

socio demographic details, checklist for observing physiological parameters (Heart Rate, Respiratory Rate, Oxygen Saturation, and Blood Pressure), Perceived Stress Scale (PSS), Pittsburg Sleep Quality Index (PSQI), Satisfaction with Life Scale (SwLS), Subjective stress on Visual analogue scale (VAS), User Satisfaction Evaluation Questionnaire (USEQ) and VR Experience Questionnaire (VEQ). Participants would be divided randomly into two groups with group 1 (n=30) individuals receiving only nature-based sounds intervention and those in group 2 (n=30) would receive combined nature-based VR and nature-based sounds intervention.

Results: Primary outcome will be change in physiological parameters using repeated measures ANOVA. Additional outcomes like acceptability and feasibility of the intervention will also be reported as descriptive data. Pearson's correlation will be done between scale scores and change in physiological parameters in different groups based upon nature of intervention, illness based or gender based.

Conclusions: The study provides insight into the utility of upcoming VR interventions to cater the needs of caregivers to individuals with schizophrenia in moderating the stress levels.

Disclosure of Interest: None Declared

Psychophysiology

EPP051

Impact of Childhood Trauma on Stress Levels in Chronic Fatigue Syndrome Patients

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doi: 10.1192/j.eurpsy.2025.408

Introduction: Chronic Fatigue Syndrome (CFS) is marked by physical and cognitive fatigue, as well as increased susceptibility to fatigue. While the precise causes of CFS remain unclear, there is growing interest in the role of the stress response system in its development.

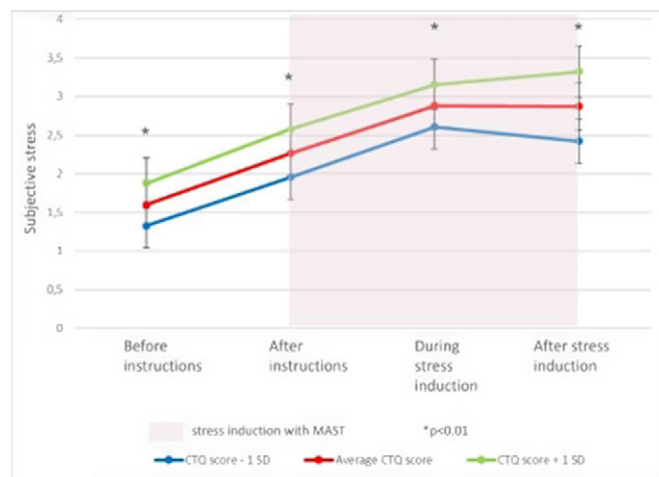
Objectives: Given that early adverse experiences might affect one's ability to handle stress effectively, the aim of this study was to examine whether such early life events could predispose patients with CFS to higher self-reported stress levels when confronted with psychosocial stressor.

Methods: 76 patients with CFS and 45 healthy controls (HC) underwent the Maastricht Acute Stress Test (MAST) to induce stress. Subjective stress levels were assessed before, during and after the task. The Childhood Trauma Questionnaire (CTQ) was used to retrospectively evaluate abusive and neglectful experiences in childhood

Results: Patients with CFS reported significantly higher levels of subjective stress at all stages of the MAST compared to HC (main effect of group; $p < 0.0001$). Additionally, CFS patients had higher CTQ scores than HC ($p = 0.04$). Within patients, higher levels of childhood trauma was associated with higher levels of self-reported

stress ($p = 0.0047$) throughout the MAST. The results of the link are visualized in the attached figure.

Image 1:



Conclusions: Patients with CFS experience heightened stress levels during a validated stress-inducing task compared to HC. Furthermore, a history of greater childhood abuse and neglect is associated with increased stress levels later in life, potentially contributing to the development of CFS.

Disclosure of Interest: None Declared

Psychotherapy

EPP053

Evaluating the Effectiveness of Culturally Adapted Persian-Translated PEERS® (Program for the Education and Enrichment of Relational Skills) for Young Adults with ASD : A Mixed-Methods Study

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doi: 10.1192/j.eurpsy.2025.409

Introduction: Social deficits are a significant impairment in adult ASD, leading to difficulties in socio-emotional cognition, communication, and relationships. Effective social skills interventions are crucial during the transition to adulthood. The UCLA PEERS® (Program for the Education and Enrichment of Relational Skills) for young adults is a prominent and well-researched intervention, implemented in over eighty countries and translated into numerous languages. This program includes concurrent sessions for young adults and their parents, aiming to improve social skills and reduce ASD-related social issues

Objectives: The current study aimed to test the effectiveness of a culturally adapted Persian -translated version of PEERS® for young adults with ASD without intellectual disabilities.