

completely dissatisfied with their involvement in social activities. Finally, regarding strengths and weaknesses, 32% of the subjects reported not being at all satisfied with their work opportunities, 29% were in the same situation regarding the adaptations of the environment to their limitations, and 14% reported dissatisfaction with study opportunities.

**Conclusions:** This study was able to analyze the perspective on the quality of life of neurodivergent university students. However, due to the various biases that involve this population, it is necessary to seek broader answers, looking at the national scope to provide a better understanding of quality of life, including in the academic environment.

**Disclosure of Interest:** None Declared

## EPV1023

### Burnout and intent to stay among nurses in a private tertiary hospital

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**Introduction:** Burnout is an occupational phenomenon that may be a risk factor for several mental health disorders. It is defined by three dimensions namely emotional exhaustion (EE), depersonalization (DP), and personal accomplishment (PA). The nursing workforce experiences high levels of burnout taking a toll not only on their mental state but also their intent to stay leading to issues on shortage.

**Objectives:** This study aims to assess association of burnout and its dimensions to intent to stay of medical nurses working in a private tertiary hospital in the Philippines.

**Methods:** Analytical cross-sectional study using secondary data conducted by the Nursing Services Group of the private tertiary hospital last March 2023. A survey was done on nurses' perceptions of their working condition using Maslach Burnout Inventory and McCain's Intent to Stay tools. Variables were assessed through simple and multiple linear regression analyses.

**Results:** On simple linear regression, burnout, civil status, years of experience, and years of tenure revealed significance in their respective categories. EE and DP dimensions showed negative association to intent to stay. On multiple linear regression, only burnout ( $p < 0.000$  and  $-0.028$ ) and those married with children ( $p < 0.000$  and  $-0.028$ ) had significant association. EE consistently showed negative association however, DP and PA had positive association to intent to stay. In most literatures, DP is associated to lower intent to stay as it is equated to cynicism or detachment in interpersonal relations which can manifest as negative or inappropriate attitudes towards clients, irritability, loss of idealism, and withdrawal (Maslach et al. World Psychiatry 2016; 15 103-11). However, in this study, nurses who were more detached had surprisingly higher intent to stay which may show how cynicism can be protective. It is a cognitive method of creating a protective distance to prevent them from letting their job performance suffer especially when dealing with the physical and emotional exhaustion, and feelings of ineffectiveness caused by excessive and prolonged stress (Akyurt et al. Medical Science and Discover 2023; 10 918-928).

## Image 1:

**Table 1. Linear Regression Analysis of Each Variable in Association with McCain Scores (Intent to Stay).**

	Coeff	P >  t
<b>GENDER</b>	0.274	0.675
<b>AGE (GENERATION)</b>		
Gen Z (21 to 26) <sup>a</sup>	-	-
Millennials (27 to 42)	-1.229	0.06
Gen X (43 to 58)	0.957	0.373
<b>Bachelor of Science in Nursing (BSN) <sup>a</sup></b>	-	-
Ongoing Masters	-1.56	0.354
Masters	1.94	0.219
<b>Single <sup>a</sup></b>	-	-
Married with children	-2.726	<b>0.013</b>
Married with no children	1.509	<b>0.037</b>
Separated / Widow	-0.491	0.872
<b>&lt; 1 year <sup>a</sup></b>	-	-
1-2 years	-3.141	<b>0.001</b>
2-5 years	-2.25	<b>0.016</b>
5-7 years	-2.701	<b>0.006</b>
7-10 years	-2.66	<b>0.021</b>
> 10 years	-1.777	0.055
<b>YEARS OF TENURE IN TMC</b>		
<b>&lt;= 3 months <sup>a</sup></b>	-	-
4 months to 1 year	-3.032	<b>0.001</b>
1 to 2 years	-1.24	<b>0.023</b>
2 to 5 years	-1.702	<b>0.018</b>
5 years to 10 years	-1.77	0.051
> 10 years	-1.768	0.075
<b>BURNOUT (MASLACH)</b>		
Emotional Exhaustion	-0.275	<b>0.000</b>
Personal Accomplishment	-0.130	<b>0.000</b>
Depersonalization	0.061	0.054
	-0.117	<b>0.003</b>

a- Reference group for each category

## Image 2:

**Table 2. Multivariate Regression Analysis of All Variables in Association with McCain Scores (Intent to Stay).**

	Coeff	P >  t
<b>Burnout (Maslach)</b>	-0.028	<b>0.000</b>
Emotional Exhaustion	-0.174	<b>0.000</b>
Personal Accomplishment	0.074	<b>0.010</b>
Depersonalization	0.136	<b>0.005</b>
<b>Gender</b>	0.114	0.833
<b>Age (Generation)</b>		
Millennials (27 to 42)	-0.778	0.318
Gen X (43 to 58)	1.782	0.18
<b>Educational Status</b>		
Ongoing Masters	-1.038	0.457
Masters	0.837	0.524
<b>Civil Status</b>		
Married with children	-2.619	<b>0.006</b>
Married with no children	0.646	0.358
Separated / Widow	-0.677	0.794
<b>Years of Experience prior to TMC</b>	-0.118	0.523
<b>Years of Tenure in TMC</b>	-0.17	0.296

**Conclusions:** Consistent with global studies, burnout is associated to lower intent to stay among nurses. However, it is beneficial to have more research looking further into the comprehensive role of cynicism in burnout. In this study, nurses have built some level of cynicism that is able to preserve themselves in negative situations. However, with no proper management, depersonalization can aggravate ultimately leading to feelings of inadequacy and lower intent to stay. A deeper and more contextualized understanding about this phenomenon may help administrators improve existing operations and policies that can help foster a healthier working environment for the nurses.

**Disclosure of Interest:** None Declared

## EPV1026

### Impact of Pandemics on Primary Care: Changes in GP Antidepressant Prescriptions and Mental Health Referrals During Lockdowns in England, UK

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**Introduction:** The COVID-19 pandemic disrupted primary health-care services, affecting mental health support and antidepressant prescriptions in England. This study examines shifts in GP referrals and antidepressant prescribing patterns during different phases of lockdown.

**Objectives:** This research aims to (1) analyze changes in the rates of antidepressant prescriptions across lockdown periods, and (2) investigate how GP referrals to mental health services, including social prescribing, evolved, with a focus on disparities among ethnic groups.

**Methods:** Using a retrospective design, we analyzed electronic health record data from GP practices in North England, covering March 2018 to June 2023. We employed a two-level negative binomial-logit hurdle model for antidepressant prescriptions and a multinomial logit regression model for referral types.

**Results:** Antidepressant initiation decreased during lockdowns, while ongoing prescriptions showed minor increases. GP referrals to social prescribing rose significantly, especially among ethnic minorities who also had fewer medical treatments. Lockdown phases influenced referral patterns, with reductions in secondary care referrals and growth in community-based support.

**Conclusions:** The study highlights a shift towards social prescribing amid the mental health strains of the pandemic, suggesting its role in a social model of health. Ethnic disparities in mental health care access emphasize the need for culturally inclusive, non-clinical mental health support.

**Disclosure of Interest:** None Declared

## Mental Health Policies

## EPV1028

### Innovative Strategies in Precision Psychiatry: Merging Artificial Intelligence with Psychoneuroimmunology for Enhanced Mental Health Outcomes

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**Introduction:** The paradigms of diagnosis and evaluation in mental health are changing due to the incorporation of artificial intelligence (AI) into other fields. Understanding mental health conditions is greatly aided by insights from neuroscience, immunology, social and clinical psychology, and cultural theories. According to Martyn

Evans' commentary, interdisciplinary work generates new issues and solutions while multidisciplinary work preserves unique viewpoints. In this sense, the interdisciplinary field of psychoneuro-immunology has contributed significantly to our understanding of mental health. It has also contributed significantly to the interplay between the immune system, the endocrine system, and the nervous system. This field could rapidly emerge as a key component of integrative diagnosis and assessment.

**Objectives:** This review emphasizes the need for comprehensive biopsychosocial assessment frameworks and the importance of harmonizing disciplines through multidisciplinary and interdisciplinary methodologies to enhance diagnostic possibilities via AI.

**Methods:** A critical review of clinical psychology was conducted, as well as a discussion of the necessity of using integrative methodologies in order to address the interconnected nature of both medical diseases and mental disorders, in light of recent advancements in artificial intelligence.

**Results:** It has been explored how PNI can serve as an interdisciplinary ground for cross-disciplinary dialogue and how stakeholder perspectives may resolve complexities in clinical assessment and psychiatric diagnosis through extending PNI with AI and applications. Integrating AI into PNI is crucial for revolutionizing mental health care, utilizing machine learning to consolidate diverse data streams and predict outcomes.

**Conclusions:** Lastly, it was outlined some pragmatic frameworks for clinical assessment, taking into account time, budget constraints, and stakeholder interests. Ethical, governance, and practical challenges of AI integration are discussed. The paper proposes innovative AI-driven enhancements in psychiatric assessment, diagnosis, and treatment, fostering transformative developments in clinical psychology and promoting a humanistic approach to mental health care.

**Disclosure of Interest:** None Declared

## EPV1030

### The "Polo Cassia" project: a mental health service for integrated treatments of co-occurring disorders in adolescents and young adults

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**Introduction:** The term "co-occurring disorders" (COD) refers to the coexistence of two or more psychiatric disorders especially substance use disorder (SUD) and other psychiatric disorders. In particular, the prevalence of COD increases globally and is linked to a higher risk of worse outcome. Furthermore, especially in adolescence, the goal is to provide an early and proper answer both in terms of care and prevention. On the opposite, there is a lack of integrated management strategies requiring an effective collaboration of different mental health disciplines in order to receive appropriate care. Although European countries have established mental health policies, a lack of comprehensive and structured