

EPV2000

The Rockefeller Foundation and Evidence-based Psychiatry, 1920-1950

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Introduction: By 1920, the Rockefeller Foundation had set out to systematically improve medical education and clinical practice. This wealthy, formidable agent for change initially focused on surveying the state of medical education world-wide and then targeting individual research institutes and universities with funding aimed at improving their facilities.

Objectives: The aim was to increase understanding of how the Foundation's focus on improving medical education and practice changed over time.

Methods: The Rockefeller Foundation archive documents the philanthropic activities of the Foundation. Employing a social-history methodology, the primary sources utilised involved officer diaries, including that of Alan Gregg who directed support for medical research and education globally throughout the 1930s and 1940s. Also examined were contemporary journals such as *The British Medical Journal*, the *New England Journal of Medicine*, and *The Lancet*; contemporary newspapers such as the *New York Times*, *The Illustrated London News*, and the *Times of India*, among others. The evidence from the diaries was compared with that of journals, newspapers, and other primary sources.

Results: Initially the Foundation employed a disease-control model aimed at eradicating hookworm, malaria, and yellow fever. However, over time the Foundation changed its focus and developed a special interest in building the discipline of psychiatry. Gregg came to firmly believe that the funding of mental health research and teaching should be given the same resources as any other branch of medicine. Gregg supported initiatives to include psychiatry in standard medical school curricula and he also directed Foundation funding toward individual researchers in the field of mental health. He eventually came to serve as an advisor to the National Institute of Mental Health and the psychiatry section of the Department of Veterans Affairs.

Conclusions: The focus of the Rockefeller Foundation changed over time. Using meticulous planning, the Foundation moved from a laboratory-based, disease-eradication model to developing a deep commitment to promoting scientific psychiatry internationally.

Disclosure of Interest: None Declared

EPP730

Wellness at Work for Psychiatry Trainees in Ireland: A Pilot Quality Improvement Project

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Introduction: Psychiatry trainees in Ireland are categorised as Non-Consultant Hospital Doctors (NCHD). Research into the

wellbeing of NCHD's has consistently highlighted difficult working conditions with the majority reporting they have been told by others they neglect their own health. The learning outcomes of the College of Psychiatrists of Ireland are majority clinical, professional and academic based with only a small focus on outcomes related to trainee wellbeing. Therefore, local and creative initiatives to support psychiatry trainee health and wellbeing are warranted.

Objectives: To conduct a needs analysis amongst psychiatry trainees in the Sligo/Leitrim Mental Health Service to inform the development of a NCHD Wellness at Work Committee and assess its impact over a six month period from January 2024 – July 2024.

Methods: Following Clinical Director ethical approval, an anonymous online survey was shared with NCHD's through email to assess their workplace wellbeing needs. Results were collected and analysed using Microsoft Excel leading to the creation and implementation of an action plan. At the end of the period, another anonymous online survey was shared through email to assess the usefulness of the project.

Results: 16 out of 23 local NCHD's responded to the needs analysis. 88% identified 'Physical Health' as the top priority for the committee, while 75% endorsed the 'Psychosocial work Environment' and 'Mental Health and Wellbeing'. The 'Physical Work Environment' and 'Healthy Eating' were chosen by 44%.

In terms of a wellness at work development program, the most frequently requested item was 'Activities to support mental health' (69%), followed by 'Corporate Leisure Centre discounts' at 63%, 'Stress Management' and 'Exercise/physical activity classes' both at 56% and 'Access to healthy food' and 'Sports participation' options both at 50%. 'Not enough time' was identified as the greatest barrier to participation by 69% with equal variations across preferred timing of activities.

The action plan included the improvement of the physical work environment along with the arrangement of a financial planning webinar, Human Resources Coaching, Occupational Health and Health Promotion sessions. Information was shared by email on the Cycle to Work scheme and the Living Well stress reduction program along with social events including a breakfast club, provision of time and facilities pre-trainee teaching for social interaction and a regular social dinner.

An impact assessment survey provided 12 responses from a total requested of 16 with all 12 responding indicating a positive impact. The missing 4 responses were due to trainees moving location.

Conclusions: This is, to our knowledge, the first quality improvement project to date involving the creation of an NCHD Wellness at Work Committee in Ireland.

The results will be used to inform and encourage the development of similar initiatives Deanery wide.

Disclosure of Interest: None Declared

Women, Gender and Mental Health

EPV2002

Chirps and Sentiments regarding PMS and PMDD: where does X stand?

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Introduction: The emergence of social media platforms like X has created a unique space for mental health discussions. This study aims to analyze the language and themes used in social media discussions to appreciate sentiments about PMS and PMDD by looking at a sample of the most popular tweets on platform X.

Objectives: We hypothesize that this content can provide insight into public perceptions and guide educational campaigns.

Methods: An advanced Twitter/X search for “PMS” and “PMDD” was conducted, filtering for English content. The top 100 tweets for each search term were explored through two different sentiment analysis tools which include Dr. Daniel Soper’s Sentiment Analyzer Tool and Text2Data Application Programming Interface (API) Natural Language Processing (NLP) Analysis. Tweets were also analyzed using a word cloud generator to identify the most frequently used terms. Connecting words were eliminated from the final output.

Results: Negative sentiment was more prevalent than positive among the tweets for PMDD, with an overall sentiment analysis of an average of -24.3 per the Daniel Soper Sentiment Analyzer tool, suggesting a negative and serious tone. The most frequently appearing terms in these tweets were “month” (mentioned 17 times), “bad” (16), “love” (15), “feel” (14), “MAFS” (14), “support (14). Per Text2Data’s API NLP analysis, the top 150 words had a negative sentiment of -0.59 with a magnitude of 1.69. Negative sentiment was more prevalent than positive among the tweets for PMS, with an overall sentiment analysis of an average of -15.2 per the Daniel Soper Sentiment Analyzer tool, suggesting a somewhat negative and serious tone. The most frequently appearing terms in these tweets were “new” (11), “price” (10), “oxford” (9), “feel” (14), “people” (9), “want” (9). Per Text2Data’s API NLP analysis, the top 150 words had neutral sentiment of +0.15 with a magnitude of 1.59.

Conclusions: This study emphasizes a less negative sentiment associated with PMS compared to PMDD. It also highlights how more emotionally charged terms were used among tweets discussing PMDD compared to PMS. This may reflect public perception of the two conditions. Additionally, social media can be a way to gauge public interest and perception of medical topics.

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EPV2003

Navigating OCD During Pregnancy: A Case Study and Therapeutic Insights

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Introduction: Obsessive-Compulsive Disorder (OCD) during pregnancy can worsen due to hormonal changes, psychological stress, and concerns about the baby’s health. It presents unique challenges for diagnosis and treatment, balancing the mother’s mental health with fetal safety. This case focuses on a woman

who developed OCD in her third trimester, emphasizing the challenges in managing the condition.

Objectives:

- To describe the impact and progression of OCD during pregnancy.
- To assess the effectiveness of Cognitive Behavioral Therapy (CBT) and evaluate pharmacological options.
- To analyze the risks and benefits of managing OCD therapeutically in pregnant women.

Methods: A clinical case of a 32-year-old woman at 28 weeks of gestation, with newly diagnosed OCD, is presented. Symptoms began in the second trimester with intrusive thoughts about harming her baby and compulsive checking and cleaning behaviors. The patient was treated with CBT, and SSRIs were considered due to symptom severity. Follow-up continued through pregnancy until delivery.

Results: CBT led to a significant reduction in compulsions and improved management of obsessive thoughts. However, moderate symptoms persisted, leading to consideration of SSRIs, which were ultimately avoided due to concerns about side effects. The patient’s delivery was uncomplicated, and continued CBT postpartum resulted in significant improvement.

Conclusions: This case illustrates the complexity of treating OCD during pregnancy, where hormonal changes and concerns about fetal health can exacerbate symptoms. Early intervention with CBT can be effective, and treatment decisions must carefully balance maternal and fetal well-being.

Disclosure of Interest: None Declared

EPV2004

Unresolved Grief Resurfacing: managing delayed perinatal grief after subsequent birth

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Introduction: Delayed perinatal grief occurs when the grieving process for a lost baby is reactivated after the birth of a healthy child. This case presents a 39-year-old mother who, after losing her first baby at 36 weeks due to Patau syndrome, experienced delayed grief following the birth of a full-term baby two years later. Despite receiving one psychological consultation at the time of the loss, the lack of follow-up contributed to the reactivation of her grief postpartum, presenting with sadness and anxiety.

Objectives:

- To describe the process of delayed perinatal grief in a mother who lost a baby due to Patau syndrome.
- To evaluate the psychological impact of the lack of follow-up after the loss on the subsequent development of reactivated grief.
- To propose therapeutic interventions for the management of mothers experiencing delayed perinatal grief.