important step towards identifying areas which warrant intervention to improve patient safety.

Disclosure: NS is the director of London Safety and Training Solutions Ltd, which offers training in patient safety, implementation solutions and human factors to healthcare organisations and the pharmaceutical industry. The other authors have no competing interests.
Keywords: Qualitative research; Patient safety; Health services research

EPV0858

The influence of reflection and self-system on the effectiveness of self-regulation of students' mental states

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Introduction: In the modern era of instability the problems of human adaptive abilities and mental regulation have become more and more relevant. The study of the processes of mental regulation is impossible without understanding the role of the mental structures: reflection and self-system of personality.
Objectives: The purpose of the research is to study the interaction and mutual influence of the components of the self-system and reflective structures on the process of mental regulation of students.
Methods: 52 first year students were offered to complete questionnaires of reflectivity (M. Grant), of self-system (S. Pantileev), as well as the authors' method of self-regulation effectiveness of mental states. Also we used Spearman's rank correlation coefficient.
Results: It is revealed the positive direction of the relationships between the reflection and the components of the self-system ($p \leq 0.05$). Respondents with a high level of self-system are more successful in coping with the processes of mental regulation. The indicators of internal conflict lead to a decrease in the effectiveness of self-regulation ($p \leq 0.05$). The ability of a person to evaluate himself and other people has a positive effect on the success of mental regulation ($p \leq 0.05$). However, the excessive desire to reflect on past events is not conducive to self-regulation.
Conclusions: The applied value of the research consists in the creation of a methodology that makes it possible to increase the regulatory and adaptive abilities of students during the educational process. Acknowledgements. This work was supported by the RFBR grant No. 20-013-00076.

Disclosure: No significant relationships.
Keywords: self-regulation; academic activity; mental state; self-system

EPV0859

Mental Health Home Care program to pacients with Serious Mental Disorders

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Introduction: The Mental Health Home Care is a program whose main objective is to provide care to people with a Serious Mental Disorders with difficulties to maintain continuity of treatment and link between the different resources. It is a program that guarantees continuity of care and facilitates the link between the different rehabilitation resources. It carries out a multidisciplinary approach to the difficulties of the patient and the family.
Objectives: Both analyze clinical, psychopathological and epidemiological characteristics of Serius Mental Disorders and review causes, incidence, prevalence, diagnostic, therapeutic tools and the importance of maintaining the treatment and rehabilitation in Serius Mental Disorders, because the abandonment of the treatment is a predictor of relapses.
Methods: Review of the impact literature for the last five years concerning Serius Mental Disorder: prevalence, incidence, pathogenesis and its relationship with other psychiatric disorders encoded in DSM-V.
Results: The program is made up of a Psychiatrist, a Clinical Psychologist, a Mental Health Nurse and two Nursing Auxiliary Care, two Social Workers and two Occupational Therapists.The responsible professional presents the patient at the program meetings. The program's multidisciplinary team proposes an individualized treatment plan for the patient and family in the patient's environment.
Conclusions: The objective and areas of global intervention is to provide comprehensive psychiatric, psychological, social and rehabilitative support in patients with difficulty in linking to other resources, keeping the patient in a normalized community context, improving treatment compliance and making appropriate use of standardized mental health services.

Disclosure: No significant relationships.
Keywords: Mental Health Home Care; environment; Serious Mental Disorders; Multidisciplinaty

EPV0860

Mental regulation of students' psychological states

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Introduction: The main scientific task of the study is at the intersection of two fundamental areas of psychology - self-regulation of human mental states and management of educational activities. In the context of these problems, we study the self-regulation of states in academic activities.
Objectives: The purpose of the study is to show the patterns of mental organization of the person that ensure the regulation of states.
Methods: The theoretical basis of the study is the system approach. The typical methods and techniques of self-regulation of states, as

well as the influence of mental structures on students' self-regulation have been studied. To solve the problems, standardized psychological tests have been used (23 methods, 303 indicators). The research involved 206 students.
Results: We have revealed the features of the relationship between the quality of students' subject training, regulatory abilities and mental states. It indicates that the effectiveness of students' mental states self-regulation significantly affects the productivity of the semester exam. It has been established the properties of the personality providing high efficiency of self-regulation (adequacy, awareness, independence and assertiveness). Students with high self-regulation efficiency use a wide range of regulatory means.
Conclusions: The study of the influence of the mental structures on self-regulation and regulatory abilities of students confirmed the hypothesis that characteristics of mental organization play the central role in the regulation of psychological states. The research has been carried out with the financial support of the RFBR, project No. 19-29-07072.

Disclosure: No significant relationships.
Keywords: psychological state; self-regulation; academic activity

EPV0861

Characterising the nature of the beast: Challenges associated with understanding patient safety within community-based mental health services.

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Introduction: Patient safety problems stemming from healthcare represent a significant cause of morbidity and mortality globally. The evidence base on safety in mental healthcare, particularly regarding community-based mental health services, has long fallen behind that of physical healthcare, with fewer research publications, developed primarily in isolation from the wider improvement science discipline. This disconnect both yields, and stems from, conceptual and practical challenges which must be surmounted in order to advance the science and improvement of safety in mental healthcare.
Objectives: The objectives of this research were to conduct a narrative review to provide an overview of conceptual issues in this area, their origins, and implications for patient safety science and clinical care. We also sought to identify approaches to overcoming these issues.
Methods: We examined theoretical and empirical evidence from the fields of patient safety, mental health, and improvement science to address this knowledge gap.
Results: We identified challenges with defining safety in the context of community mental healthcare, ascertaining what constitutes a 'preventable' safety problem requiring intervention, and in finding relevant research evidence. The research indicated that risk management has taken precedence over proactive safety promotion in mental healthcare. This positions service users as the origin of safety risks, with iatrogenic harm and latent system hazards associated with mental healthcare widely overlooked.
Conclusions: We propose a broader conceptualisation of safety to advance the field and outline potential next steps for the integration and uptake of different sources of 'safety intelligence' within community mental health services.

Disclosure: NS is the director of London Safety and Training Solutions Ltd, which offers training in patient safety, implementation solutions and human factors to healthcare organisations and the pharmaceutical industry. The other authors have no competing interests.
Keywords: Community Mental Health Services; Patient safety; Improvement science

EPV0862

Creation of a brief group intervention to reduce caregivers burden in an intensive home treatment unit

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Introduction: Intensive home-treatment (IHT) for people experiencing a mental health crisis has been progressively established in many European countries as an alternative to in-ward treatment. However, the management of acute episodes at home can cause burden in the caregivers of these patients.
Objectives: To create a brief group intervention (BGI) to reduce burden in the caregivers of the patients admitted to an IHT unit.
Methods: A preliminary version of the BGI (BGI 1.0) was designed based on literature's review. It consisted of 4 sessions of 90 minutes (one per week), on-line (COVID-19), focused on caregivers burden, stress and self-care, communication skills, and self-compassion. All the caregivers of the patients admitted for IHT from 10/01/2020 to 06/01/2021 were offered the BGI 1.0. At the end of the intervention, participants (caregivers and therapists) were asked about their opinion on its contents and usefulness.
Results: A total of 31 caregivers received the BGI 1.0. Most of them felt satisfied with the intervention. Opinions varied as to which contents should be expanded or included. The therapists thought that the number of sessions should be increased to take a closer look at some contents or to include new ones. They also believed that the on-line format hindered the adherence and the interaction between the participants.
Conclusions: The BGI 1.0 seems to be a good starting point to design the final version of the intervention. However, an exhaustive assessment of the construct of burden in a larger sample of caregivers should be performed prior to its design.

Disclosure: No significant relationships.
Keywords: intensive home treatment; community mental health; caregivers burden