

Objectives: The object of this study was to investigate the effects of group integrative arts therapy based on social skill training on communication, social adaptive function, and subjective well-being in inpatients with chronic schizophrenia.

Methods: Among the 125 patients who had been hospitalized in the mental hospital after being diagnosed with schizophrenia by psychiatrists according to DSM-5, 72 patients were selected by inclusion criteria and 48 patients were randomly assigned into an experimental group (n=16), comparative group (n=16), and control group (n=16). During this study, 4 patients from each groups dropped out. The final subjects of each groups were 12 patients. The experimental group followed a 60 minutes long social skill training based on group integrative arts therapy program for twice a week and 20 times in total. The Comparative group followed a social skill training program only for 60 minutes twice a week for 20 times in total. The control group received no treatment. To assess the social adaptive function, empowerment, subjective well-being of the subjects, Communication Competence Scale (CCS), Empowerment Scale (ES) and Korean Modification of Subjective Well-Being Scale (KmSWN) were used as subjective measuring. Assertiveness Observation Evaluation Scale (AOES), Social Adaptive Functioning Scale (SAFS), and Nurses' Observation Scale of Inpatient Evaluation-30 (NOSIE-30) were also used as objective measuring that were rated by nurses or social workers at the mental hospital.

Results: There was no statistically significant difference except non-verbal communication of CCS among three groups in homogeneity test of sociodemographic and clinical variables. The group integrative arts therapy based on social skill training was found to significantly increase the communication, assertiveness, social adaptive functioning and empowerment of experimental group more than comparative group, and that of comparative group more than the control group. The group integrative arts therapy based on social skill training was found to significantly increase the NOSIE-30 of the experimental group and the comparative group more than control group. NOSIE-positive and irritability of NOSIE-30 in the comparative group was increased more than those of the experimental and the control groups.

Conclusions: The group integrative arts therapy based on social skill training is found to significantly enhance the social adaptive function and empowerment of inpatients with chronic schizophrenia than social skill training. These results suggest that group integrative arts therapy could be utilized as effective mental rehabilitation intervention program for inpatients with chronic schizophrenia.

Disclosure of Interest: None Declared

EPV0967

Preliminary data from a survey about nutrition in mental health

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Introduction: Diet-related support is urgently needed for people with serious mental illness underlying the role of nutrition in a

biopsychosocial approach. Integrating healthy lifestyle practices such as a balanced diet and physical exercise could supplement and amplify the effects of existing pharmacotherapies and psychotherapies. Despite its considerable role, nutritional literacy of mental health professionals appears scarce. Specific nutrition training courses for mental health professionals are needed in order to increase awareness on nutrition as a well-being contributing factor in the biopsychosocial model.

Objectives: The aim of this study is to investigate insight and attitudes on nutrition in mental health among a sample of psychiatrists and psychologists resident in Italy.

Methods: The survey was conducted from May to June 2024 and the questionnaire was anonymous and self-rated, accessible via Google forms. The sample comprised 110 Italian mental health professionals (adult and child psychiatrists, psychologists) who voluntarily completed the on-line questionnaire.

Results: 110 participants (61 psychologists, 46 adult psychiatrists and 3 child psychiatrists) agreed to participate to our survey. 89.2 % (n= 91) of them worked in southern Italy. The majority of participants were female (77.98%) and reported working in a Mental Health Centre (n= 41, 37.27%), followed by psychiatric residential facilities (n=22, 20%), private practice (n= 19, 17.27%), hospital (n= 14, 12.73%), university research centre (n=4, 3.64%), other non specified institute (n=10; 9.09%). The number of years of working as mental health professional was 19.27 ± 11.27 years. Adopting "sometimes" nutritional approach for the treatment of the patients was the answer mostly reported (n= 56, 51.4%) followed by "most of the time" (n= 28, 25.69%), "always" (n=11; 10.09%), "never" (n= 7, 6.42%), "almost never" (n= 7, 6.42%).

Conclusions: Despite the scientific evidence and some treatment guidelines in support of this relationship, the implementation of nutritional psychiatry into routine clinical practice remains limited. Integrating nutrition into the clinical practice of psychologists and psychiatrists and providing evidence-based nutritional advice represent an interesting mental health challenge to address in the coming years.

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EPV0969

Correlation between the use of social media and the self-esteem of adults with autism in their workplace

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Introduction: There is a greater inequality in employment and underemployment among adults with Autism Spectrum Disorder (ASD) compared to their peers. Aspects such as sustained eye contact, interpreting non-verbal cues, understanding non-literal language, exhibiting cognitive inflexibility, and limitations in interpreting others' perspectives impact their communication. Due to these difficulties, they are often subject to social embarrassment, isolation, and insecurity when initiating conversations. Considering that contemporary interactions have intensified through social media, these networks can be a facilitator of social inclusion, especially as they are digital environments—structured, free from unexpected stimuli, offering additional processing time, and without the need to interpret prosody and intonation. In this context, to understand its impact in

the workplace for this population, one of the factors to consider is the self-esteem of these individuals within the workplace, given that self-esteem is a fundamental indicator of self-worth and self-acceptance, impacting mental health.

Objectives: To verify the correlation between social media use and self-esteem in adults with ASD in their workplace.

Methods: This is a prospective, qualitative-quantitative study based on the Ethics Committee for Research number 65890317.9.0000.0065. Data were collected via an electronic form. Questionnaires: personal/social questions prepared by the authors; adapted protocols: Rosenberg Self-Esteem Scale and Facebook Intensity Scale.

Results: A total of 132 adults with self-reported ASD, 68% of whom had ASD with comorbidities. Regarding gender and sexual orientation, 66% were cisgender and heterosexual women, and 62% were cisgender and heterosexual men. Concerning remuneration and education, 44.7% had completed higher education, earning between two to three thousand reais per month. Additionally, 61.4% reported not having inclusive strategies in their workplace. The overall correlation between self-esteem and social media use at work showed that 65.9% use social media moderately, of which 12.9%, 18.9%, and 34.1% have low, high, and medium self-esteem, respectively. Correlating personal/social questions with self-esteem, 34.8% never feel comfortable with group conversations, of which 11.4% have low self-esteem (p-value 0.008), 48.5% feel distressed at work (p-value 0.06), 62.9% are excessively concerned about work (p-value 0.02), and 49.2% find it difficult to assert themselves at work (p-value 0.02). (Image 1)

Image 1:

Personal/Social Questions (%)	Self-esteem (%)				
1. Are you able to have long conversations with your work team about a variety of topics?	High	Medium	Low	Total	p-value*
Always	2.3	4.5	0	6.8	
Sometimes	15.2	22.7	5.3	43.2	
Never	13.6	22.7	13.6	50	
Total	31.1	50	18.9	100	0.13
2. Do you talk to your coworkers?	High	Medium	Low	Total	p-value*
Always	21.2	24.2	6.8	52.3	
Sometimes	9.8	25	11.4	46.2	
Never	0	0.8	0.8	1.5	
Total	31.1	50	18.9	100	0.08
3. Do you ask questions to your work team when you are having difficulties?	High	Medium	Low	Total	p-value*
Always	15.9	20.5	6.1	42.4	
Sometimes	10.6	25.8	10.6	47	
Never	4.5	3.8	2.3	10.6	
Total	31.1	50	18.9	100	0.3
4. Do you deal well with unexpected events at work?	High	Medium	Low	Total	p-value*
Always	1.5	4.5	0.8	6.8	
Sometimes	16.7	15.9	8.3	40.9	
Never	12.9	29.5	9.8	52.3	
Total	31.1	50	18.9	100	0.23
5. At work, do you feel comfortable talking in groups?	High	Medium	Low	Total	p-value*
Always	3	0.8	0	3.8	
Sometimes	19.7	34.1	7.6	61.4	
Never	8.3	15.2	11.4	34.8	
Total	31.1	50	18.9	100	0.008
6. Do you feel distressed about your work environment?	High	Medium	Low	Total	p-value*
Always	10.6	25	12.9	48.5	
Sometimes	15.9	18.9	6.1	40.9	
Never	4.5	6.1	0	10.6	
Total	31.1	50	18.9	100	0.06
7. Are you afraid of new challenges at work?	High	Medium	Low	Total	p-value*
Always	14.4	29.5	15.2	59.1	
Sometimes	13.6	16.7	3.8	34.1	
Never	3	3.8	0	6.8	
Total	31.1	50	18.9	100	0.09
8. Do you feel excessively worried about work?	High	Medium	Low	Total	p-value*
Always	15.2	31.1	16.7	62.9	
Sometimes	10.6	12.1	2.3	25	
Never	5.3	6.8	0	12.1	
Total	31.1	50	18.9	100	0.02
9. Do you have difficulty positioning yourself in conflict situations at work?	High	Medium	Low	Total	p-value*
Always	9.8	25.8	13.6	49.2	
Sometimes	15.2	18.9	4.5	38.6	
Never	6.1	25.8	13.6	49.2	
Total	31.1	50	18.9	100	0.02

Legend: * = Pearson's Chi-squared test

Conclusions: This study did not statistically demonstrate a correlation between social media use and self-esteem in the workplace. However, the challenges encountered in the workplace, such as the lack of inclusive strategies, social difficulties that generate fear, distress, and worry, corroborate the literature regarding the vulnerability this population is exposed to.

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EPV0970

Reliability of an Assessment Method for Resilience

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Introduction: Understanding resilience becomes important given that adversity is an unavoidable fact of human life. Over 70% of respondents in a sample of 68,894 people reported at least one traumatic event in their lifetime. The neurotoxic effects of these experiences range from compromised neurocompetence, psychopathology including PTSD and depression, to adverse physical effects.

Objectives: To determine if we could reliably agree on ratings of resilience on a five point scale to aid future studies of the role of resilience in recovery and relapse.

Methods: To assess resilience we developed a five point scale with 1 being the least and 5 behind the most resilient pattern. We found a water metaphor useful to conceptualize these five levels of resilience. Resilience in an ever-changing world can be likened to navigating in a body of water. Adversity tosses us into the water. Here are our levels:

Level 1: At this level, the person sinks to the bottom and remains there. They are making no effort to change their circumstances and remain stagnant.

Level 2: At this level, the person is not sitting at the bottom, but has not yet reached the surface. They are in a place of struggle and resistance, where change is elusive.

Level 3: The person is treading water at this stage. They are working hard to stay afloat, but not making significant progress in altering their overall situation.

Level 4: They're swimming toward shore, toward a more favorable environment in which they can thrive. They're actively seeking change and adjustment to a post-adversity reality.

Level 5: At this point, they've managed to climb out of the water and change their circumstances. Their resilience allows them to overcome challenges and seek better surroundings.

We used kappa statistics to assess our level of agreement among ourselves (three raters) after studying and discussing prototypical stories for each rating level.

Results: Practicing with training videos, we found we could achieve 84% agreement on the five ratings with 3 raters.

Percent overall agreement = 84.00% Free-marginal kappa = 0.80 95% CI for free-marginal kappa [0.66, 0.94]; Fixed-marginal kappa = 0.78; 95% CI for fixed-marginal kappa [0.62, 0.93]

When we added AI, we got Percent overall agreement = 71.33% Free-marginal kappa = 0.64; 95% CI for free-marginal kappa [0.50, 0.79] Fixed-marginal kappa = 0.61; 95% CI for fixed-marginal kappa [0.51, 0.71]