

barriers included barriers to physically commuting, paying for and having time away for the KAT sessions. They pointed out that aside from the price of the treatment itself, paying for cabs and ferries adds to the costs. Each of the participants detailed their journey with trauma and mental illness before KAT. A common sentiment expressed was that they couldn't cope anymore with symptoms like night terrors and extreme anxiety. Participants discussed a gradual build-up and burnout, as one explained, "You continually are always going to other trauma calls, so it kind of builds up layer, layer, layer after layer." A reoccurring theme in their experiences was trying different treatment modalities (EMT, EMDR and CBT) with little permanent success.

Conclusions: Greater funding, awareness and administrative support is needed for firefighters diagnosed with PTSD to successfully receive and undergo treatment.

Disclosure of Interest: None Declared

EPV1445

The Beneficial Effect of Self-Compassion on PTSD and Complex PTSD Symptoms among Israeli Female Veterans: The Role of Coping Strategies

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Introduction: There is consistent evidence that increased self-compassion (SC) is associated with less posttraumatic stress disorder (PTSD) symptoms. However, knowledge about the contribution of SC to military-related posttraumatic sequelae among women combat veterans is sparse. Moreover, the underlying mechanism for the beneficial effect of SC remains to be determined.

Objectives: The present study aims to examine the contribution of SC to PTSD and complex PTSD symptoms among female veterans as well as the mediating roles of coping strategies in these possible associations.

Methods: In a cross-sectional study, a volunteer community sample of Israeli women combat veterans (n = 885) and non-combat veterans (n = 728) responded to online self-report questionnaires.

Results: Combat veterans reported higher levels of PTSD symptoms but not complex PTSD symptoms, SC, or coping strategies, as compared to non-combat veterans. Moreover, among combat and noncombat veterans, SC was associated with lower levels of PTSD and complex PTSD symptoms beyond adverse childhood experiences and combat exposure. Notably, SC was inversely and indirectly associated with higher levels of PTSD and complex PTSD symptoms through maladaptive coping strategies for both combat and noncombat veterans.

Conclusions: Reports of higher SC among female veterans are associated with less severe PTSD and complex PTSD symptoms. Moreover, maladaptive coping strategies might serve as mechanisms that link SC to military-related posttraumatic consequences.

Disclosure of Interest: None Declared

Precision Psychiatry

EPV1446

Digital Phenotyping for Real-Time Monitoring of Nonsuicidal Self-Injury Thoughts

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Introduction: Digital phenotyping offers a valuable method for predicting and preventing nonsuicidal self-injury (NSSI) in daily life by providing objective, ecologically valid measurements at multiple time points. This approach quantifies an individual's phenotype by capturing self-injury-related markers such as mood, step counts, and heart rate.

Objectives: The aim of this study is to identify real-time predictors and to elucidate the dynamic trajectory of NSSI in individuals.

Methods: This study targets individuals in their 20s residing in South Korea who engaged NSSI on five or more days during the past year, and a total of 56 participants were included in the current study. Once participants were enrolled, active (e.g., ecological momentary assessment) and passive (e.g., heart rate, step count) data were collected via a smartphone app and wrist-worn wearables for 14 days. Initially, a random forest algorithm was employed to assess the relative importance of passive and active data in predicting NSSI thoughts. Subsequently, a multilevel logistic regression model was used to capture variability at both the within-person and between-person levels.

Results: After inputting passive data into the random forest algorithm, the model demonstrated an accuracy of 0.619. Among the variables, walking stride had the highest importance score at 0.28, followed by heart rate (0.18) and heart rate variability (0.17). Subsequently, when analyzing the random forest algorithm with active variables, the model's accuracy was found to be 0.666. In this case, anger toward others had the highest importance score at 0.26, followed by depression (0.22) and anger toward oneself (0.19). In a separate analysis using multilevel logistic regression models for each passive variable, none of the variables produced significant results in either the fixed or random effects analyses. However, when active variables were entered into separate multilevel logistic regression models, all emotional variables yielded significant results in the fixed effects analysis: depression (0.746, $p < .001$), anxiety (0.521, $p < .001$), anger toward oneself (0.475, $p < .001$), anger toward others (0.403, $p < .001$), loneliness (0.329, $p < .001$), and shame (0.557, $p < .05$). In contrast, none of the variables showed significant results in the random effects analysis.

Conclusions: The findings from this study could offer insights into novel mechanisms underlying the occurrence of self-injurious thoughts and their prediction in daily life. Additionally, this advanced approach may help identify optimal strategies for NSSI prevention and enable the delivery of personalized, real-time interventions.

Disclosure of Interest: None Declared