

hypotheses: H1: EMDR Flash Group Technique will decrease the level of test anxiety. H2: It will decrease traumatic stress based on previous test experiences. H3: It will develop functional coping mechanisms.

Results: A significant reduction in exam anxiety levels is expected in the EMDR Flash Group participants, supporting its effectiveness in managing stressors and preventing the development of anxiety disorders. Additionally, there will be a decrease in traumatic stress symptoms (re-experiencing, avoidance, and hyperarousal), demonstrating its effectiveness as an early intervention for trauma-related disorders. Participants are expected to develop more functional stress management skills, emphasizing the technique’s role in reducing dysfunctional coping mechanisms and enhancing resilience. Overall, the EMDR Flash Group Technique will demonstrate its effectiveness as an early intervention model for managing anxiety and preventing the progression of related psychological issues.

Image 1:

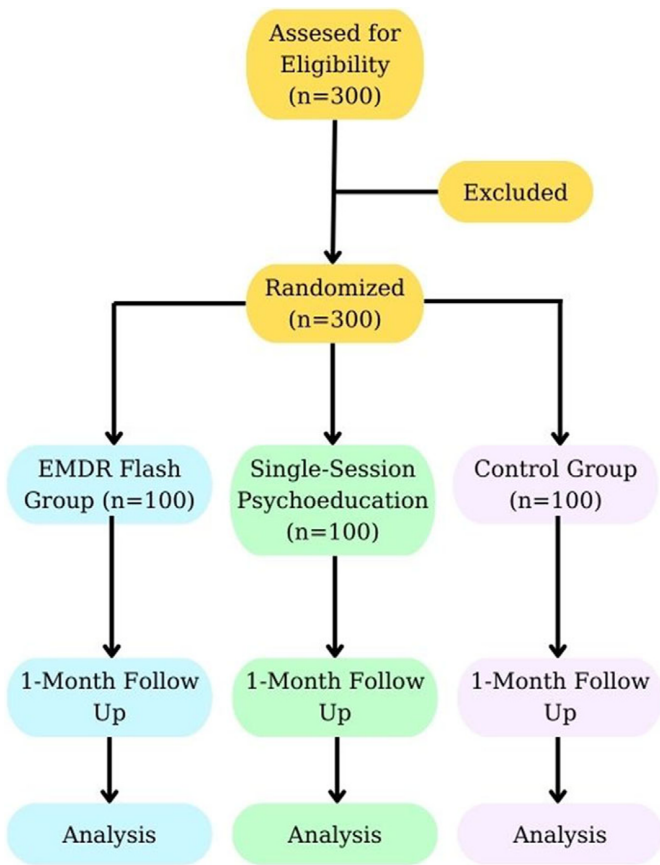


Image 2:

GROUP	INTERVENTION	MEASUREMENT TIME POINTS	SAMPLE SIZE (n)
1	EMDR FLASH GROUP TECHNIQUE	PRE-TREATMENT POST-TREATMENT 1-MONTH FOLLOW UP	100
2	SINGLE - SESSION PSYCHO-EDUCATION	PRE-TREATMENT POST-TREATMENT 1-MONTH FOLLOW UP	100
3	NO INTERVENTION (WAITLIST)	PRE-TREATMENT POST-TREATMENT 1-MONTH FOLLOW UP	100

Conclusions: Unlike traditional EMDR protocols that focus primarily on past traumas, our approach uniquely integrates past, present, and future-focused elements, creating a holistic framework for managing both past traumatic experiences and anticipatory anxiety about future challenges. By employing a group-based format, this protocol not only offers the potential for a more scalable and efficient intervention, but also provides a deeper understanding of how EMDR can be adapted to address psychiatric disorders in youth.

Disclosure of Interest: None Declared

EPV1462

Adjustments disorders among residents, burnout and depression

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Introduction: In 2022, studies were conducted, the results of which revealed that nursing staff are at greater risk of developing anxiety

disorders, and the development of these symptoms is influenced by work schedule and workload level. Also, do not forget about the relationship between anxiety and affective disorders and emotional burnout syndrome (EBS), which is important in diagnosis

Objectives: The purpose of the study is to evaluate the role of the phenomenon of burnout as a predictor of the development of anxiety and depression based on a comprehensive assessment of EBS and anxiety-affective symptoms among medical residents; identify risk factors for the development of EBS.

Methods: A questionnaire including socio-demographic characteristics (gender, age, place of residence), the Maslach Burnout Inventory (MBI) questionnaire; questionnaire scale: PHQ-9 (via Google platform); clinical interviewing was carried out among 98 residents

Results: two profiles of respondents – surgical (57.1%) and therapeutic (42.9%), 73.5% - female, 26.5% - male. The majority were in the age range from 25-29 years (77.6%). The most closely related to burnout is the time spent working at the clinical base and the workload outside of residency. 21% have mild depression, 24% have moderate depression, and 10% have severe depression, which further requires the identification of a correlation between two indicators of EBS and affective symptoms; 31.6% have severe emotional burnout, which affects education and the quality of medical care provided.

Conclusions: The question of the relationship between EBS and depressive symptoms remains open. In our simultaneous study, the relationship between the burnout index and the results of PHQ-9 is traced, which may suggest that EBS is considered as a risk factor for the development of affective symptoms of depression and requires further investigation of the problem. It should be noted the importance of introducing digital technologies for the examination of employees and the timely detection of signs of EBS

Disclosure of Interest: None Declared

EPV1463

Navigating Grief in Wartime: Needs Assessment and Help-Seeking Behaviors among Bereaved in Ukraine

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Introduction: Traumatic losses are prevalent during armed conflicts and known to be a risk factor for prolonged grief disorder (Shevlin et al., 2024). Social support and psychoeducation are protective factors for prolonged grief disorder (Al-Gamal et al., 2018). Ukrainians are known to avoid seeking help or support after exposure to traumatic events (Quirke et al., 2021). Not much is known about help-seeking and supporting behavior following the loss of a loved one amidst the ongoing war in Ukraine.

Objectives: The aim of this exploratory study was to assess the experiences, needs, and help-seeking behavior of those in bereavement and those supporting them during the war in Ukraine.

Methods: An online questionnaire was designed by co-authors; data was collected in November 2023 via phone calls among users of the Opinion Internet panel by Factum Group Ukraine. Inclusion

criteria were: a) Ukrainians aged 18-55; b) Internet users residing in Ukrainian cities with more than 50,000 residents before the full-scale invasion; c) those who currently live in Ukraine or abroad. The survey evaluated respondents' experiences of enduring the loss of a loved one and supporting persons in grief after the full-scale invasion of Ukraine, as well as the need for support and information about the grieving process.

Results: Fifty-three percent of survey respondents (n=400) were female. A quarter of the respondents lost a loved one since February 24, 2022 (15% due to death, 14% due to violent death, 5% missing in action), while 9% refused to respond.

Among those in bereavement, the majority (63%) reported that it was vital for them to better understand their own grief process. One-third reported the need for additional support in coping with the loss. One-fifth (21%) of those experiencing loss sought support as the experience became unbearable. Among those seeking professional care, there was a difference in the frequency of approaching different specialists. Twenty percent of the respondents reported that they did not seek help but were willing to.

The majority of respondents (62%) reported supporting a person who experienced loss. However, only 49% of them felt confident enough to do so. The majority (82%) of respondents said that they considered it important to have information on ways to support loved ones in grief.

Conclusions: Despite the fact that a third of people required support and care while experiencing a loss, only 1 in 5 approached mental health professionals or other healthcare specialists. Half of those who wanted to support their loved ones did not feel confident enough. Raising awareness among the population about the process of coping with loss, normalizing seeking support, and providing possible options for supporting people in grief is of high importance for the people of Ukraine affected by the full-scale war.

Disclosure of Interest: None Declared

EPV1464

Exploring Mental Illness Stigma, Help-Seeking Attitudes, and Behaviors on Social Media: A Machine Learning Approach

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Introduction: Mental health literacy (MHL) plays a crucial role in promoting help-seeking behavior. However, negative attitudes toward mental illness still pose a substantial barrier. Social media platforms provide a valuable opportunity to explore the relationship between stigma, help-seeking attitudes, and behaviors through the application of natural language processing (NLP) and machine learning (ML) techniques.

Objectives: This study aims to investigate how attitudes toward reducing mental illness stigma and help-seeking influence actual help-seeking behavior among social media users.

Methods: We analyzed 1,506,333 posts from mental health-related Post Text Table (PTT) forums between January 2018 and January 2024. Posts were preprocessed and categorized into three categories: reducing mental illness stigma, help-seeking attitudes, and help-seeking behaviors. Using Bidirectional Encoder Representations from Transformers (BERT) for scoring, the model achieved a