

and Informant reports mean scores were also compared using the Student's T-Test for paired samples.

Results: The calculated correlations were significant for all the scales and indices in both the Self-report and the Informant report versions, and relatively strong in all the cases with values ranging from 0.62 to 0.89 except for the Task Monitor scale in the Self-report form, which presented a moderate correlation ($r = 0.31$). When it comes to the T-Test, mean differences between the two samples were also statistically significant in all the cases.

Conclusions: Test-retest reliability of the BRIEF-A is adequate in the non-clinical Spanish population, and the scores obtained in the first occasion remain relatively stable in the second. Furthermore, the informant consensus is observed to be low, therefore showing the utility of gathering data from different informants, since that can provide a better approach of subjects EEFF. Further research with clinical population would be necessary to validate this tool and perform a complete assessment.

Disclosure of Interest: None Declared

EPP219

Perceived hope affects mental health among Portuguese Adults in year three of the COVID-19 Era: The mediation role of well-being

C. Laranjeira^{1,2*} and A. Querido^{1,2}

¹School of Health Sciences and ²ciTechCare, Polytechnic Institute of Leiria, Leiria, Portugal

*Corresponding author.

doi: 10.1192/j.eurpsy.2025.536

Introduction: In recent years, more and more researchers have found positive psychological changes after experiencing stressful events. When people are exposed to stressful events, a sense of hope and psychological well-being, as significant positive psychological traits, can lessen the negative effects of psychological imbalance and help them cope with their worries in life in a more positive way, effectively promoting and protecting their mental health.

Objectives: This study aims to examine the mediating role of well-being in the relationship between people's perception of hope and mental health.

Methods: The present research was performed using a convenience (or snowball) sampling method obtained in the context of the Hope Barometer research program in 2023. Inclusion criteria were being an adult (aged ≥ 18 years); providing e-consent; having internet access; and understanding the Portuguese language. An online survey including information sheet, demographic questions, and three instruments, namely: Dispositional Hope was measured through the Perceived Hope Scale [PHS]; Mental health status was evaluated by General Anxiety Disorder-7 items; and, well-being measured by the Mental Health Continuum Short Form (MHC-SF). We employed the PROCESS macro for SPSS (model 4: mediation analysis) to evaluate our model.

Results: The most frequently reported demographic categories were female ($n=402$), married ($n = 206$), have children ($n = 344$), graduated ($n = 442$), and with religious/spiritual affiliation ($n = 400$). The mean age was 47.72 ± 11.86 years old. Dispositional hope were significantly and positively correlated with mental health. We conducted a mediation analysis to examine whether mediates the relationship between dispositional hope and mental health. The indirect effects for hedonic well-being ($\beta = 0.28$; 95% CI

[0.02, 0.36]), psychological well-being ($\beta = 0.14$; 95% CI [0.06, 0.19]), and social well-being ($\beta = 0.06$; 95% CI [0.008, 0.073]) were all significant, indicating a mediating effect.

Conclusions: Given the COVID-19 pandemic and its consequences have caused a variety of psychological distress such as fears, worries, and anxiety among people worldwide, this study underlies the mechanism between positive psychological resources such as perceived hope and well-being of individuals during the times of crisis of COVID-19 affects their mental health.

Disclosure of Interest: None Declared

EPP220

The weight of office? A systematic scoping review of mental health issues and risk factors in elected politicians across democratic societies

A. Smith^{1*}, S. Hachen², A. Weinberg³, P. Falkai⁴, S. Guttormsen⁵ and M. Liebrecht¹

¹Department of Forensic Psychiatry; ²University of Bern, Bern; ³School of Health and Society, University of Salford, Salford, Switzerland; ⁴LMU Clinic, Ludwig Maximilian University of Munich Public university in Munich, Germany, Munich, Germany and ⁵Institute of Medical Education, University of Bern, Bern, Switzerland

*Corresponding author.

doi: 10.1192/j.eurpsy.2025.537

Introduction: The mental health status and capacity to govern of democratically-elected politicians have become significant topics of interest, which have attracted speculation in the media and beyond. In fulfilling demanding and high-stress positions, politicians could encounter distinctive risk factors that may harm their mental well-being, yet existing research literature about this topic remains underexplored.

Objectives: This scoping review aimed to systematically examine the breadth of available evidence on mental health issues and risk factors affecting democratically-elected politicians and to identify future research needs.

Methods: Using pre-defined eligibility criteria based on JBI guidelines, a systematic keyword search was conducted in May 2024 of MEDLINE, Scopus, and APA PsycNet, supplemented by snowballing techniques. Only studies reporting primary, empirical evidence on mental ill-health or risk factors with adverse psychological correlates from serving politicians in "Full" or "Flawed" democracies (per the Democracy Index) were included from 1999-2024. Titles and abstracts were screened and the full-text of potentially eligible literature was assessed before data extraction and synthesis.

Results: Eighteen sources met the eligibility criteria, cumulatively encompassing ~3,500 politicians across seven democracies, namely: Australia, Canada, the Netherlands, Norway, New Zealand, the United Kingdom, and the United States. Four sources (22.2%) explored general psychopathology trends, revealing varying but sizeable rates of mental ill-health and high-risk alcohol consumption. The other fourteen studies (77.8%) provided evidence on risk factors; twelve underlined the psychological toll of violence and two investigations highlighted the injurious effects of specific occupational conditions. Notably, exposure to violence often precipitated detrimental mental health outcomes, with certain data indicating a disproportionate impact on female officeholders.

Conclusions: Existing research literature suggests that democratically-elected politicians face considerable mental health challenges,