

EPV0819

Perceived barriers and facilitating factors prior to the implementation of a lifestyle focused approach in the treatment of inpatients with mental illness.

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doi: 10.1192/j.eurpsy.2022.1577

Introduction: Despite the increasing evidence for the efficacy of lifestyle interventions for people with mental illness (MI), there has been little change in routine clinical care. There are several factors that can complicate or facilitate the implementation of a lifestyle intervention. Gaining insight into such factors can contribute to effective integration into clinical practice.

Objectives: To assess the perceived barriers and facilitating factors of healthcare professionals (HCPs) and inpatients of psychiatric wards for the use of a lifestyle focused approach, prior to its implementation.

Methods: Baseline data from an open cohort cluster randomized stepped wedge study. Barriers and facilitators with regards to the intervention, HCPs and inpatients, and the organization were assessed with the measurement instrument for determinants of innovations, online, or through a semi-structured interview.

Results: Initial results show that inpatients (N=167) experience both barriers and facilitating factors with regards to themselves and the innovation. They perceive the innovation as complex and see few personal benefits, but indicate that they consider it part of their treatment. Healthcare workers (N=77) perceive facilitating factors related to themselves and the organization, such as expected support, but were not sufficiently aware of the content of the innovation. More detailed exploration of relationships with demographic and disease-related factors are currently being conducted.

Conclusions: These findings provide insight into the perceived barriers and facilitators of inpatients and HCPs regarding a lifestyle focused approach, prior to its implementation. More insight into relationships with demographic and disease-related factors can benefit application into routine clinical care.

Disclosure: No significant relationships.

Keywords: Lifestyle; Implementation; mental illness; barriers and facilitators

EPV0822

Assessment of Knowledge and attitudes of psychiatric nurses toward electroconvulsive therapy

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doi: 10.1192/j.eurpsy.2022.1578

Introduction: knowledge and attitudes of psychiatric nurses should be continuously evaluated and updated to ensure a quality care in electroconvulsive therapy (ECT) unit.

Objectives: Assessment of the psychiatric nurses knowledge and attitudes towards ECT.

Methods: A cross sectional descriptive study was conducted in multiples psychiatric departments in Razi Hospital Tunisia between January and April 2021. We asked 30 psychiatric nurses using a questionnaire evaluating their knowledge and attitudes towards ECT technique and its impact on the medical care.

Results: Our study revealed a lack of knowledge on ECT among psychiatric nurses. In fact, 93% of nurses reported that schizophrenia represents the most frequent indication. Pregnancy was considered as a contraindication by all participants. ECT was not recognized as a first line treatment and Only few knew the complete medical checkup before ECT. As for their opinion about this technique, 73 % of the nurses have a positive attitude towards ECT and think that it is very effective .

Conclusions: Nurses have a major role in the progress of every ECT-session .For that, specific training can only improve their knowledge and promote more positive attitude toward ECT.

Disclosure: No significant relationships.

Keywords: Nurses; attitude; Electroconvulsive therapy; knowledge

EPV0824

Prevalence of Maternal Psychological Distress in pregnant women who receipt prenatal diagnosis of fetal Central Nervous System (CNS) anomalies

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doi: 10.1192/j.eurpsy.2022.1579

Introduction: Women receiving a prenatal diagnosis of fetal anomalies are a high-risk population for psychological distress leading to mood disorders. Even so, to date we have no evidence of studies who investigated the levels of maternal anxiety and depression in pregnant women receiving a prenatal diagnosis of fetal CNS anomalies.

Objectives: The aim of this study was to assess the prevalence of anxiety and depression levels in a pilot sample of pregnant women at the Prenatal Diagnostic Unit of the Bambino Gesù Children Hospital.

Methods: We collected data among 43 women who receipt fetal brain anomaly diagnosis (mean age: 35 yrs, SD $\pm$ 6.3, range 19-48 yrs; mean week at first access 26w, SD $\pm$ 3.9, range 18-33w). Prenatal diagnosis including: ventriculomegaly (37.2%), posterior cranial fossa (23.3%), choroid plexus cysts (11.6%), anomalies of CC (7%) and other (20.9%). Pregnancies with assisted reproductive