

Results: This audit revealed, in everybody's opinion, that these offending citizens have received a security measure capable of having greater control over their actions in a therapeutic-rehabilitative perspective but it is fundamental to educate them also to exercise their own safety for a social shared culture. Ensuring the safety of the offender during the therapeutic-rehabilitative path is as important as responding to a society's need for social security. **Conclusions:** Satisfying a society's need for security, established by the Judge and the Law, all this cannot be separated from the active exercise of security of the offending psychiatric patient towards himself, through psychoeducation. The safety towards others and towards oneself can constitute a good practice in the field of psychosocial rehabilitation.

Disclosure: No significant relationships.

Keywords: Offending psychiatric patient; Psychoeducation; Psychosocial rehabilitation; Law

EPV0576

Physical training for inpatients

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doi: 10.1192/j.eurpsy.2021.2091

Introduction: There is a high degree of comorbidity between serious mental illness (SMI) and substance use disorders (SUD) and cardiovascular disorders. Other life-style related disorders are also common in patients with SMI and SUD. Consequently, comorbidity with somatic diseases contributes to a dramatic reduction in life-expectancy for these patient groups. Physical training has been shown to have positive effects also for mental health, but there has been little systematic use of physical training as part of the treatment for patients suffering from SMI and SUD in Norwegian health care.

Objectives: To present a new project on physical training for patients suffering from SMI and SUD.

Methods: We briefly describe a project in a major Norwegian hospital, where physical exercise will be offered as part of the treatment for patients suffering from SMI and SUD.

Results: The Division for Substance Use and Mental Health now offers an exercise room for inpatients at the main clinic in Tromsø, Norway. The exercise room contains various equipment including treadmills and equipment for strength training. This facility has recently been made available and is currently being used by a selection of patients. A study of user experiences is forthcoming and a systematic study of effects of physical exercise for patients suffering from SMI and SUD is being planned.

Conclusions: Physical exercise has been shown to have positive effects also on mental health. In one major Norwegian hospital, facilities are now offered for inpatients suffering from SMI or SUD. The effects of physical exercise on patients with SMI and SUD will be examined.

Disclosure: No significant relationships.

Keywords: Exercise; Physical training; mental health; Rehabilitation

EPV0577

Improve health care access is possible. A case report

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doi: 10.1192/j.eurpsy.2021.2092

Introduction: Within the hub and spoke organizational model provided by the Emilia Romagna Region for assistance to people with autism spectrum disorder (ASD), Cesena ward of psychiatry represents the hospital Hub. Here, a dedicated team (doctors, psychologist, case manager) creates individualized pathways to ensure second-level specialist diagnostics and the management of comorbidities affecting subjects diagnosed with Autism Spectrum Disorder and Intellectual Disability (ID).

Objectives: We report the case of a 23-year-old man, who from the age of 6 was opposed to any instrumental diagnostic investigation.

Methods: In order to guarantee the patient's full collaboration in carrying out essential diagnostic activities, short behavioural paths were created including video modelling. The Vi.Co app was used and a new app was created to target behaviors that could not be included in Vi.Co

Results: It was thus possible to make the patient compliant with the execution of blood samples, ECG, MRI of the brain in sedation and CT dental scan.

Conclusions: In our case, communication support systems and behavioral strategies have proved to be excellent allies in significantly improving the quality of care for our young patient. Considering the worst prognosis of pathologies and the reduced life expectancy of subjects suffering from ASD and ID, known in the literature, in our opinion, the first essential step becomes facilitating access to care for these patients.

Disclosure: No significant relationships.

Keywords: Video modeling; autism spectrum disorder; intellectual disability; access to care

EPV0578

The relation between communicative internet usage and the quality of the social adaptation in men with mental disorders

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doi: 10.1192/j.eurpsy.2021.2093

Introduction: The internet is now widely used by people with mental disorders, and it is important to understand whether the internet use can affect the mental state of such people.

Objectives: The aim of the study was to assess the relation between the internet usage for communication and the quality of the social adaptation in men with mental disorders.

Methods: 82 male patients with schizophrenia spectrum disorder (F20) were involved into the study (mean age 22 ± 4.3). Methods: SCL-90R, "social circle" inventory (Susan L., Phillips), semi-structured interview of "internet usage" ("communicative internet usage" consists of communication in on-line games, use of the internet social networks for communication, use the internet to find new friends, maintaining relationships with relatives, friends, colleagues).

Results: Two groups of patients were considered: those who use internet for communicative purposes (N=61) and those who do not (N=21). According to the analysis (Mann-Witney U-test, hereinafter significance level $*p < 0.05$), those who use the internet for communication have lower levels of psychotic symptoms (PSY) ($U=446^*$), lower levels of "depression" ($U=453^*$). Those who use the internet for communication have more people in social circle to spend free time ($U=910,5^*$), having the same occupation ($U=860^*$), having the same interests ($U=867,5^*$) and sharing the same values ($U=873^*$). They have more friends ($U=804^*$), peers ($U=814^*$), more women among friends ($U=793^*$), more people to provide instrumental support ($U=761,5^*$).

Conclusions: Patients, who use the internet for communications, have a lower levels of psychopathological symptoms and higher quality of social adaptation. This indicates a possible potential of the internet for mental health rehabilitation.

Disclosure: No significant relationships.

Keywords: Internet; social adaptation; communication; Mental disorders

EPV0579

Predictors of psychosocial adaptation and mental wellbeing among people with chronic illness and disabilities in a chinese context

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doi: 10.1192/j.eurpsy.2021.2094

Introduction: The process of adjustment to disability and illness among people with chronic illness and disabilities (CID) impacts on motivation for rehabilitation illness self-management, and psychological well-being. It involves a complex interplay of biopsychosocial factors, and was seldom examined in the Chinese context.

Objectives: Identify the predictors of mental well-being of people with from a set of variables including illness and social support, functional abilities, coping strategies, resilience. Examine how these factors interact in determining psychosocial adaptation and mental well-being by structural equations modelling (SEM).

Methods: We conducted a survey of people with CID, who were recruited from community-rehabilitation settings and self-help groups (N = 244). The research questionnaire collected basic demographic information, illness-related variables (e.g. pain, fatigue, functional limitations), and RIDI), social support, measures of resilience, coping, psychosocial ad as predictors, and mental well-being.

Results: Of General Linear Model (GLM) revealed that males have better adaptation than females. Resilience, social coping, & active problem solving are significant predictors of adaptation (Table 1), while age, breathing, pain, resilience, avoidance coping, are predictors of maladaptation (Table 2). A SEM was tested to examine the interaction among the predictors and outcome of adaptation and mental well-being (Figure 1), and the model fit was fair (CFI = 0.89; RMSEA = 0.09)

Conclusions: The results indicated that there are gender differences in adaptation. While all the hypothesized groups of variables contributed to mental well-being of people with CID. Resilience, illness variables, and some forms of coping are closely linked to adaptation and maladaptation.

Disclosure: No significant relationships.

Keywords: mental well-being; Chronic illness and disability; Psychosocial adaptation; Chinese

EPV0580

Translation and validation of the reaction to impairment and disability inventory in a chinese context

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doi: 10.1192/j.eurpsy.2021.2095

Introduction: People with chronic illness and disabilities (CID) often need to adjust to changes in self-concept, cope with their grief from the loss of functional abilities, and to "live with the illness". Emotional adjustment to disabilities is a major challenge in rehabilitation, but there is no validated Chinese instrument for assessing psychosocial adaptation of people with CID.

Objectives: This study translated the Reaction to Impairment and Disability Inventory (RIDI) into Chinese and validated the Chinese version (C-RIDI), for assessing emotional adjustment in people with CID. We examined the factor structure, internal consistency, convergent validity, and criterion-related validity of the C-RIDI.

Methods: We conducted a survey of people with CID who were recruited from community-rehabilitation settings and self-help groups (n = 244). The research questionnaire collected demographic information, illness-related variables, the C-RIDI, and measures of resilience and well-being.

Results: The C-RIDI has good content validity and no major changes to the translated items were needed for the use with Chinese population. For factor structure, we replicated the results of Livneh, Martz, & Boder (2006). The C-RIDI has two second-order factors of adaptive and non-adaptive scales, which interact with the two denial subscales. Internal consistency of the subscales is satisfactory except for the 3-item denial subscales. Correlations of the C-RIDI subscales with illness-related variables, resilience, and