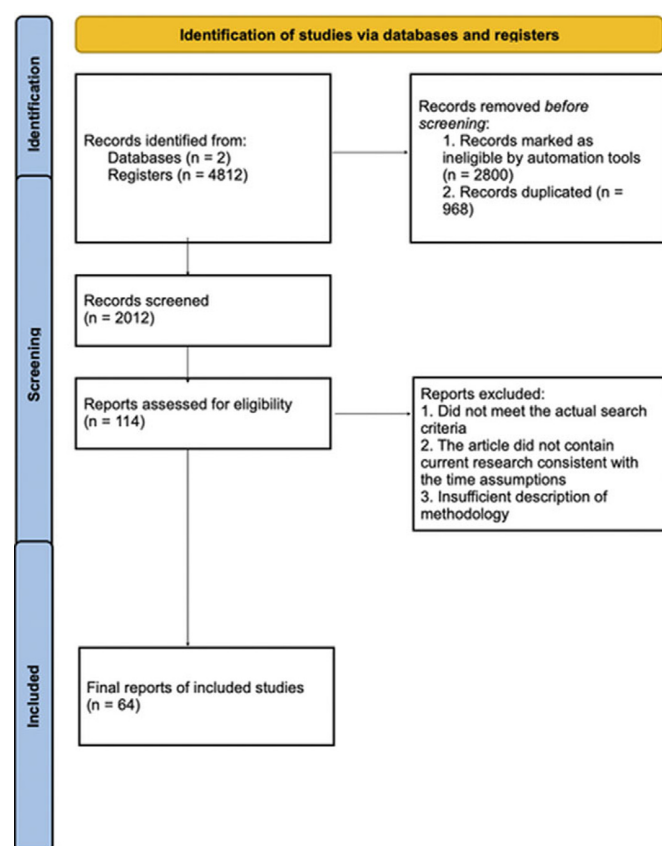


Image 1:



Conclusions: The intensive period of socio-cultural and economic changes has an impact on people's attitudes towards religiosity, their sense of belonging to a religious group, or spirituality in general. As the available analyses show, spirituality can be a protective or burdensome factor, or it can have no impact on a person's mental well-being. The studies available in medical databases show significant heterogeneity in this respect, which makes their direct comparison difficult. Another methodological problem seems to be the assessment of spirituality. We cannot forget about the cultural context in the assessment of societies. An interesting analysis would be to assess the relationship between specific forms of spiritual practice and their intensity with reference to tradition, gender, age, and geographical region. Considering the aspect of spirituality in human life is part of a holistic view in medicine.

Disclosure of Interest: None Declared

EPV0571

Psychological Well-Being, Self-Esteem, and Body Image Satisfaction Among Pregnant Tunisian Women: A Study from Monastir Maternity Department

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Introduction: Pregnancy induces significant physiological and psychological changes. This study evaluates self-esteem, body image satisfaction, and psychological well-being among pregnant women at Monastir Maternity Center, Tunisia.

Objectives:

1. To assess self-esteem and body image satisfaction among pregnant women.
2. To evaluate the psychological well-being and the adequacy of support provided during pregnancy.

Methods: Conducted over two months (March-April 2022) with 62 participants (88.57% response rate) at Monastir Maternity Center. Self-esteem was measured using the Rosenberg Self-Esteem Scale (RSES), and body image satisfaction was assessed with the Body Image States Scale (BISS). Sociodemographic, obstetric, and psychosocial variables were collected.

Results: The study included 62 participants, with an average age of 31.68 ± 7.49 years. Most participants (62.9%) were stay-at-home individuals, and two-thirds reported their current pregnancy as desired.

Body image satisfaction, measured by the Body Image States Scale, averaged 5.32 ± 3.67 , indicating moderate satisfaction.

Self-esteem was low in 79% of participants, while 74.2% had no depressive symptoms and 90.3% had no anxiety symptoms.

Half of the participants (50%) reported their psychological well-being was addressed during pregnancy, with the majority (41.9%) receiving support from family members. Three-quarters (75%) considered pregnancy consultations the best time to discuss psychological issues. Almost all (98.4%) wanted additional psychological support. Over half (56.5%) talked about their pregnancy difficulties with someone, while 22.6% did not address them, and 21.0% did not experience any difficulties.

Conclusions: The study highlights a significant prevalence of low self-esteem and moderate body image satisfaction among pregnant women. The study also reveals that while many women discuss their difficulties with others, there remains a gap in addressing psychological issues adequately, particularly considering the majority of participants desire more support.

Disclosure of Interest: None Declared

EPV0572

Mental health professional impact of dualistic approach on the biological model of depression

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Introduction: In psychopathology, a dualistic approach often refers to the conceptual separation of the mind and body as distinct entities, which can influence how mental disorders are classified and diagnosed. This separation may lead to biased judgments and contribute to the stigmatization of mental health conditions. It can also encourage alternative conceptualizations of mental health