

EPV1509

The Influence of Parenting Style and Breastfeeding Attitudes on Child Behavior

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doi: 10.1192/j.eurpsy.2025.2022

Introduction: Parenting style plays a crucial role in shaping a child's development and behavior. Supportive parenting has been associated with positive child outcomes, while authoritarian or permissive styles may lead to less desirable behaviors. Breastfeeding, known for its numerous benefits to both mother and child, may also interact with parenting approaches to influence a child's emotional and social development.

Objectives: To explore (a) the parenting style of the participants, (b) their attitudes towards breastfeeding, and (c) the behavioral characteristics of their children.

Methods: A cross-sectional study was conducted using self-administered questionnaires completed by 862 parents—both mothers and fathers—who had received support from a private maternity and breastfeeding support center in Athens.

Results: Mothers who adopted a more supportive parenting style had a more positive perception of their children's behavior compared to more authoritarian, strict, or permissive mothers. Specifically, these supportive mothers viewed their children as less anxious ($p = 0.015$), more willing to share ($p = 0.001$), less irritable ($p = 0.006$), more affectionate ($p = 0.009$), more expressive of their emotions ($p < 0.001$), generally obedient ($p < 0.001$), better at maintaining attention ($p < 0.001$), less nervous in new situations ($p = 0.019$), and less easily frightened ($p = 0.028$). Fathers with a more supportive parenting style also perceived their children as sharing more readily ($p < 0.001$). Additionally, a longer duration of breastfeeding was associated with children who expressed their emotions more easily ($p = 0.042$) but were less obedient ($p = 0.021$). Finally, a more positive overall evaluation of the breastfeeding experience correlated with less agreement that the child is hyperactive ($p = 0.020$), irritable ($p = 0.004$), unreceptive to affection ($p = 0.034$), easily distracted ($p = 0.004$), and easily scared ($p = 0.002$).

Conclusions: These findings highlight the importance of supportive parenting and positive breastfeeding attitudes in promoting favorable behavioral outcomes in children. Health professionals can use this information to encourage parenting practices that foster healthy child development.

Disclosure of Interest: None Declared

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Nurturing Choices: How Sociodemographic Factors Affect Attitudes toward Breastfeeding

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doi: 10.1192/j.eurpsy.2025.2023

Introduction: The benefits of breastfeeding for mothers, infants, and society as a whole are well documented. These benefits appear to be linked to the duration of breastfeeding for both mother and child. Despite this knowledge, the rates of exclusive breastfeeding and continued breastfeeding at 6 and 12 months in Greece are exceptionally low.

Objectives: To explore Greek parents' attitudes towards breastfeeding according to their sociodemographic characteristics.

Methods: A cross-sectional study was conducted using self-administered questionnaires completed by 862 parents—both mothers and fathers—who had received support from a private maternity and breastfeeding support center in Athens.

Results: The choice of breastfeeding was positively correlated with parents' higher educational level ($p < 0.001$), normal delivery ($p < 0.001$), residence in Athens or another urban area ($p = 0.017$), positive attitude towards breastfeeding during pregnancy ($p < 0.001$) and for breastfeeding after 12 months ($p < 0.001$), previous breastfeeding experience ($p < 0.001$), not using a pacifier ($p < 0.001$), introducing whole foods at 6 months ($p < 0.001$), co-sleeping with their baby ($p < 0.001$) and not implementing sleep training ($p < 0.001$). Accordingly, the duration of breastfeeding was positively associated with living in another urban area ($p < 0.001$), and unemployment ($p = 0.009$). Longer duration of breastfeeding showed children who were exclusively breastfed ($p < 0.001$), who weaned naturally ($p < 0.001$), who were born naturally ($p < 0.001$), who did not take a pacifier ($p < 0.001$), who started with whole foods ($p < 0.001$), who stayed longer in their parents' room ($p < 0.001$), who did not receive sleep training ($p < 0.001$) and those whose parents were informed about breastfeeding ($p < 0.001$).

Conclusions: This study could serve as a foundation for more extensive research on breastfeeding. Findings can be utilized by health professionals to enhance their awareness, empathy, and effectiveness regarding issues related to breastfeeding.

Disclosure of Interest: None Declared

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Exploring post-COVID-19 mental health disorders: a study protocol for the adult population of Tirana

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doi: 10.1192/j.eurpsy.2025.2024

Introduction: The COVID-19 pandemic has emphasized the crucial need to understand the lasting mental health effects on individuals.

Objectives: This study aims to investigate the occurrence and connections of post-COVID-19 mental health disorders among adults treated at a community mental health center in Tirana. By closing existing knowledge gaps, it seeks to lay the groundwork for tailored interventions.

Methods: Employing a historical cohort study design, data will be collected from Tirana residents diagnosed with COVID-19. Comprehensive clinical and laboratory assessments will focus on mental health outcomes post-infection. Demographic, socio-economic, psychiatric, and biomarker data will be analyzed to provide a thorough