

promote awareness, detection and referral of students in need of professional psychological support; b) implementation of a Student Observatory, with tracking of psychopathological symptoms, supported on the Web; c) implementation of a psychological intervention program based on a stepped care model, which will include the following progressive phases by severity: 1) digital self-help manual; 2) web-based self-help groups; 3) psychological intervention groups supported by the Web; 4) face-to-face intervention groups and 5) individual psychological intervention.

Students will be assessed before and after each step of care, with the following psychological instruments: Mental Health Inventory (MHI); Patient Health Questionnaire (PHQ-9) and Generalized Anxiety Disorder (GAD-7).

Results: The implementation of the presented methods expect to achieve improvements on HES' mental health, namely improvement of MHI, reduction of PHQ-9 and GAD-7 after each step of the psychological care.

Conclusions: The project presented encloses evidence-based interventions, with inspiration on psychoeducation and cognitive behavioral approaches, and it is expected to contribute to the improvement of mental health of HES. The results will be collected and disseminated. We encourage other researcher and clinicians to perform studies about the mental health of HES.

Disclosure of Interest: None Declared

EPV0792

Evaluation of the effectiveness of two hospitalization alternatives compared to standard psychiatric hospitalization

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doi: 10.1192/j.eurpsy.2023.2096

Introduction: In recent years there has been an ongoing search for alternatives to psychiatric hospitalizations, which might overcome the barriers of social stigma and institutionalization. Nonetheless, there is a paucity of empirical studies which address the effectiveness of these potential alternatives as compared to the traditional medical model.

Objectives: The purpose of the current study is to compare the effectiveness of psychiatric hospitalization with two alternatives: Soteria homes, which emphasize the cultivation of empathetic and non-intrusive relations, and technologically assisted home hospitalization, which places the emphasis on the provision of psychiatric care in a manner which resembles the medical model, but in close proximity to the patient's family.

Methods: Subjects and staff completed self-report measures of their symptomatic distress, social functioning, interpersonal relations, quality of life, self-stigma, therapeutic alliance, global functioning (GAF) and positive and negative symptoms of schizophrenia (PANSS). Measurements were completed at baseline, at discharge, and at three months, half a year, a year and a year and a half after discharge.

Results: Overall, the study included 214 subjects, which were non-randomly allocated to one of the three acute care modules:

psychiatric hospitalization (N=66), Soteria homes (N=94) and technologically assisted home hospitalization (N=54). The average age in the total sample was 36 years (SD=14.2) and 49.1% of them were women. The majority of patients (47.7%) were diagnosed with a psychotic or bipolar diagnosis, followed by mood disorders (29.4%), PTSD or a personality disorders (19.6%) and others (3.3%). About 68.5% earned less than the average, 10.2% earned an average salary and 21.4% earned above the average.

Conclusions: Full description of the results elaborating on the differences between treatment modules across the three acute care settings will be presented and discussed. The results of the current study can provide significant insights about the effectiveness of psychiatric hospitalization alternatives for acute mental states and can influence decision-making processes and policy trends worldwide.

Disclosure of Interest: None Declared

EPV0793

Innovative Art-based Interventions Designed to Reduce Stress and Enhance Coping Strategies

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doi: 10.1192/j.eurpsy.2023.2097

Introduction: Short term and immediate interventions are an essential tool to combat distress in times of community crises. The combination of cognitive behavioral interventions and art practice provides a unique tool for the transformation of stressful visual images into less threatening and more manageable images. Previous research has demonstrated the efficacy of cognitive behavioral- and art-based (CB-ART) interventions in reducing distress related to different types of community crises.

Objectives: The aims of the current study were (1) to compare the effectiveness of CB-ART interventions in reducing distress associated with two types of ongoing community crises: actual war conditions and the Covid-19 pandemic; and (2) to compare the mechanisms used in these contexts to transform the stressful image associated with the community crisis into a more manageable image.

Methods: CB-ART workshops were conducted during both the 2014 Israel-Gaza conflict and the first wave of COVID-19 in Israel. The CB-ART workshops included drawing pictures related to three topics: (1) emotions and thoughts related to the ongoing community crisis; (2) coping resources; and (3) integration of the stressful image and the resource picture. To examine the intervention effect, the Subjective Units of Distress (SUDs) values of the two *affected* groups were measured using a pre-post design.

Results: In both groups participants' distress levels significantly decreased after the intervention. A significantly larger decrease was found among the group that participated in the CB-ART workshops during war conditions. The dominant compositional changes within the integrative picture that emerged in both groups included a diminished size of the stressful image; use of several mixed-sized objects scattered all over the drawing, as opposed to one large-sized object placed at the center of the drawing, which typically characterized the stress drawing; and use of lighter optimistic colors.