Results: This review revealed the presence of well- structured support groups for the caregivers of the mentally ill in many parts of the world. The advantages of such groups and their contributions to the holistic care of these patients in those regions were also discussed, while suggesting a possible structure for their creation, sustainability and focus in Africa.

Conclusions: The support of caregivers for the mentally ill must be given keen attention by both care providers and policy makers, with prime importance given to the creation and funding of more caregiver support groups in the continent in order to achieve quality and holisitic care for the mentally ill.

Keywords: holistic care; caregiver support group; Africa; mental healthcare

EPP0741

The relationship between stigma and help-seeking intentions in college students

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Introduction: Few people seek mental health care despite the high prevalence of mental illnesses and their serious consequences. Barriers explaining this lack or absence of help-seeking have been the subject of several studies with stigma being the most prominent barrier.

Objectives: We aimed to assess the relationship between stigma and help-seeking intentions in a sample of Tunisian college students.

Methods: This was a cross-sectional survey. The "Mental Health Knowledge Schedule", and the "Reported and Intended Behavior Scale" were administered to a total of 714 college students (62.2% female; mean age =20.9).

Results: More than one-third of students (39.6%) felt that it would be "unlikely" or "very unlikely" to seek the help of a health professional for mental health problems. Pearson product moment correlations indicated that help-seeking intentions significantly and positively correlated with behavior (p<0.001, r=0,103) and knowledge (p<0.001, r=0,163). The multiple hierarchical linear regression analysis found that after controlling for demographic variables (gender, age) and other personal-related variables (marital status, family income, living environment, substance use, personal psychiatric history), help-seeking intentions were significant contributors to behaviors and knowledge.

Conclusions: Given that stigma and discrimination against people with mental illness is a real and perceived barrier to seeking help and treatment, psycho-educational campaigns should be put in place to address the negative perceptions and attitudes of the general population about mental health issues, and should be tailored to the needs of specific groups (including students in different disciplines), taking into account their attitudes, fear and concerns about mental illness.

Keywords: mental health; Stigma; Reported and Intended Behavior Scale; help-seeking intentions

EPP0742

Assessment of knowledge of mental illness in a non-clinical population of tunisian students.

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Introduction: Stigma, including beliefs about mental illness, can operate in different cultures in different ways, making Western theoretical bases considered "universal" on the stigmatization of theories not applicable to non-Western cultures; hence the need for international studies on this subject.

Objectives: This work aimed to assess knowledge of mental illness, available treatments and recovery in a non-clinical sample of Tunisian university students.

Methods: In a cross-sectional descriptive study from October 1 to November 30, 2019, we evaluated 714 students from 3 Tunisian public universities using the Mental Health Knowledge Schedule scale (MAKS).

Results: We found that 34.2% of students did not agree that drugs can be an effective treatment for people with mental health issues, while 76.4% agreed on the effectiveness of psychotherapy. In addition, 34.3% did not consider drug addiction as a mental illness and 21.9% did not consider depression as a mental illness. We objectified a significant correlation of the MAKS score with gender (p=0.019), living environment (p=0.001), high academic level of father (p=0.000) and mother (p=0.027) and presence of personal psychiatric history (p=0.013).

Conclusions: Awareness and information campaigns aimed at developing the general public's knowledge of the scientific, medical and psychosocial causes of mental illness and the means of management should be established.

Keywords: Mental Health Knowledge Schedule scale; knowledge; Mental illness; Stigma

EPP0743

Profile of tunisian students consulting in psychopedagogy unit

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Introduction: A signifiant proportion of adolescents and young adults suffer from mental disorders that interfere with their development and influence their academic and professional succes.

Objectives: To describe the soscio-demographic and clinical profile of tunisian students who have consulted in the psycho-pedagogy unit.

Methods: A retrospective descriptive study, data were collected from the files of 359 pupils and students having consulted in the psycho-pedagogy unit of the psychiatry (B) department of the Hedi Chaker university hospital of Sfax in Tunisia, from 2014 to 2018.

Results: The average age of students was 20.38 ±2.38 years old. The Sex ratio = 0.95 (175 M / 184 W). Students were undergraduates in 55.4 of the cases. THey are smokers in 19% and consume alcohol in

7% of case. A family psychiatric history was present in 34% of students and personal history in 25%. A difficult childhood was found in77.5% of patients and their academic results were low (< 10/20) in 54%. Adjustement disorders were the most frequent disorders in psycho-educationel counseling (47% of case). The most prescribed psycho-tropic drugs were antidepressants (31.8%) followed by anxiolytics (23.7%) and the withdrawel syndrome was found in 18% of patients.

Conclusions: A students with a difficult childhood, low academic results and adjustement disorders such is the profile most frequently encountered among patients consulting the psychopedagogy unit. In this way,the promotion and protection of adolescent's health particulary pupils and students benefits not only for their own health, but also for the economic and the society.

Keywords: mental disorder; Students; academic result; mental disorder; antidepressor; students; academic result

EPP0745

Evaluation of the effect of mental health training of primary health care workers on attitudes towards mental illness

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Introduction: The World Health Organization (WHO) set a target of task shifting as a means of achieving improved mental health services within the community as a means of tackling the unmet needs of mental health care. Primary health care workers (PHCWs) have been identified as essential to achieving this goal.

Objectives: This study was to identify attitudes and beliefs of PHCWs on mental illness, and to assess the effect of a mental health training on these attitudes and beliefs.

Methods: The attitude towards mental illness (ASMI) scale was administered on 91 PHCWs pre- and post- a 4 day training on mental health to assess change in attitude across 6 domains.

Results: Our findings revealed significant positive change in four domains, namely separatism ($p = < 0.001$), restrictiveness ($p = < 0.001$), benevolence ($p = p = < 0.001$) and stigmatization ($p = < 0.001$). The changes in stereotyping ($p = 0.475$) and pessimistic prediction ($p = 0.056$) domains were not clinically significant.

Conclusions: Primary health care workers' negative attitude and stigmatizing beliefs can be improved upon via regular enlightenment programmes and training. This can be done at regular intervals

Keywords: Primary health care workers (PHCWs); attitude; Mental health training; Mental illness

EPP0746

Yoga exercises can reduce prenatal maternal stress

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Introduction: Prenatal maternal stress is an important phenomenon. Evidence on this topic suggests that women who experience high stress during pregnancy are more likely to deliver preterm infants.

Objectives: The goal of this study was to evaluate the influence of Yoga exercises training on stress reduction during pregnancy.

Methods: In the current study we included 20 women who participated in the Yoga exercises training during pregnancy. The control group included 20 women who were in the reading control condition during pregnancy. Women were eligible to participate if they were experiencing elevated levels of perceived stress or pregnancy-specific anxiety (PSA), as indicated by responses to the Perceived Stress Scale and the PSA scale on a screening questionnaire. Women enrolled between 12 and 26 weeks gestation were randomly assigned to either the Yoga exercises training or to the reading control condition. Effects of training were analyzed by means of an ANOVA with repeated measurements.

Results: ANOVA has revealed ($p < .05$) that women in the Yoga exercises training experienced larger decreases from pre- to post-intervention in pregnancy-specific anxiety and pregnancy-related anxiety than participants in the reading control condition.

Conclusions: This pilot study suggests that Yoga exercises training during pregnancy can effectively reduce pregnancy-related anxiety. However, it is necessary to do further research on the impact of Yoga exercises on stress reduction during pregnancy.

Keywords: pregnancy-specific anxiety; yoga exercises; prenatal maternal stress

EPP0748

The efficiency of self-regulation training program for coping with distant work stress under COVID-19 lockdown

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Introduction: Under COVID-19 lockdown, mostly all organizations in non-productive sphere had to implement distant work forms. The personnel obligatory and rapidly switched to unknown work conditions and faced new stressors: COVID-19 fears, unstable internet connections, tensed communications, permanent noise, work hours extension. In order to cope with increased daily stress, the new version of self-regulation training program (Leonova, Kuznetsova, 2019) was implemented in distant format in order to train people: to evaluate the impact of distant work stressors; to measure stress manifestations during work hours; to choose self-regulation skills, effective for distant stress reduction.

Objectives: In order to verify the distant training program, the empirical study was conducted, targeted to estimate effectiveness of self-regulation means during COVID-19 pandemic period.

Methods: The program included progressive relaxation exercises as means for anxiety reduction and negative emotions control, and autogenic exercises for achievement an optimal for different work situations mental state. The empirical data were obtained by diagnostic methods for self-assessment of the main distant stress manifestations: anxiety and high fatigue (Spielberger, 1994, Leonova, 2012).