

Objectives: Increasing mental health problems among the young is a global issue in the industrialized world. We see a connection between digitization, the intro of smartphones 2007 and the increase of anxiety, depression and melt downs in children who are left with to little adult guidance. Their screen time becomes to long leading to impaired health due to long sedentary time. The result is not enough physical activity, obesity, introversy because of lack of IRL social contact etc. The problems are well known but why don't we talk more about them and help our children to deal with it?

Methods: Read any statistics about mental helath among the young in the industrialized countries.

Results: While studying the statistics in Sweden over time the results of the bad sustainability of living are clear.

Conclusions: The adult world needs a wake up call which I will give in my oral presentation. I will also present proposals of solution.

Disclosure: No significant relationships.

Keywords: sustainability; mental health; prevention; Adolescents

EPV1049

E-tool for mental health prevention: a study of the receptivity and engagement in a large-scale group of subjects

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Introduction: Due to the Covid-19 effects, mental health conditions are now, more than ever, affecting our daily lives - both personally and professionally. The average delay between the onset of first symptoms of a mental health disorder and seeking suitable healthcare is 11 years. The WHO states that the only sustainable way to reduce mental healthcare burden is by acting earlier.

Objectives: The aim of this project is to assess the receptivity and engagement of a mobile app for mental health prevention, amongst a large-scale and heterogeneous group of individuals. The main hypothesis under testing is that people are receptive to actively act towards mental health prevention, despite still being a very neglected and stigmatized topic.

Methods: A mobile app for mental health improvement and disease prevention was developed through the digitalization of positive psychology strategies, such as mood tracking, journaling, breathing exercises, among others, which are personalized to the user through biofeedback. The app aims at teaching people how to autonomously cope with mental health conditions, identifying early signs and redirecting them to proper mental health professionals. The app is being released for a population of 35,000 subjects resident in Portugal.

Results: Receptivity and engagement metrics will be assessed on a weekly and monthly basis, for 3 months, segmented by different subject profiles. Mental health metrics will also be assessed, namely anxiety, depression, and burnout levels - using standard psychiatric scales.

Conclusions: We have yet to draw conclusions from the project; however, we aim to achieve first results in due time.

Disclosure: The aim of this research is to assess the receptivity of mental health prevention strategies using technology, namely a mobile app provided by a company.

Keywords: GAD; Biofeedback; burnout; prevention

EPV1050

Economic evidence of preventive interventions for anxiety disorders in children and adolescents – a systematic review

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Introduction: Anxiety disorders are common in children and youth. Also, in prevention, be it universal, selective or indicated, economic evaluation supports decision-making in the allocation of scarce resources.

Objectives: This review identified and summarised the existing evidence of economic evaluations for the prevention of anxiety disorders in children and adolescents.

Methods: A systematic search was conducted on the EBSCO, Scopus, Web of Science, ProQuest, Cochrane and PubMed databases. We included studies that focused on children and adolescents under 18 years of age, aimed to prevent anxiety disorders, and presented an incremental analysis of costs and effectiveness. A registered checklist was used that assessed the quality of the included articles.

Results: The search yielded 1,697 articles. Five articles were included in this review. Three were RCT-based and two were model-based studies. Out of five included interventions, one was a universal school-based intervention, two selective interventions and two indicated interventions. Universal school-based prevention of anxiety was not cost-effective compared to usual teaching. Selective parent training and indicative child- and parent-focused CBT prevention were likely cost-effective compared to usual care or doing nothing.

Conclusions: Parent education and cognitive behaviour therapy interventions can be cautiously interpreted as being a cost-effective way of preventing anxiety in children and adolescents. However, the evidence is weak related to cost-effectiveness as there are only a few studies, with relatively small sample sizes and short follow-ups.

Disclosure: No significant relationships.

Keywords: prevention; Anxiety; economic evaluation; children and adolescents

EPV1051

The Worldview Attitudes and Self-Determination in Russian Students who are Different Passion Degree of Tolkien Fans

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Introduction: Self-determination is the developmental task (R. Havighurst) in youth leading to personality psychological well-being and health.

Objectives: The aim was to study the worldview attitudes in Russian youth who are Tolkien fans.

Methods: The techniques were completed by 121 students; 17-28 age ($M = 21.7$; $M/F = 35.5 / 64.5\%$); 81 (66.9%) subscribers of the Vkontakte communities dedicated to the work of J.R.R. Tolkien. 1. Incomplete Sentences by Sacks-Levy in authors' version 2. World assumptions scale (R. Janoff-Bulman) (Padun, Kotelnikova, 2007) 3. Purpose-in-Life Test (J. Crumbaugh, L. Maholick) (Leontiev, 2000) 4. The Level of Escapism (Teslavskaya, Savchenko, 2019).

Results: Three groups of respondents differing in their attitude to the literary genre of fantasy («fans», «amateurs», «indifferent») were identified. Respondents consider the world to be moderately benevolent, and fair, and themselves quite good people, able to control most of the events taking place in their lives. They are sure that they are often lucky in life. «Fans» have the highest tendency to escapism, the most pessimistic view of the world, with a more positive image of the person compared to other respondents. «Fans» consider their lives less emotionally rich and productive, compared to the assessment of their lives by peers of other groups.

Conclusions: The level of escapism expression in fantasy literature fans are higher than in respondents who do not distinguish this genre as preferred. A new theoretical and empirical work is that worldviews can be monitored and taken into account in practical psychological working with at-risk young people.

Disclosure: No significant relationships.

Keywords: worldview; self-determination; escapism; psychological health

EPV1052

Dissemination project: Linking Clinical Practice and Research towards daily function and Mental Health prevention.

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Introduction: Occupational therapy (OT) offers evidence-based methods to address daily functioning improvement and better health promotion. However, many adults who are dealing with deficient daily functioning due to unrecognized Attention Deficit Hyperactivity disorder (ADHD) do not benefit from these developed methods. Thus, they are at risk of experiencing adjustment barriers and poor mental health.

Objectives: The aim of this project is to develop a dissemination strategy in order to reach-out for this unrecognized ADHD population and grasp their attention in an early stage of life. The study following this project is measuring the possibility of this action to reach out to the individuals and make a small change in their daily functional capabilities.

Methods: The Laboratory for the Study of Complex Human Activity and Participation (CHAP) is a lab sited in the occupational therapy department at the University of Haifa. Its research address ADHD as part of further neuro-developmental challenges in the life

span. The lab started a dissemination program including 4 OT researchers, and a group of former researchers for materials feedback.

Results: In the presentation we will share the dissemination strategy and its implementation during 6 months. Moreover, we will present a theoretically map relevant virtual pathways that adults with unrecognized ADHD may cross since childhood.

Conclusions: This preventative program towards health promotion aims to help people achieve meaningful milestones in life and live more fully. Moreover, this strategy may serve as a prototype for similar approaches in other outreach processes.

Disclosure: No significant relationships.

Keywords: Media; strategy; adhd; Occupational therapy

EPV1053

An Anxious Heart: The Relation Between Cardiovascular Disease and Prevalence of Anxiety Symptoms

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Introduction: Cardiovascular disease represent the leading cause of death worldwide, and is also responsible for the consumption of many medical resources, work absenteeism and worse Quality of Life. On the other hand, psychiatric diseases have recently gained more relevance worldwide as one of the principal causes of disability.

Objectives: Evaluate a possible relationship between cardiovascular risk factors (CVRF) and anxious or depressive symptoms.

Methods: Observational and cross-sectional study in a non-probabilistic and convenience sample, composed by patients followed on five primary healthcare facilities, who voluntarily accepted to answer the questionnaire through an interview, between July 2020 and January 2021. After an informed consent, a questionnaire was carried out including sociodemographic characterization, presence of cardiovascular disease and/or cardiovascular risk factors and the Portuguese version of HADS. Descriptive and inferential statistics were performed, using Mann-Whitney U test. A value of $p < 0.05$ was considered statistically significant.

Results: Sample of 179 people, 53,1% female, with an average age of 51.05 ± 22.02 years, in which 57,5% had one or more CVRF and 59,8% had CVD and/or CVFR and the most prevalent CVRF were hypertension (48%) and dyslipidemia (43,6%). There was a statistically significant relationship between diabetes and anxiety ($p < 0.05$).

Conclusions: There was a greater prevalence of anxiety symptoms in people with diabetes compared to people without diabetes. This suggests the importance of giving attention to anxiety in patients with diabetes, given the relevance of this comorbidity in their quality of life. The main limitation of the study is related with the sample size.

Disclosure: No significant relationships.

Keywords: diabetes; Cardiovascular; risk factors; Anxiety