

relationships, diverging from the traditional monogamous model and exploring new possibilities. CNM relationships include forms such as polyamory, open relationships, and swinging. There are no official and systematic epidemiological data on CNM relationships in Italy; however, these relationships have recently gained more visibility due to social media, support groups, and open discussions about relationship diversity that are slowly emerging in a country whose culture is traditionally influenced by Catholicism and conservative social norms.

Objectives: Most research focuses on discrimination against individuals involved in CNM, while the factors underlying people's engagement in such relationships are overlooked. This study aims to investigate predictors of willingness to engage and actual engagement in CNM among Italian emerging adults. Specifically, based on the Theory of Planned Behavior (Ajzen, 1991), we examined the role of perceived social norms and perceived behavioral control, as well as other predictors already tested in previous research.

Methods: Participants completed an online questionnaire examining factors such as gender, sexual orientation, willingness to engage in CNM relationships (WECNM; Moors et al., 2015; 6 items), avoidant and anxious attachment style (ECR-S; Wei et al., 2007; 12 items), erotophilia (ATP; Johnson et al., 2015; 5 items), social norms (PSN; custom scale, 4 items), perceived behavioral control in CNM relationships (PBC; custom scale, 2 items). Data were analyzed using SPSS, applying multiple linear regression.

Results: The sample consists of 667 emerging adults ($M_{age} = 23.29$; age range: 18 – 30) with diverse sexual orientations and gender identities. Of these, 535 participants are involved in monogamous relationships, 65 in polyamorous, and 67 in open relationships. In line with our hypotheses, results show that social norms, perceived behavioral control, non-heterosexual orientation, and cisgender male identity are significant predictors of both the willingness to engage in and the commitment to consensual non-monogamous relationships. Avoidant attachment style, as well as erotophilia, predict the predisposition but not the actual commitment to CNM.

Conclusions: The results contribute to a deeper understanding of CNM relationships in the Italian context by identifying some individual and social factors related to openness and involvement in CNM relationships. This provides preliminary evidence of the utility of the Theory of Planned Behavior in understanding this type of relationship. Moreover, the significant number of individuals involved or interested underscores the importance of considering relationship diversity in future research and social policies, with the aim of promoting greater acceptance and inclusion.

Disclosure of Interest: None Declared

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Nutrition and functional compounds of traditional foods in migrant women with schizophrenia: A systematic review

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Introduction: Several studies have reported that high fruit and vegetable consumption is associated with increased life expectancy. In migrant populations, lifestyle habits are modified in the process of acculturation.

Objectives: Our aim was to review the diversity/functional compounds of food groups in Latin American, African, Asian and European cultures. In a second step, we aimed to review the dietary patterns for migrant women with schizophrenia.

Methods: A two-stage systematic review was conducted using the PubMed and ClinicalTrials.gov databases (2004-2024). The first part included studies reporting information on food and nutrients in adult populations from the nationalities with the highest prevalence of women with schizophrenia attending the Mútua Terrassa Functional Unit for Women with Schizophrenia (Dominican Republic, Venezuela, Ecuador, Morocco, Senegal, Romania and Pakistan). In a second part papers focused on food consumption among migrant women with schizophrenia.

Results: A total of 87 studies were included from a total of 21,306 records screened. First part: (1) Latin America (n=32). Outcomes: food choice trajectories for dietary acculturation, barriers and facilitators for fruit and vegetable consumption (antioxidant effects of polyphenols), fruit/tubers/legumes traditionally consumed. (2) Africa (n=25). Regular consumption of oils, changes in medications during the holy month of Ramadan, anti-inflammatory effects of species. (3) Europe (n=17). Antioxidant properties of phenolics in mushrooms, and polyphenols in berries. (4) Asia (n=13). Women more vegetables, fruit and fish. Second part: Dietary intake of vitamin C, niacin, and folate reduced in schizophrenia. Few studies in women with schizophrenia.

Conclusions: Nutritional intervention programmes for migrant women with schizophrenia should pay attention to biocultural heritage and traditional antioxidant/anti-inflammatory foods.

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Unveiling the Mary Wollstonecraft's Self: A Psychoanalytic Reading of "Mary: A Fiction"

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Introduction: We can learn a great deal about the power of writing to vanquish the worst forms of psychological trauma by looking closely at Mary Wollstonecraft in the second half of the eighteenth century. Mary Wollstonecraft wrote a *Vindication of the Rights of Woman* (1792), which is considered by many to be the most important work in feminist thought. Her literary impact went far beyond this foundational work. With the publication of Wollstonecraft's first semi-fictional autobiography, *Mary: A Fiction* (1787), we can see how her personal life did not follow conventional rules either. Her dedication to individual freedom and social progress was not limited to women. Her own personal life history