

**Conclusions:** Under ecologically valid conditions, we found that daily rumination was more important in daily affective experiences than trait-level rumination. Understanding whether one's current affect is more strongly associated with trait-level, state-level or even contextual factors may yield better intervention strategies for affective disorders.

**Disclosure:** No significant relationships.

**Keywords:** rumination on positive affect; daily diary study; daily positive affect; state - and trait-level rumination

## O0081

### Short-term psychological support to civilians exposed to the January 2015 terrorist attacks in France

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**Introduction:** Some projects have described post-disaster psychosocial services and planning across Europe. However, little is known about the real psychosocial disaster responses such as low-intensity initiatives after a terrorist attack

**Objectives:** This study aims (1) to describe psychological support (PS) in the immediate (<48 hours), post-immediate (48 hours – 1 week) periods and more than one week after a terrorist attack among terror-exposed people, and (2) to identify factors associated with a lack of short-term PS among those who suffered from mental health disorders.

**Methods:** This study used data from a longitudinal survey of 189 civilians exposed to the January 2015 terrorist attacks conducted 6 months after the attacks. Factors associated with lack of PS after the attacks was identified using a Robust Poisson regression in three separate models (for the 3 periods).

**Results:** Among participants who suffered from PTSD (n=34), depression (n=74), or anxiety (n=59) 6-9 months after the terrorist attacks, respectively, 9%, 18% and 12% did not received psychological support. The lack of immediate PS was associated with geographical distance, type of exposure, and support in daily life. The lack of post-immediate PS was associated with geographical distance, peri-traumatic reactions and past psychological follow-up. The lack of PS after one week was associated with geographical distance and social isolation.

**Conclusions:** Characteristics of exposition and social support seem to play an important role in lack of PS after a terrorist attack and highlights the need to use strategies to reach out to people regardless of the type of exposure.

**Disclosure:** No significant relationships.

**Keywords:** Psychological support; Epidemiology; mental health; Terrorist attack

## O0082

### Facilitation of Psychiatric Advance Directives by peer-workers: results from DAiP

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**Introduction:** United Nations Convention on the Rights of Persons with Disabilities recognized that people with psychosocial disabilities have the same right to take decisions and make choices as other people. Consequently, direct or supported decision-making should be the norm and there should be no substitute decision-making. However, these principles are far from common practice in many mental health services. Joint-crisis plan (JCP) and Psychiatric advance directives (PAD) are interesting tools to translate the shared-decision making principle into clinical and practical reality. Most existing JCP or PAD involve facilitators, which improves their effectiveness, but facilitators are mostly professionals.

**Objectives:** In this context, DAiP study was launched to evaluate the efficacy of PAD facilitated by peer-workers.

**Methods:** DAiP was a multicenter randomized controlled trial conducted in 7 French mental health facilities, with a complementary qualitative approach. 394 adults with a DSM-5 diagnosis of schizophrenia (SCZ), bipolar I disorder (BP-I), or schizoaffective disorders (SCZaff), who were compulsorily hospitalized in the past 12 months were enrolled from January 2019 and followed up for 12 months. Outcomes were compulsory admission rate, therapeutic alliance (4-PAS), quality of life (S-QOL), mental health symptoms (MCSI), empowerment (ES) and recovery (RAS).

**Results:** In this communication, we propose to describe the practices of facilitation of peer-workers and analyze outcomes in lights of process measurements (whether or not participants completed PAD document, shared PAD and with whom, met facilitator, used PAD

**Conclusions:** Involving peer-workers in the redaction of PADs coherently supports the current shift of mental health care from 'substitute decision making' to 'supported decision making'.

**Disclosure:** No significant relationships.

**Keywords:** Advance decision making; Coercion reduction; Psychiatric advance directives; Peer workers

## O0083

### A systematic review and meta-analysis of the diagnostic accuracy of self-report screening instruments for common mental disorders in Arabic-speaking adults

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