



**Conclusions:** This TAY-tailored psychiatric outpatient program represents an innovative contribution to reinforce CAMHS-AMHS interface in French-speaking Belgium. This study enlightens the importance to enhance clinical expertise in youth mental health. Classical boundaries, determined by artificial variables such as age or type of psychopathology, do not seem to be efficient criteria to achieve a good quality psychiatric evaluation and continuity of care in TAY.

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**Keywords:** AMHS; mental health; transitional age youth; CAMHS

## O0099

### Understanding the value and impacts of informal care for people living with poor mental health

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**Introduction:** Our survey of more than 700 caregivers across Europe and Canada highlights the tremendous and too often hidden value of caregiving. In short informal carers are fundamental to the functioning of any health and social care system; it is critical to therefore to invest in measures to support these caregivers and identify potential risk factors that might lead to a breakdown in caregiving support.

**Objectives:** To identify the importance of family care in the context of modern community mental health services.

**Methods:** Survey questionnaire and interview of family members. A survey was developed in consultation with EUFAMI.

**Results:** The average length of the caring week exceeds the length of the working week. On average informal carers provide more than 43 hours of care every week, well in excess of the average working week.

**Conclusions:** Family care needs to be recognised as a significant part of the overall care package in different countries. Governments need to acknowledge the real cost of care. In our report we have highlighted that the average caring week is much longer than the working week, and that this is over 60 hours per week for carers who live with the person that the care for. We have highlighted major detrimental effects on carer quality of life, as well as high levels of loneliness. We have also noted that more than a quarter of all carers have a depression or anxiety disorder. We have seen wider adverse impacts on potential career and education prospects as well as financial worries.

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**Keywords:** Recovery; caring; value

## O0100

### SERVICE INNOVATION (SOUL PROGRAMME) - Charitable home-based outreach service for treatment of schizophrenia in Larkano, Pakistan: development, implementation and 10 year outcomes.

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**Introduction:** There is a huge resource gap in mental health service provision & service utilisation in LAMIC including Pakistan. SOUL Programme has been established in the City of Larkana, on charitable donations, which utilises principles of home-based outreach and produces clinical and functional outcomes.

**Objectives:** SOUL programme focuses on collaborative working with patients & families. The objectives include recognition, treatment, family education & psychosocial support to maximize clinical, functional & occupational outcomes.

**Methods:** Single cohort intervention (patients recruited on continual basis over time) with innovative service structure and culturally relevant open label intervention design developed with local academic psychiatric unit in Larkano, Pakistan. Training was provided to local mental health professionals on diagnosis, delivering care & use of recognized clinical outcome measures.

**Results:** We have recruited a cohort of 160 patients on continual basis over time. Our analysis show a higher BPRS and lower GAF ratings for men in comparison to female cohort at the baseline. Our Ten year follow up has demonstrated statistically significant clinical / functional improvement on BPRS, CGI & GAF measures. The mean differences recorded for the individual measures after 12 months were BPRS, CGI-I and GAF and were all statistically significant. Innovative home-based community mental health intervention shows significant improvements in clinical and functional outcomes (with good effect size).

**Conclusions:** SOUL Programme is a highly effective and cost-efficient intervention model for treatment of schizophrenia in a developing country setting. Our 10 year follow up study confirms the feasibility of this intervention model through close working with families of our patients.

**Disclosure:** No significant relationships.

**Keywords:** Charitable; Developing Country; Outreach service; schizophrenia

## O0101

### Descriptive study on the working conditions of residents of psychiatry in Madrid: working hours and 24-hour on call shifts.

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**Introduction:** Resident physician's working conditions are linked to poor health outcomes of professionals and patient's safety. Previous studies suggest that residents in Spain have difficulties enjoying mandatory rest after on-call shifts.

**Objectives:** This study aims at describing the working conditions: working hours and the absence of mandatory rest periods after a 24h on-call shift in residents of psychiatry in the region of Madrid.

**Methods:** A descriptive observational cross-sectional study was carried out through an anonymous survey adapted from the available literature.

**Results:** Up to 24,1% of the surveyed residents could not enjoy mandatory resting periods after a 24 hour on-call shift and the mandatory weekly rest of at least 36 hours was not done in up to 17% of the cases with statistical significance ( $p < 0.05$ ). The average number of 24 hours on call shifts residents had to work per month was 5, which exceeds the maximum weekly hours allowed by law.

**Conclusions:** The findings reveal a violation of resident physician labor rights in relation to resting times after on-call shifts, weekly breaks and working hours. These phenomena pose a significant threat to resident physician's health and patient safety.

**Disclosure:** No significant relationships.

**Keywords:** on call; resident physician; rest

## O0102

### The Success of Headucate: The Student-Led Mental Health Society

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**Introduction:** Headucate: University of East Anglia, a university student-led society, was founded almost 10 years ago by medical

students to promote mental health education and raise awareness and funds for mental health causes.

**Objectives:** Headucate aims to spread mental health awareness and reduce stigma by working with schools, universities, other societies and charities internationally.

**Methods:** Headucate delivers workshops for children aged 4-18 in primary and secondary schools, community and youth groups and university students. These sessions were delivered in-person pre-COVID and online as interactive webinars since 2020, to spark discussion around mental health, and provide information about the variety of supports available for young people.

**Results:** In the past decade, Headucate UEA has grown to become one of UEA's largest student-led groups boasting over 175 members in 2020-2021 from all courses. Within the online world, Headucate's events have reached worldwide. The initiative has received national recognition, won national student awards and has expanded to set up three further Headucate branches nationwide. Outreach has accelerated and the school workshops reached over 1,000 students in the past year.

**Conclusions:** Headucate has grown from strength to strength and has plans to continue to develop, with passionate student drivers behind the project. Expansion of the project could include a national mental health university directory, bringing together like-minded mental health advocate students around the country and creating new Headucate branches across the country. To further develop, Headucate could expand outreach to the elderly community as discussed by previous committee.

**Disclosure:** No significant relationships.

**Keywords:** Schools; Headucate; mental health; Children

## Perinatal Mental Health

### O0104

#### The role of subclinical depressive symptomatology during the prenatal period in cortisol rhythm alterations and postpartum depression risk

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**Introduction:** Cortisol, the hormonal endpoint of Hypothalamic Pituitary Adrenal (HPA) axis, coordinates the body response in front of daily stressful situations. Disturbances in cortisol circadian rhythm have been implicated in the pathophysiology of depression and neurodevelopment lasting consequences. Although pregnancy entails a progressively increase in cortisol levels, the consequences of subclinical depression traits during pregnancy in cortisol circadian rhythm remains unclear.