

but also on the improvement of quality of life, personalized to the needs of patients suffering from different psychiatric syndromes.

Disclosure of Interest: None Declared

EPV1487

Effects of Progressive Muscle Relaxation and Breathing Exercises with Music on Stress Levels and Bio-Psycho-Social Responses of Nursing Students in Clinical Practice: A Randomized Controlled Trial

N. Karabulut^{1*} and Ç. Yüksel²

¹Nursing, Ankara University and ²Nursing, University of Health Sciences, Ankara, Türkiye

*Corresponding author.

doi: 10.1192/j.eurpsy.2025.2003

Introduction: Clinical practice involves many stress factors for nursing students. Stress in clinical practice causes positive or negative outcomes for students. Students show physical, emotional and behavioural reactions to stress. Therefore, progressive muscle relaxation and breathing exercises with music can be a method that students can easily learn and apply, reducing stress and negative bio-psycho-social responses.

Objectives: This study aimed to examine the effects of progressive muscle relaxation and breathing exercises accompanied by music on the stress levels of undergraduate nursing students and their bio-psycho-social responses to stress.

Methods: This randomized controlled study was conducted at a university in Turkey with ethics committee approval. A total of 154 undergraduate nursing students were randomized, 77 in the intervention group and 77 in the control group. 44 of the students were sophomores, 52 were third-year students, and 58 were fourth-year students. Progressive muscle relaxation and breathing exercises were applied to the intervention group for six weeks with music. No intervention was applied to the control group during the research period. Research data were collected using the Personal Information Form, the Perceived Stress Scale for Nursing Students, and the Biopsychosocial Response Scale for Nursing Students. The scales were applied to the intervention and control groups before the exercises, at the end of the six-week exercises, and two weeks after the exercises ended. Data were collected between October 2022 and January 2023. Shapiro-Wilk test was used in the analysis of normality of data; Independent Samples t-test, Dependent Samples t-test, and Analysis of Variance were used in the analysis of variables.

Results: In the pre-test measurements of the groups, it was found that there was no significant difference in terms of the students' stress levels in clinical practice and bio-psycho-social response scores ($p > 0.05$). In the post-test and follow-up measurements, it was seen that the stress and bio-psycho-social response scores were significantly lower in the intervention group than in the control group ($p < 0.05$). There was also a significant group*time interaction between the groups in terms of stress and bio-psycho-social response scores ($p < 0.05$).

Conclusions: The findings showed that the intervention helped students reduce their stress levels and negative bio-psycho-social responses to stress, and the effects were found to be sustained in the short term. These positive results are promising in the use of progressive muscle relaxation and breathing exercises with music as an effective and easy method to reduce the stress level and

negative physical, emotional and behavioral responses to stress in the clinical practice of undergraduate nursing students.

Disclosure of Interest: None Declared

EPV1488

Climate change and natural disasters: global challenges for mental health, resilience, and recovery

F. Kraxner^{1*} and S. Tanyeri Kayahan²

¹Psychiatry, Hospital Affoltern am Albis, Zürich, Switzerland and

²Psychiatry, Republic of Türkiye Ministry of Health Yalvac State Hospital, Isparta, Türkiye

*Corresponding author.

doi: 10.1192/j.eurpsy.2025.2004

Introduction: Climate change is the biggest threat of the 21st century and poses a significant risk to mental well-being by aggravating social injustice, by which children and adolescents are particularly affected. To avert the scenarios predicted by scientists, it is not only necessary for politicians to act quickly and thoroughly but also to rethink our self-understanding as those responsible for planetary health and to face this crisis with a fundamental rearrangement of priorities.

Objectives: Highlighting and summarizing current knowledge on climate change and its effects on mental health were aimed.

Methods: To emphasize the global challenges related to mental health, facts and figures of climate change and the actual status quo of climate-related mental health were gathered through an online review of existing resources.

Results: According to the Glasgow Climate Pact of the United Nations Framework Convention on Climate Change, the world is currently heading for a global warming of 2.7°C, accepting the destruction of habitats and ecosystems. The warnings regarding climate change from the scientific community are becoming increasingly clear. The Lancet Countdown, a review by scientists from 43 leading institutes around the world, shows visible impacts of climate change on human health. The Intergovernmental Panel on Climate Change report confirms a global increase in climate change-associated morbidity and mortality in 2023, as well as the impact on mental health. The climate crisis threatens mental health ubiquitously. In this context, new terms as “eco-anxiety”, “eco-paralysis”, and “solastalgia” are already being used. Eco-anxiety describes the fear of directly experiencing climate change. While this fear results in a change towards environmentally friendly behavior in some people, others fall into eco-paralysis. Knowledge about climate change can lead to paralysing fear and denial. Trauma from experiencing extreme weather events or forced relocation also trigger psychological distress in young people. In addition to eco-anxiety, the term solastalgia is increasingly used to describe the existential pain caused by experiencing irreversible climate-related changes in the environment. Surveys show that anxiety about the future has increased among young adults in recent years. The interconnections between climate change and mental health also include stress reactions and emotional suffering, strained social relationships, helplessness, grief, and increased risk of suicidal behavior.

Conclusions: Considering many health care professionals do not yet carry out any corresponding preventive measures regarding climate change and its effects on mental health, the self-image of physicians must be rethought and sharpened as communicators