

Disclosure: No significant relationships.

EPV0658

Social representations of different generations about everyday life of homosexuals in modern Russia

V. Lianguzova^{1*} and A. Rikel²

¹Faculty Of Psychology, Moscow State University, Moscow, Russian Federation and ²Psychology, Lomonosov Moscow State University, Moscow, Russian Federation

*Corresponding author.

doi: 10.1192/j.eurpsy.2021.2158

Introduction: The problem of homosexuality is constantly in the spotlight of the mass media, social media and politicians. At the same time, the cultural and national specificity of attitudes towards the phenomenon of homosexuality seems obvious, as well as a significant polarization of opinions within Russian society itself. With significant attention to this issue, there are not many attempts to analyze the socio-psychological basis of representations about homosexuality. At the same time, in a number of foreign studies it was revealed that the modern Z Gen is distinguished by greater tolerance and freedom of views in terms of attitude towards traditionally segregated social groups.

Objectives: The purpose of this study was to identify representations about homosexuality among different generations of modern Russians.

Methods: The methodological basis of the research was the study of the structure of social representations (Vergesse methodique). The research methods implied the author's questionnaire aimed at identifying representations about homosexuality and a modified version of the RAHI questionnaire. The sample was N = 444 (residents of Russia, age 16-65).

Results: There was shown a significant difference between the Z Gen in terms of tolerance of representations about homosexuality. So called 'double standards' were identified in terms of attitudes towards male and female homosexuality. The rooted concept of homosexuality as a relationship based, rather, on a sexual rather than a romantic-spiritual level of relationships, was stated.

Conclusions: Main hypothesis was confirmed: an inverse relationship between age and perceptions of homosexuality as normative was revealed.

Disclosure: No significant relationships.

Keywords: Social representations; homosexuals; everyday life; Generations

EPV0659

Gender incongruence: A longitudinal perspective from childhood throughout adolescence

L. Borges^{1*} and G. Riggi²

¹Psiquiatria, CHUA - Unidade de Portimão, Portimão, Portugal and ²Serviço De Psiquiatria E Saúde Mental Da Infância E Da Adolescência, Hospital de São Francisco Xavier, Lisboa, Portugal

*Corresponding author.

doi: 10.1192/j.eurpsy.2021.2159

Introduction: Gender identity is each person's internal and individual experience of gender. Gender expression is how a person publicly expresses their gender. Gender incongruence (GI) is defined as a condition in which a person has a marked incongruence between the expressed or experienced gender and the biological sex at birth. Adolescence is a crucial period for the persistence or development of GI, due hormonal changes, peer relations and first romantic experiences.

Objectives: To make a revision of the literature about GI along childhood throughout adolescence.

Methods: Research in the literature with the words "gender identity", "gender incongruence", "gender dysphoria", "childhood" and "adolescence" in scientific databases.

Results: GI is present in a small percentage of children, often provoking psychopathological distress. There is a high prevalence of autism spectrum disorders in these children, compared with the general population. In most cases the dysphoria does not persist until adolescence. There has been an increasing number of adolescents seeking for treatment at gender identity services. The studies show that after the onset of puberty, the probability of persistent GI is high and that adolescents submitted to hormonal suppression tend to continue the medical treatment.

Conclusions: Epidemiological formal studies about gender incongruence in children and adolescents are very few. Studies of prevalence in these populations are community studies and don't reflect the true prevalence of GI, so it would be necessary to investigate its prevalence and persistence in different world populations. It's also necessary to make more prospective studies about the long-term effects of the medical treatment of GI.

Disclosure: No significant relationships.

Keywords: childhood; adolescence; gender incongruence; gender dysphoria

EPV0661

Overcommitment to work as a mediator of the association between effort-reward imbalance and insomnia among shift working nurses

K. Gustavsson^{1*} and A. Wichniak²

¹Department Of Clinical Neurophysiology, Sleep Medicine Center, Institute of Psychiatry and Neurology, Warszawa, Poland and ²Third Department Of Psychiatry, Institute of Psychiatry and Neurology, Warszawa, Poland

*Corresponding author.

doi: 10.1192/j.eurpsy.2021.2160

Introduction: Today, approximately one fifth of employees in the European Union works in the shift system. Insomnia is one of the most common consequences of occupational stress and shift work. Identifying factors contributing to poor sleep quality among shift workers, especially in healthcare professions, is important because insomnia increases the risks for numerous health disorders and impacts work ability.

Objectives: The aim of this research was to investigate to what extent does an inability to withdraw from work influences the link between occupational stress and insomnia among shift workers. We operationalized occupational stress within the Effort-Reward Imbalance Model (ERI). An imbalance between individual effort

and reward obtained at work leads to experiencing a stressful work environment.

Methods: 153 shift working female nurses completed a short questionnaire about work schedule, the Effort-Reward Imbalance questionnaire with the Overcommitment (OC) scale and the Insomnia Severity Index (ISI). To estimate the mediating effect of OC on the association between ERI and ISI, we conducted a mediation analysis using PROCESS v3.4 macro in SPSS.

Results: The model including ERI and OC accounted for 12.25% of the variance in ISI scores. ERI significantly predicted OC and OC significantly predicted insomnia. The direct effects of ERI on ISI remained significant after controlling for the effects of overcommitment. 35.07% of the effect of ERI on ISI was through OC.

Conclusions: Ability to detach from work-related thoughts during leisure time is crucial for successful recovery from occupational stress. The research is supported by a grant no. 2019/33/N/HS6/02572 from the National Science Center in Poland.

Disclosure: No significant relationships.

Keywords: occupational stress; Insomnia; overcommitment; Shift Work

EPV0662

Unravelling a couple in conflict: Undiagnosed obstructive sleep apnea

I. Ganhao

Clinic 6, Centro Hospitalar Psiquiatrico de Lisboa, Lisbon, Portugal
doi: 10.1192/j.eurpsy.2021.2161

Introduction: Obstructive sleep apnea impacts quality of sleep and leads to sleep deprivation with consequences on level of general functioning and interpersonal relationships besides the known contribution to cardio and cerebrovascular disorders and sexual dysfunction. Most adults sleep with a partner and sleep disorders may also disrupt the partner's sleep, yet surprisingly obstructive sleep apnea, even when such is the case, goes frequently undiagnosed.

Objectives: To reflect on a clinical case that presents apparently as just another couple in conflict but in fact when unravelled leads to a diagnosis of obstructive sleep apnea that may have significant contribution to the conflict.

Methods: Unravelling what was at the core of a couple in conflict.

Results: A heterosexual couple in their late thirties present in serious conflict with each other. Both are depressed and anxious, sleeping badly, with intimacy issues and having trouble dealing with work obligations and household chores. After continued squabbling, some self-reflection but mostly other blaming, a thread released by the female partner leads to sleep evaluation of the male partner with a resulting diagnosis of obstructive sleep apnea and subsequent treatment. And the couple relationship got better...

Conclusions: Obstructive sleep apnea is frequent in the general population and more often than not undiagnosed but may be even more frequent in patients seeking mental health services. A sleep history is an important part of evaluation of patients who present with anxiety, depressive, sexual function and/or cognitive complaints and relationship issues. Interviewing intimate partners may provide essential clues to the possibility of existing sleep disorders.

Disclosure: No significant relationships.

Keywords: intimate partners; couple in conflict; obstructive sleep apnea

EPV0663

A case of incubus phenomenon

L. Tjokrodipo*, A. Sneep and P. Michielsen

A-opleiding, GGZ Westelijk Noord-Brabant, Halsteren, Netherlands

*Corresponding author.

doi: 10.1192/j.eurpsy.2021.2162

Introduction: The incubus phenomenon is a paroxysmal sleep-related disorder in which patients experience sleep paralysis and compound hallucinations. The symptoms of this phenomenon contain: sensed presence, fear, visual and auditory hallucinations, unusual body experiences such as out-of-body experience and feelings of floating/paralysis, experiencing a pressure on the thorax, difficulties breathing and a feeling of pain(1). This phenomenon appears to be universal, but has different cultural explanations(2).

Objectives: We present a case of possible incubus phenomenon to raise awareness about this specific condition.

Methods: A literature search in English was performed using PubMed with the following mesh term: 'incubus phenomenon'.

Results: We present a 29-year old man, known with an intellectual disability (IQ=74), psychotic disorder and a cannabis use disorder. After neurological examination, he was diagnosed with narcolepsy and cataplexy. Over the past weeks there had been an increase of hallucinations that appear before, during or after sleep. The patient's thoughts included sexual approaches by caregivers, difficulties in breathing and a moving sensation while laying down in bed and experiencing pressure on the thorax assuming a woman was sitting on his chest. Literature search shows a lifetime prevalence of 0.11 % in general population versus 0.41 % in psychiatric patients(2.)

Conclusions: Literature review shows only a few cases describing the incubus phenomenon. The prevalence is four times higher in patients with a psychiatric history(2) and should not be confused with psychotic disorder. Recognizing is important for proper treatment, as reoccurring attacks can be treated with anxiolytics, antidepressants, anticholinergics or anti-epileptics, and sleep hygiene methods(1.)

Disclosure: No significant relationships.

Keyword: incubus phenomenon

Addictive disorders

EPV0664

Women substance use in india: An important but often overlooked aspect

R. Tripathi

Psychiatry, All India Institute of Medical Sciences, Gorakhpur, Gorakhpur, India

doi: 10.1192/j.eurpsy.2021.2163