

interpersonal resources, as well as the expressiveness of emotions in the face of one's own death and the death of others, enabling the development of deeper levels of introspection.

**Disclosure of Interest:** None Declared

## EPP675

### “Postnatal” Outpatient Program for Postpartum Women at the University Psychiatric Hospital Vrapce, Zagreb

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**Introduction:** Postpartum mental health challenges are common, with some women experiencing anxiety, depressive symptoms, or difficulties related to childcare and familial support. To address these issues, the University Psychiatric Hospital Vrapce in Zagreb, Croatia, launched the “Postnatal” outpatient program in 2023, offering structured support for women in the postpartum period.

**Objectives:** The objective of the program is to provide psychological support for women with children aged 0–2 years through a combination of online and in-person group therapy, to address postpartum mental health issues and provide a supportive environment.

**Methods:** The program is promoted through the clinic's website, social media, maternity hospitals, pediatric centers, and visiting nurse services. Women join the program through self-referral or on the recommendation of healthcare professionals. A team of three psychiatrists conduct an initial assessment, and approximately 80% of those evaluated are admitted into the program. The program comprises two 90-minute weekly sessions: an online educational workshop and an in-person group therapy session. Each cycle lasts for 8 weeks, followed by monthly 90-minute in-person group meetings.

**Results:** A total of 45 participants have completed the program so far. About 30% of participants met the clinical criteria for anxiety or depressive disorders, while there were two cases of postpartum psychosis. The majority reported non-specific concerns, such as tension, insomnia, fatigue, and emotional instability. Around 30% indicated a lack of support from their partners, and 10% had pre-existing psychological diagnoses (including OCD, borderline personality disorder, and anxiety-depressive disorder). Most participants were first-time mothers, with around 10% being second or third-time mothers. In the program, participants share experiences related to conception, pregnancy, maternity hospital stays, postpartum mental health changes, and the challenges of maternal care. Participation rates have been consistently high, with only one dropout. Post-program evaluations show a high level of satisfaction, with participants highlighting the group meetings and peer support as the most valuable aspects.

**Conclusions:** The “Postnatal” program has demonstrated positive outcomes in providing support to postpartum women. The combination of educational workshops and group therapy has been effective in addressing both clinical and non-specific postpartum challenges.

Further cycles and long-term follow-ups are recommended to evaluate the program's sustained impact.

**Disclosure of Interest:** None Declared

## Prevention of Mental Disorders

## EPP676

### Examining the impact of loneliness and resilience on mental health: Empirical evidence from a nationally representative sample of American college students

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**Introduction:** Mental health disorders, including anxiety and major depressive disorder, are highly prevalent among college students, often leading to significant impairments in academic functioning and psychosocial well-being. Loneliness, characterized as subjective distress arising from a perceived deficit in social connectivity, is frequently associated with the exacerbation of psychiatric symptoms. In contrast, psychological resilience, defined as the capacity to adaptively manage stress and adversity, is increasingly recognized as a key protective factor against the development of psychopathology.

**Objectives:** Despite understanding the roles of loneliness and resilience, their combined effects on mental health, specifically anxiety and depression, have not been fully explored in a large-scale, diverse population of college students in the United States. This study seeks to address this gap.

**Methods:** Using data from the 2023-2024 Healthy Mind Study (N=104,729), we employed logistic regression to assess the predictors of anxiety and depression, focusing on two key predictors: loneliness and resilience. Our models also controlled for other relevant factors, such as campus climate, financial stress, and socio-demographic control variables, including sex, race/ethnicity, and traditional student status. Analysis was conducted with a sample delimited to undergraduate students (n=22,927).

**Results:** Feeling lonely was positively related to moderate-to-severe depression ( $\beta = 2$ ,  $p < 0.001$ ) and moderate-to-severe anxiety ( $\beta = 1.45$ ,  $p < 0.001$ ). Resilience was a protective factor and was negatively associated with self-reported moderate-to-severe depression ( $\beta = -1.54$ ,  $p < 0.001$ ) and moderate-to-severe anxiety ( $\beta = -1.54$ ,  $p < 0.001$ ). The effect of loneliness and resilience on depression and anxiety remains consistent with the baseline models after controlling for campus climate, financial stress, and sociodemographic variables. High levels of financial stress and perceived poor campus climate were positively related to moderate-to-severe depression and anxiety. Finally, female, non-White, and non-traditional-aged students were less likely to exhibit moderate-to-severe depression and anxiety.

**Conclusions:** The findings highlight the importance of loneliness and resilience in shaping mental health outcomes among undergraduate college students. Loneliness was negatively associated with

the evaluated mental health burdens, while resilience emerged as a protective factor against these outcomes. Our findings underscore the importance of considering loneliness, resilience, financial stress, and campus climate as variables of interest when designing mental health interventions to improve academic performance and overall well-being among undergraduate college students.

**Disclosure of Interest:** None Declared

## EPP677

### Faster rhythmic auditory stimulation induced less severe movement abnormalities in people with psychotic-like experiences

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**Introduction:** People with psychotic-like experiences (PLE) have slow movements and uncontrolled movements, which are indicative of transition to psychotic disorders afterwards. Earlier research has reported that rhythmic auditory stimulation (RAS) is a promising therapeutic technique for movement abnormalities in people in the psychosis continuum. However, the small sample size was a major limitation in earlier research and restricted result generalizability.

**Objectives:** This study was to increase the sample size and examine if faster RAS induced faster movements and less uncontrolled movements at both hands in people with PLE.

**Methods:** A total of 55 right-handed people with PLE (age: 20.51 ± 2.50 years; 28 females) and 55 age- and gender-matched right-handed healthy controls (age: 20.53 ± 3.10 years; 24 females) were recruited. Participants used the index finger to perform the alternate touching task for each hand when the motion capture system recorded the movement procedure. They were required to follow each beat of RAS with the normal tempo (100% of the fastest movement tempo without RAS) and the fast tempo (110% of the fastest movement tempo), the order of which was counterbalanced, when performing the alternate touching task. Kinematic variables were calculated to reflect severity of slow movements and uncontrolled movements in participants.

**Results:** Two-way analysis of variance showed no interaction between groups and RAS in right-hand and left-hand kinematic values. People with PLE had slow movements at both hands and uncontrolled movements at the right hand. Faster RAS induced faster movements and less uncontrolled movements at both hands in people with PLE.

**Conclusions:** The major contribution of this study was to use a relatively large sample size to demonstrate effectiveness of faster RAS on inducing faster movements and less uncontrolled movements at both hands in people with PLE and thus increase result generalizability. Given that movement abnormalities are initial signs in the psychosis continuum and risk factors of transition to psychotic disorders, when healthcare practitioners design early intervention for movement problems in people with PLE, incorporating RAS in therapy is suggested.

**Disclosure of Interest:** None Declared

## Promotion of Mental Health

## EPP678

### Associations of working experience as public health physicians allocated in the rural area and mental health in young general practitioners

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**Introduction:** Young general practitioners allocated in the rural area sustain the community healthcare frontline and endure the limited medical resources and social supports. Physician mental health could affect the quality of healthcare.

**Objectives:** We examined the association of work-related experience with mental health in young public health physicians in the rural area.

**Methods:** Study promotional document was posted on the Korean Association of Public Health Doctors (PHD) website (<http://kaphd.org>) on July 2023. Three-hundred PHD (among the total 1,256 PHD) completed a web-based self-reported questionnaire on demographics, working experiences, and mental health on a first-come, first-served basis. Adjusted odds ratios (aOR) of depression, anxiety, lower self-esteem, and distress for working experiences in PHD were calculated in the multivariable logistic regression model with the best fit combinations of significant explanatory variables ( $P < 0.05$ ) in univariate logistic regression.

**Results:** Distress, depression, anxiety, and lower self-esteem were reported by 39.7%, 25.3%, 11.3%, and 8.7% of the PHDs, respectively. Higher odds of worse mental health in PHD were associated with patient-physician conflicts at workplace, isolated residence from local facilities, and higher workload. Conversely, perceived expertise utilization and social connections with peers were related to the lower odds of worse mental health in PHD.

**Conclusions:** This study highlights the needs of governmental policy targeting the young general practitioners in rural area to enhance the expertise utilization and social connectedness, and to reduce the patient-physician conflict.

**Disclosure of Interest:** None Declared

## Old Age Psychiatry

## EPP681

### Dementia with Lewy bodies: a review of disease-modifying therapies for $\alpha$ -synucleinopathies

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**Introduction:** Neurodegenerative disease prevalence is high in the elderly, as aged brains accumulate molecular and cellular damage.