

Methods: An anonymous online survey of ECPs in Russia was conducted in July–August 2019 with a screening for burnout using the Maslach Burnout Inventory (MBI). The final sample consisted of 165 people (61.2% women; mean age 31.05 ± 3.88). 95.2% of respondents lived in urban areas.

Results: A high level of burnout according to at least one of the MBI scales was revealed in 71.5% of ECPs: in 79 (78.2%) women and 39 (60.9%) men ($\chi^2(1)=5.74$; $p=0.017$). Mean values of the MBI Emotional Exhaustion scale corresponded to 23.33 ± 8.97 and 17.97 ± 8.49 ($U=1999.5$; $p=0.003$), the MBI Depersonalization scale – 10.46 ± 4.81 and 9.16 ± 4.22 ($U=2598.5$; $p=0.083$), and the MBI Personal Accomplishment scale – 33.02 ± 5.98 and 35.32 ± 5.75 ($U=2409.5$; $p=0.026$) for women and men, respectively. The following risk factors for professional burnout were identified: female sex ($OR=3.54$ [95% CI: 1.96; 6.39], $p<0.001$), overlapping of several working positions ($OR=2.44$ [95% CI: 1.36; 4.37], $p=0.003$), difficulties in work due to changes in documentation requirements introduced since the start of career ($OR=2.32$ [95% CI: 1.31; 4.11], $p=0.004$).

Conclusions: A high frequency of burnout among ECPs in Russia was revealed which suggests the urgent need for studies assessing the ways to prevent burnout in psychiatrists in Russia.

Disclosure: No significant relationships.

Keywords: early career psychiatrists; burnout; ECPs

EPP0724

A systematic review of the relationship between emotional intelligence and diabetes management

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Introduction: Diabetes has been associated to affective disorders and mental health problems which complicate the management of the disease. Emotional intelligence (EI), or the ability to perceive, facilitate, understand and regulate emotions has shown to be a protective factor of emotional disorders in general population.

Objectives: To evaluate the role of EI and EI training in the biological and psychological variables related to people with Type 1 and 2 diabetes.

Methods: A systematic review was conducted in PubMed and Scopus database without time limitations, for studies examining the link between diabetes and EI. A total of 11 eligible studies were selected according to the inclusion criteria.

Results: We divided the results into four sections: 1) EI and HbA1c, 2) EI training effects, 3) Differences in EI between persons with diabetes and without diabetes, and 4) EI and psychological adjustment and well-being. The results showed negative correlations between EI and HbA1c, positive effects of EI training on quality of life, anxiety and glycaemic control, no differences in EI between

people with diabetes and healthy individuals and, finally, negative correlations between EI and different psychological variables such as diabetes-related anxiety and distress, and positive correlations with quality of life, well-being and marital satisfaction.

Conclusions: EI appear to be a promising protective factor for biological and psychological variables in individuals with diabetes. This systematic review offers a starting point for a theoretical and practical understanding of the role played by EI in the management of diabetes. Limitation and future lines of investigations will be discussed.

Disclosure: No significant relationships.

Keywords: Type 2 diabetes; Emotional Intelligence; Type 1 diabetes; Diabetes Management

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Let the soul speak: Promoting mental health awareness through arts and culture

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Introduction: Nefashot - (meaning “Souls” in Hebrew) is a social activist initiative that aims to promote mental health (MH) awareness in the public domain through cultural, artistic, and dialogue-based events.

Objectives: The two main objectives of this project are: to raise awareness and promote dialogue about MH issues in the public sphere and to create an inclusive environment for people living with MH conditions where their voices can be heard.

Methods: For this purpose, we have created a week of events around the *international mental health day* on October 10th. Our strategy for producing the MH week is by 4 stages: 1) Call for action which is published widely on social media 2) Collection of forms filled, connections and personal accompaniment 3) Event directed accompaniment, and group meeting around common topics 4) Publication as a group to strengthening the sense of belonging and enhancing community visibility.

Results: Our 80 events over the last three years have been organized by creators, artists, people with and without mental illness, family members, and professionals. Participants are extended in the event production by geographical location, type of art or culture event, type of relation to MH (for example, family member) and by social groups (Arabic/English speakers, LGBT), as well as collaborations within the group.

Conclusions: Promoting MH through public activism is ideal because it enable each participant to shape the process as well as the product. Furthermore, we find the relationship between art and MH enriching in both directions.

Disclosure: No significant relationships.

Keywords: Belonging; Initiative; stigma; Activism