

## EPV0966

## Mental health status, burden and satisfaction with social support in the portuguese family caregivers of people with mental disorders: a cross-sectional study

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**Introduction:** Current political recommendations on mental health aim to keep people with mental illness in the community, emphasizing the need to develop a natural social support network, which includes families, giving rise to the role of the family caregiver.

**Objectives:** The aims of the study were: a) to identify sociodemographic variables that influence the anxiety, depression and stress of the caregiver of people with mental disorders; b) to analyze the relationship between social support and caregiver burden with anxiety, depression and caregiver stress.

**Methods:** We carried out a cross-sectional, descriptive-correlational study, with 274 portuguese caregivers who were recruited using a convenience sampling technique. The instruments used were the Satisfaction with Social Support Scale (ESSS); Zarit Burden Interview Scale and Depression Anxiety Stress Scales (DASS-21). Descriptive statistics and nonparametric tests were used as required. Data were analyzed using SPSS-22.0. The protocol was approved by local ethical committee.

**Results:** Most of participants were female (67.0%) and aged between 26 and 85 years old, with an average of 66.13 (SD=5.61) years old. Female caregivers have higher rates ( $p<0.05$ ) of anxiety, depression and stress. Caregivers who lived in rural areas have higher levels of depression ( $p=0.036$ ) and stress ( $p=0.029$ ). On the other hand, the greater the perceived overload, the higher the levels of anxiety ( $p<0.001$ ), depression and stress ( $p<0.001$ ).

**Conclusions:** The results suggest the need to invest in local and community intervention strategies to promote mental health and prevent mental illnesses. In this vein, health institutions must support educational and monitoring measures that screen mental illness situations early.

**Disclosure of Interest:** None Declared

## EPV0965

## Psychiatric discharge management practice in Europe – a systematic search and review

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**Introduction:** Effective discharge management is essential for psychiatric inpatient care, significantly impacting patient outcomes during and after the transition from inpatient to outpatient settings. A well-coordinated discharge process ensures continuity of care, reduces readmission risks, and supports long-term recovery.

However, there is a notable lack of comprehensive data on discharge practices across European countries, impeding the evaluation of their effectiveness and the development of informed improvements.

**Objectives:** The present study has two primary objectives: first, to systematically review current practices, challenges, and outcomes related to psychiatric discharge management across European countries. Second, to evaluate and compare existing discharge guidelines, protocols, and toolkits. By synthesizing these findings, we aim to identify best practices, highlight gaps, and offer recommendations for optimizing discharge procedures. Additionally, we will briefly present a current mixed-method research project from Germany, titled “*Evaluation of Discharge Management in Psychiatric Care*,” which aims to assess discharge management practices for psychiatric inpatients. These insights will supplement the broader European review by offering a focused perspective on the practical considerations and challenges of discharge management practices within a specific national context.

**Methods:** We will conduct a systematic search and review by exploring multiple electronic databases (MEDLINE, Embase, Cochrane Library and PsycINFO) and grey literature sources (Google and Google Scholar) for both quantitative (observational studies, reports) and qualitative (clinical guidelines, protocols, interviews, focus groups) data related to psychiatric discharge management. Additionally, we will hand-search the references of key papers, including existing systematic reviews and included articles. The search will include documents published from 2000 to December 31, 2024.

**Results:** The presentation will provide an overview of the current research and literature on psychiatric discharge management practices in Europe. The review is expected to provide critical insights into advancing psychiatric care standards. Additionally, the presentation aims to engage researchers and clinical practitioners attending EPA25 by providing a platform for knowledge exchange on psychiatric discharge management, facilitating networking opportunities and fostering potential collaborations for future research in this vital field.

**Conclusions:** Discharge management is a critical aspect of psychiatric care that requires meticulous planning and coordination. The insights gained from this review will contribute to the development of evidence-based discharge protocols that are adaptable to diverse patient populations and healthcare settings, ultimately leading to more effective and cohesive care strategies across Europe.

**Disclosure of Interest:** None Declared

## EPV0966

## The Effects of Group Integrative Arts Therapy based on Social Skill Training on the Social Adaptive Function, Empowerment and Subjective Well-Being in Inpatients with Chronic Schizophrenia

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**Introduction:** The social skills of the chronic schizophrenia is an important factor in assessing the prognosis of patients with schizophrenia.