

Conclusions: Dissociation and “freeze” response can be a maladaptive mechanism to fear. The malfunction of the autonomic nervous system can explain the disconnection, poor gaze, low facial and body expression and inability to speak.

Disclosure of Interest: None Declared

EPP0090

PTSD and prospective memory among Afghan students in the Kyrgyz Republic

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Introduction: Prospective memory is a memory for actions to be performed in the future, such as composing an abstract for Congress. Various studies (see, for instance, Khan, A, 2020) showed that deficits in prospective memory are part of depressive cognitive deficits. This study is devoted to the prospective memory characteristics of migrants - students from Afghanistan who study at American University in Central Asia

Objectives: The study's objective was to test the hypothesis of the existing connections between PTSD and prospective memory.

Methods: One hundred and fifty students submitted informed consent for participation in the study, which the local IRB approved. Twenty-five had been diagnosed with PTSD; others also experienced traumatic stress but did not present the complete clinical picture of PTSD.

The research was quantitative; a variety of self-questioners were used, including the one Dr developed by Azzizudin Khan in 2021 (Khan and others, 2021) to measure traumatic stress level, depression, anxiety, and subjective perception of the prospective memory. ANOVA and family of regression statistics helped to establish connections between several variables.

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Results: The study's preliminary results, which are still in progress, showed that the perceived level of traumatization predicts the perceived failure in prospective memory. However, there are also a lot of statistical outcomes which need to be analyzed. Among those are, for instance, the connection between depression and prospective memory and the connection between prospective memory and anxiety.

Conclusions: Prospective memory deficiency is a part of a traumatic cognitive deficit. More research is needed to investigate cognitive distortion in PTSD.

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EPP0091

Emotional stabilization interventions for people exposed to chronic traumatic events, in humanitarian settings

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Introduction: In contexts of chronic crisis, such as wars, the population is affected by prolonged traumatic exposure. In this type of context, it is sometimes difficult to provide psychological support to work through the trauma because the environment is neither stable nor reassuring. It is about finding care devices that despite the complexity of the situation, manage to bring relief and improve the ability to manage negative emotions and stress.

Objectives: The objective of the intervention was to relieve people in distress, to help them contain their reactions to moments of anxiety so that they are more available and calm in their daily lives. Since the intervention could not provide long-term treatment for the potential traumatic stress, due to the abuses still in progress, it aimed to prevent the appearance and installation of the symptoms.

Methods: A group protocol based on emotional stabilization exercises was offered to children and adults from communities affected by the fighting in the civil war in the Central African Republic in 2021. In addition to giving elements of psychoeducation, participants could practice exercises aimed at stabilizing emotions and managing stress.

People could benefit from this psychosocial support with daily frequency for four consecutive days. At the beginning and at the end of the care device, psychometric scales were administered in order to be able to measure the improvement in well-being (WHO5) the reduction in symptoms of anxiety and depression (HAD) as well as traumatic symptoms in adults (PCL -5) and children (CPTS-RI).

Results: Between February and April 2021, 1,200 adults and 400 children were able to participate in the emotional stabilization device. 90% of the participants showed an improvement in well-being and a reduction in stress and anxiety reactions. The participants particularly appreciated the exercises for the ease with which they could be reproduced in daily life and transmitted to other members of the family and the community. Despite the fact that exposure to stress remained significant and daily, they expressed the feeling of having regained some control, at least over their own emotions and reactions.

Conclusions: In situations of chronic stress, where psychic traumatic symptoms cannot be treated sustainably, this emotional stabilization protocol can be an effective option to regulate the emotional states of exposed people and give them tools to cope with anxiety.

Two important points to emphasize are also the fact that this device can reach a large part of the population without a lot of means and that it can be provided by non-professionals in mental health, if properly trained and constantly supervised by experts.

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