

while 48.8% (n = 20) were girls. The mean age of the children was  $9.63 \pm 3.77$  years. Children with Beta Thalassemia have a lower quality of life in Physical Health and Activity (<0,001), Emotional Health(0,031), School Activities(0,008), Psychosocial Health (0,014), and the overall PedsQL 4.0 (<0,001) questionnaire compared to healthy children. Children between the ages of 5 and 7 have higher levels of quality of life in physical health and activity than older children (<0,001). In addition, children aged 5 to 7 have higher quality of life and overall PedsQL 4.0 score than older children(0,033) Children receiving combination therapy show better quality of life than children receiving subcutaneous therapy (total PedsQL 4.0 <0,001).

**Conclusions:** Children and adolescents in all five categories had a better quality of life, after improved iron chelating methods and other psychosocial interventions.

**Disclosure of Interest:** None Declared

## EPV0769

### Parents' needs during a child's hospitalisation in a paediatric intensive care unit (PICU): a systematic review

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**Introduction:** The admission of children to PICU is a painful experience for parents. Regularly, they are asked to make important decisions about treatment options in collaboration with the care team, which causes them stress, uncertainty and trauma.

**Objectives:** To investigate the needs of parents during the child's hospitalization in a pediatric intensive care unit (PICU).

**Methods:** A systematic review of the literature and a search of articles in the international databases PubMed, Cinahl, Google Scholar, Cochrane Library and Greek scientific journals was performed with a peer review process during the period between April and July 2022. A time limit was set regarding the date of publication of the articles (articles published in the last 15 years).

**Results:** Nine studies were found that met the criteria for inclusion in the review. The thematic analysis of the results deduced the following sections A: Need for information from health professionals regarding the child's health status and the possible treatment options available, B: Need for psychological support from health professionals (psychologists, nurses, doctors) in order to be able to manage the difficult situation they are experiencing due to the hospitalization of their child, but also to be able to manage their grief and sorrow in case of loss of the child. C: Need for safe hospitalisation of the child.

**Conclusions:** Parents have needs during their child's hospitalization in the PICU, which if put in boundaries-frames and guided by health professionals (who possess knowledge and composure in difficult moments) can bring about a smooth course of the child's health during hospitalization.

**Disclosure of Interest:** None Declared

## EPV0770

### Parents' psychosocial needs during the child's hospitalization in pediatric intensive care units (PICU): a systematic review

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**Introduction:** The admission and hospitalization of a child in a Pediatric Intensive Care Unit (PICU) creates stress and anxiety in the family. The family is called upon to make important decisions about the child's treatment, while roles within the family environment are disrupted.

**Objectives:** The investigation of the psychosocial needs of the relatives of hospitalized children in the NICU.

**Methods:** We conducted a systematic review of studies published until the end of 2022 in the Greek and English languages in the databases "Pubmed", "Scopus" and "Iatrotec" with the following keywords: "Pediatric Intensive Care Unit", "Socio-psychological Needs" and "Parents".

**Results:** Of the 26 studies found, 5 studies met the inclusion-exclusion criteria and were included in the review. The most frequently mentioned psychosocial needs of the parents were: (1) the need for complete, immediate and honest information regarding the health status of their hospitalized child and the changes in their condition, (2) the need to provide comfort to the parents during duration of their child's hospitalization, (3) the parents' need for psychological support and guidance regarding the care of their hospitalized child, (4) the feeling of security regarding the care provided, and (5) the need for frequent contact with the hospitalized child. Also, it was observed that the medical and nursing staff underestimated some needs of the parents, such as the need for closeness, while there were others that we underestimated, such as the religious needs.

**Conclusions:** Parents present increased psychosocial needs during their child's hospitalization in the PICU. Nursing staff play an important role in supporting relatives by providing family-centered care.

**Disclosure of Interest:** None Declared

## EPV0771

### Evaluation of adherence to treatment in patients with anxious-depressive syndrome.

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**Introduction:** Treatment-resistant depression can pose a major challenge to mental health professionals, both in identifying cases and in devising consequent therapeutic strategies (1). However, it is not uncommon that the lack of response to antidepressant treatment is actually due to non-adherence to it in many cases (2).

**Objectives:** In this context, it would be interesting to know the rate of abandonment of antidepressant treatment in patients with anxious-depressive symptomatology, since the patient's evolution may depend entirely on this.

**Methods:** To this end, the psychiatry service of the Hospital Clínico Universitario de Valladolid has collected data on adult patients who come for a first consultation in the mental health team, referred for presenting symptoms of anxiety and depression.

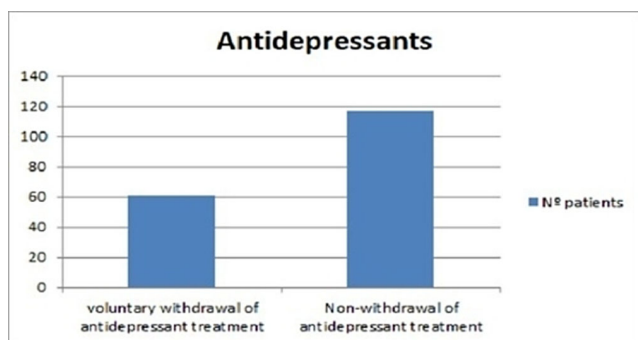
These data have been recorded over the last 2 years, including different socio-demographic and clinical variables. Subsequently, a descriptive analysis was carried out, the preliminary results of which are presented below.

**Results:** We started from a sample of 222 patients at the present time: 69 men and 153 women, which is in accordance with previous data on the prevalence of anxiety disorders and depression by gender (3). Antidepressant treatment was prescribed (from psychiatry or primary care) in 80% of them. A review 6 months later showed that up to 1/3 of these patients (34%) had abandoned treatment on their own before completing this period, as can be seen in the first graph (image 1), which is contemplated in several guidelines and recommendations in the scientific literature (4). No major differences were observed between genders for treatment indication or treatment abandonment.

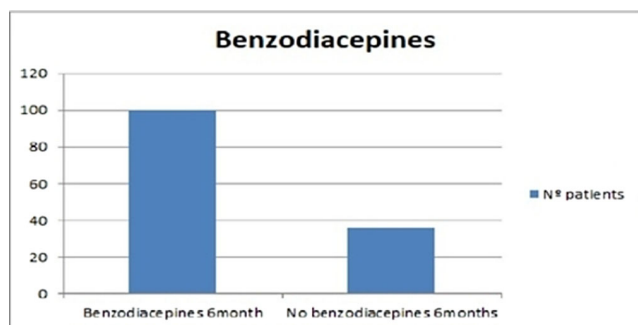
On the other hand, 61% of the patients in the sample had been treated with benzodiazepines. Among them, up to 74% were still taking these drugs 6 months later (image 2). This result is striking, since in reality, the duration of treatment with benzodiazepines should be much shorter, according to the latest reviews (5).

Finally, cross-checking these data, it was observed that for 116 patients (52% of the total) the initial treatment included antidepressants and benzodiazepines. At 6 months, 18 of these patients (16%) had voluntarily discontinued the antidepressant, but continued with benzodiazepines.

**Image:**



**Image 2:**



**Conclusions:** It is very important to review adherence to treatment in all patients, especially in those cases in which the persistence of symptoms makes us think of a possible resistant depression. For this reason, it would be advisable to try to establish an adequate doctor-patient relationship that allows trust in the therapist and communication between both and leads to a favorable evolution.

**Disclosure of Interest:** None Declared

EPV0772

## Dimensions of Psychological Resilience Among Mental Health Professionals in Greece: A Postdoctoral-based Literature Review

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**Introduction:** Resilience is defined as the process and outcome of successfully adapting to difficult or challenging life experiences, and adjustment to external and internal demands, including challenges in family or relationship dynamics, serious health concerns, financial pressure or work-related stress. Employees' creative self-sufficiency, work environment, as well as the interpersonal relationships developing in the workplace which constitute basic parameters of professional satisfaction can potentially affect both psychosomatic resilience of the employees as well as their performance at work. Exploring the available bibliography, it was revealed that the mental health professionals' community has not been sufficiently examined in terms of emotional resilience.

**Objectives:** To examine the dimensions of psychological resilience among mental health professionals.

**Methods:** In the context of a postdoctoral research which is conducted on a sample of the Greek population- personnel working in mental health hospital and community-based settings -a review of 35 articles from 1985 to 2023 on PubMed and Google Scholar was proceeded regarding psychological resilience among mental health professionals.

**Results:** Creative self-sufficiency and professional satisfaction were found to be positively correlated with resilience among mental health professionals. Additional factors have been found to influence mental resilience among mental health professionals, such as individual personality traits, coping style, perceived social support, a sense of security, and organizational support.

**Conclusions:** This review contributes to the evolving understanding of resilience, particularly regarding mental health providers. The positive correlation between creative self-sufficiency and professional satisfaction highlights the importance of fostering these dimensions to enhance mental resilience through implementing emotional capacity-building practices, social skills counseling, as well as mindfulness-based interventions.

**Disclosure of Interest:** None Declared