick	10.2 (2.1)	9.5 (2.3)
Dangerous/undesirable	11.6 (2.8)	11.2 (2.7)
Social distance	12.0 (3.1)	11.6 (3.0)

Conclusions: Our study found a significant decrease in stigma from 2016 to 2023 in the Singapore population which indicates the positive impact of anti-stigma initiatives in Singapore. Interventions must be co-developed with males, older adults, and those with a lower education to further reduce stigma in this multi-ethnic population.

Disclosure of Interest: None Declared

EPP0027

Epidemiology of a psychiatric day hospital service in rome: descriptive analysis of a two-year period of hospitalizations

A. Moschillo^{1*}, C. Zocchi¹, M. Pompili² and G. Manfredi²

¹Departments of Neurosciences, Mental Health and Sensory organs, Faculty of Medicine and Psychology, Suicide Prevention Centre, Sant'Andrea Hospital, Sapienza University of Rome and ²Faculty of Medicine and Psychology, Suicide Prevention Centre, Sant'Andrea Hospital, Sapienza University of Rome, Psychiatry Unit, Psychiatry Residency Training Program, Rome, Italy

*Corresponding author.

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Introduction: Psychiatric Day Hospital (DH) constitutes an area of semiresidential care for short- and medium-term diagnostic and therapeutic-rehabilitative services. Through a descriptive analysis, we analyzed the clinical rationale and expected goals leading to an admission to the psychiatric day hospital service at St. Andrew's Hospital in Rome, over a two-year period (2021-2022).

Objectives: We aim, through the evaluation of the epidemiological data of patients, particularly the causes of admission and sending institutions, to be able to have at our disposal important comparison data to understand the characteristics of the patient population received in psychiatric day hospital services.

Methods: Medical records of 218 patients admitted from 01.01.2021 to 31.12.2022 at the Psychiatry Day Hospital of Sant'Andrea Hospital in Rome were analyzed. The main sociodemographic and clinical characteristics and finally the type of psychiatric service from which the admission came were collected and analyzed, in addition to the reason for referral and therapeutic goal. Statistical analyses were conducted using Excel spreadsheets.

Results: 64% of admissions aimed to modify or start new medication regimens with monitoring (e.g., Clozapine, Carbolithium, Esketamine). 19% were for medical evaluations, mainly neurological, cardiological, endocrinological, or internal medicine. 9%

were for diagnostics. 2% were for infusion therapy, and an additional 2% for Esketamine treatment. The main findings highlight that Day Hospital use primarily focused on comprehensive patient assessments and therapy adjustments, often involving closely monitored drugs. Notably, 19% were for medical evaluations, with 28% of them being neurological assessments. This suggests challenges in conducting detailed medical assessments outside a context with prioritized access to such services.

Conclusions: Limited data in the literature make it challenging to conduct comparative analyses regarding patients in psychiatric day hospital services. However, our data can spark a discussion about admissions with objectives that could potentially be addressed through alternative services. We should also explore why this isn't happening. It could be interesting to conduct a descriptive analysis comparing epidemiological data from the two years before and after the period under investigation. Conducting retrospective statistical analysis on the collected data can yield more comprehensive results.

Disclosure of Interest: None Declared

EPP0028

Trends of the mental health of the Hungarian adult population between 2010-2023

K. Kósa^{1*} and É. Bíró²

¹Department of Behavioural Sciences and ²Department of Public Health and Epidemiology, University of Debrecen, Debrecen, Hungary

*Corresponding author.

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Introduction: Several data have been published in the past decade on the mental health of the Hungarian population by different research teams but less information is available about the trends of mental status of the population based on comparable research methods.

Objectives: Our aim is to provide data on the time trends of mental status in Hungary using comparable methodology.

Methods: Four cross-sectional mental health surveys of the adult Hungarian population were designed by the authors; data collection was carried out by an opinion polling company between 2010 and 2023. Representative samples were selected by multistage stratified cluster sampling and weighted for analysis. Self-filling questionnaires were used to collect information on demographic data and socioeconomic status; validated scales were used to assess pathological distress (GHQ) and sense of coherence (SOC).

Results: Distribution of the respondents by permanent residence, age and sex in all surveys reflected that of the adult population of the country. The proportion of adults struggling with severe psychological distress approximately halved from 14.53% in 2010 to 6.78% in 2019 showing a significantly improving trend (< 0.001) with higher proportions of women being severely stressed compared to men. Sense of coherence, a measure of psychological resilience increased by 3.43 points from 2010 to 2019 ($p < 0.001$), also reflecting a significantly improving trend without gender difference. However, the last survey of 2023 showed significant worsening with 18.85% of adults struggling with pathological distress, and a dramatic decrease in sense of coherence (-13.64 points).

Educational level and social support were found to be consistent and significant determinants of mental health.