

and Informant reports mean scores were also compared using the Student's T-Test for paired samples.

Results: The calculated correlations were significant for all the scales and indices in both the Self-report and the Informant report versions, and relatively strong in all the cases with values ranging from 0.62 to 0.89 except for the Task Monitor scale in the Self-report form, which presented a moderate correlation ($r = 0.31$). When it comes to the T-Test, mean differences between the two samples were also statistically significant in all the cases.

Conclusions: Test-retest reliability of the BRIEF-A is adequate in the non-clinical Spanish population, and the scores obtained in the first occasion remain relatively stable in the second. Furthermore, the informant consensus is observed to be low, therefore showing the utility of gathering data from different informants, since that can provide a better approach of subjects EEFF. Further research with clinical population would be necessary to validate this tool and perform a complete assessment.

Disclosure of Interest: None Declared

EPP219

Perceived hope affects mental health among Portuguese Adults in year three of the COVID-19 Era: The mediation role of well-being

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Introduction: In recent years, more and more researchers have found positive psychological changes after experiencing stressful events. When people are exposed to stressful events, a sense of hope and psychological well-being, as significant positive psychological traits, can lessen the negative effects of psychological imbalance and help them cope with their worries in life in a more positive way, effectively promoting and protecting their mental health.

Objectives: This study aims to examine the mediating role of well-being in the relationship between people's perception of hope and mental health.

Methods: The present research was performed using a convenience (or snowball) sampling method obtained in the context of the Hope Barometer research program in 2023. Inclusion criteria were being an adult (aged ≥ 18 years); providing e-consent; having internet access; and understanding the Portuguese language. An online survey including information sheet, demographic questions, and three instruments, namely: Dispositional Hope was measured through the Perceived Hope Scale [PHS]; Mental health status was evaluated by General Anxiety Disorder-7 items; and, well-being measured by the Mental Health Continuum Short Form (MHC-SF). We employed the PROCESS macro for SPSS (model 4: mediation analysis) to evaluate our model.

Results: The most frequently reported demographic categories were female ($n=402$), married ($n = 206$), have children ($n = 344$), graduated ($n = 442$), and with religious/spiritual affiliation ($n = 400$). The mean age was 47.72 ± 11.86 years old. Dispositional hope were significantly and positively correlated with mental health. We conducted a mediation analysis to examine whether mediates the relationship between dispositional hope and mental health. The indirect effects for hedonic well-being ($\beta = 0.28$; 95% CI

[0.02, 0.36]), psychological well-being ($\beta = 0.14$; 95% CI [0.06, 0.19]), and social well-being ($\beta = 0.06$; 95% CI [0.008, 0.073]) were all significant, indicating a mediating effect.

Conclusions: Given the COVID-19 pandemic and its consequences have caused a variety of psychological distress such as fears, worries, and anxiety among people worldwide, this study underlies the mechanism between positive psychological resources such as perceived hope and well-being of individuals during the times of crisis of COVID-19 affects their mental health.

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EPP220

The weight of office? A systematic scoping review of mental health issues and risk factors in elected politicians across democratic societies

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Introduction: The mental health status and capacity to govern of democratically-elected politicians have become significant topics of interest, which have attracted speculation in the media and beyond. In fulfilling demanding and high-stress positions, politicians could encounter distinctive risk factors that may harm their mental well-being, yet existing research literature about this topic remains underexplored.

Objectives: This scoping review aimed to systematically examine the breadth of available evidence on mental health issues and risk factors affecting democratically-elected politicians and to identify future research needs.

Methods: Using pre-defined eligibility criteria based on JBI guidelines, a systematic keyword search was conducted in May 2024 of MEDLINE, Scopus, and APA PsycNet, supplemented by snowballing techniques. Only studies reporting primary, empirical evidence on mental ill-health or risk factors with adverse psychological correlates from serving politicians in "Full" or "Flawed" democracies (per the Democracy Index) were included from 1999-2024. Titles and abstracts were screened and the full-text of potentially eligible literature was assessed before data extraction and synthesis.

Results: Eighteen sources met the eligibility criteria, cumulatively encompassing ~3,500 politicians across seven democracies, namely: Australia, Canada, the Netherlands, Norway, New Zealand, the United Kingdom, and the United States. Four sources (22.2%) explored general psychopathology trends, revealing varying but sizeable rates of mental ill-health and high-risk alcohol consumption. The other fourteen studies (77.8%) provided evidence on risk factors; twelve underlined the psychological toll of violence and two investigations highlighted the injurious effects of specific occupational conditions. Notably, exposure to violence often precipitated detrimental mental health outcomes, with certain data indicating a disproportionate impact on female officeholders.

Conclusions: Existing research literature suggests that democratically-elected politicians face considerable mental health challenges,

especially from the effects of violence. However, there are notable research gaps with a paucity of reliable prevalence estimates, intervention studies, and work on national leaders. Equally, the underrepresentation of numerous democratic countries accentuates the need for a more diverse evidence-base to better support the mental wellbeing of politicians worldwide.

Disclosure of Interest: None Declared

Psychotherapy

EPP221

Rethinking access to psychological treatment protocols in mental health research

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Introduction: Open access to psychological treatment manuals is critical for advancing research and clinical practice, particularly in low- and middle-income countries, where access to mental health care is scarce. Despite growing recognition of the need for freely available manuals to ensure replicability, transparency, and wider dissemination of evidence-based interventions, open and free access to intervention manuals remains limited.

Objectives: We aimed to quantify the availability of protocols and manuals for psychological interventions used in randomized clinical trials (RCTs) for severe mental disorders. This research is part of the broader European Research Council – funded project DECOMPOSE, in which we employ a systematic and reproducible approach for decoding, classifying, and evaluating the active ingredients of psychological interventions.

Methods: Using recent network meta-analyses of RCTs, we collected psychological interventions for psychotic, bipolar, substance use, eating, and borderline personality disorders. We attempted to retrieve intervention protocols and manuals directly from trial publications or their published protocols and referenced manuals. If the protocols or manuals were not accessible, we contacted the study authors to request the materials.

Results: We identified a total of 259 RCTs, but only 18 had published protocols. Of the 71 RCTs pre-registered on platforms such as ClinicalTrials.gov, only 5 provided an adequate description of the psychological treatment components, all of which overlapped with already published protocols. To retrieve missing materials, we contacted 450 authors from 241 RCTs. We received positive responses from 75 RCTs, negative responses from 55 RCTs, and no replies from 100 RCTs. We were not able to retrieve contact information for the authors of 11 RCTs.

Of the 75 positive responses, we obtained the complete requested materials for only 47 trials. In the remaining cases, we were instructed to purchase the manuals (n=11), provided with only partial materials (n=4), or given additional references that were not the full intervention manual (n=13). Negative responses included the trial being too old or no authors' access to the materials (n=22), commitment to send the materials without further follow-up (n=8),

suggesting the paper as the sole available resource (n=11), and various other reasons (n=14)

Conclusions: Our findings reveal a significant lack of freely available intervention manuals, limiting the implementation and replicability of psychological treatments. Coordinated action is needed to ensure open access to these materials for more replicable research, wider dissemination of results, and improved access to evidence-based mental health care.

Disclosure of Interest: None Declared

EPP222

The Positive Writing on Mood States: Empirical Study

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Introduction: Positive writing (PW) consists in a written treatment of real or imagined events, processed with a positive connotation. The technique has been proven useful and effective for increasing psychological well-being. It derives from the expressive writing (EW) methodology developed by James Pennebaker.

Objectives: The objective of this study is to analyze the effects of positive writing (PW) in a group of healthy subjects. The psychological variables measured following the application of PW are six mood states: tension, depression, anger, vigor, fatigue and confusion. These are preliminary data from work that is still in progress.

Methods: Two groups were randomly formed (one experimental and one control) and wrote for 3 consecutive days on different topics. The experimental group wrote for 20 minutes a day about the most rewarding experience of their life, while the control group described, again for 20 minutes a day, a topic with a low emotional connotation (description of their home). Three administrations (baseline, 3-day follow-up and 10-day follow-up) of the POMS (Profile of Mood States) psychological test were carried out on study participants.

A statistical analysis such as analysis of variance (2-way ANOVA for repeated measures) was used to analyze the effects of positive writing in relation to the different parameters considered, between the groups (Experimental Group vs Control Group) in three different times (baseline, 3 days, 10 days).

Results: Statistically significant decreases were recorded in the experimental group in confusion (Factor C) in the 10-day measurement (7.44 VS 5.00 p < 0.01) and in fatigue (factor S) (5, 94 VS 3.88; p < 0.05).

Conclusions: These data demonstrate how positive writing can lead to beneficial psychological effects. In particular, this study examined the effects of writing about one's real life experiences and highlighted beneficial psychological/cognitive effects (decreased confusion) and psychophysical (decreased feelings of fatigue). Focusing attention on one's positive experiences therefore produces improvements on a cognitive level for the sensations that concern clarity and linearity of thought and reduction of feelings of psycho-physical fatigue.

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