

Psychosis/Antipsychotics. Antipsychotic intrauterine exposure is not significantly associated with increased risk of major congenital malformations. Minimum effective doses are recommended.

Case reports. (1)Pre-pregnancy counselling. Schizoaffective disorder receiving perphenazine, quetiapine and lithium. (2)First-trimester pregnancy. Discontinuation of treatment in major depressive disorder. (3-4)Second/third trimester. Occurrence of anxiety symptoms in posttraumatic stress disorder. (5)Postpartum/Breastfeeding. Discontinuation of antidepressants.

Conclusions: Shared decision-making models for antidepressants and antipsychotics prescription represent patient-centered approaches to be recommended in perinatal period.

Disclosure of Interest: None Declared

EPV1104

Postmenopausal women's perceptions regarding menopause within the context of cognitive behavioral model: A qualitative evaluation

F. ATKAN* and F. OFLAZ

¹Psychiatric Nursing, Koç University, ISTANBUL, Türkiye

*Corresponding author.

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Introduction: Women experience some physiological, cognitive and emotional symptoms due to changes during menopause, which is a critical period in their lives. Every woman experience differences in symptoms and severity of them. Women's individual perceptions and attitudes towards menopause affect their quality of life.

Objectives: The aim of this study is to describe women's perceptions and feelings about menopausal process and symptoms experienced and their behaviours to cope with these symptoms within framework of Cognitive Behavioral Model.

Methods: Phenomenology design was used in this study. Three focus group interviews were held June-September 2022, using Zoom platform. Purposive sampling was used as the sampling method of study. A total of 13 women in a menopausal period of 1-15 years, 5-6 people in each group, were included in the study. Focus group interviews were held for 1-1.5 hours and once with each group. In the focus group interviews, a 'Semi-Structured Interview Form' consisting of 4 questions was used to evaluate perceptions, changes and behaviors of postmenopausal women regarding menopause process. Zoom recordings were taken during the interviews and data were written down. The data were evaluated by thematic analysis method within framework of Cognitive Behavioral Model.

Results: In this study, 11 themes were defined as women's perception of menopause at individual and social level. These themes are negative automatic beliefs about female identity such as menopause reduces woman and loses her femininity, woman is not understood and struggles alone, woman has been stigmatized, women need support, hidden and spoken in a low voice, long and difficult process, also beliefs that physiological changes occur in the body associated with the fact that it's a natural process and that it's necessary to use new coping strategies to effectively manage these changes, onset of diseases, changing relationships, and high self-observation process. Emotions such as irritability, tension, sadness, and hypersensitivity are negative automatic beliefs that decrease

woman and loss of femininity, accompanied by emotions such as irritability, sadness, and behaviors such as crying crises, social withdrawal, that woman is not understood and is a process that she struggles alone, avoidance and social withdrawal behaviors such as reading books, listening music, walking alone.

Conclusions: In this study, it was observed that women had difficulties with gender identity along with physiological and psychological changes during menopause, and there was an increase in self-observation. It was determined that they used some new behavioral and psychological strategies to cope with this new situation. It was evaluated that these changes in emotions, thoughts and behaviors could be well formulated within the cognitive behavioral model and this model would be useful in supporting women.

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EPV1105

Mental Health problems and psychotherapy in female victims of human trafficking

F. S. Ali

Psychiatry, BorgElArab Central Hospital, Alexandria, Egypt

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Introduction: Human trafficking is the trade of humans for the purpose of forced labor, sexual slavery, or commercial sexual exploitation for the trafficker or others. This may encompass providing a spouse in the context of forced marriage or the extraction of organs.

Research into the mental health impact of trafficking has consistently found high rates of mental health problems, most commonly depression, anxiety, and posttraumatic stress disorder (PTSD).

While there is some evidence that these factors can contribute the diagnosis of PTSD, exposure to trauma is the most important feature in the development of PTSD.

Other Mental Health Problems in victims of Trafficking:

1. Dissociative disorders
2. Substance-related disorders
3. Complex trauma

Objectives: Although mental health problems among victims of trafficking have been shown to be high, recovery without treatment is rare, particularly in those who have developed PTSD.

Where there is comorbidity, recovery often does not occur even when rehabilitation has been attempted. This is unsurprising given the multiplicity of trauma that victims of trafficking have experienced, which often includes trauma prior to the trafficking situation.

Methods: Evidence-Based Therapeutic Treatment Options for PTSD:

Some evidence suggests that selective serotonin reuptake inhibitors can effectively complement the psychotherapeutic treatment of PTSD as well as other anxiety and mood disorders.

Cognitive-behavioral therapy

Exposure therapy

Eye movement desensitization and reprocessing

Narrative Exposure Therapy (NET)

Results: In the absence of research pertaining to the mental health treatment of victims of human trafficking, mental health

professionals working with this population must educate themselves on the evidence based research related to the treatment of common diagnoses and similarly marginalized populations to ensure proper provision of the best mental health care possible.

Conclusions: Among the most devastating mental health consequences for victims of any crime can be the destruction of basic life assumptions; that one is safe from harm, one is a good and decent person, and the world is meaningful and just. For victims of human trafficking, mental health problems can be compounded by the misconceptions about and limited understanding of the issue of human trafficking.

Additionally, lack of social support and stigmatization by friends, family, and social institutions can exacerbate victims mental health conditions.

Psychologically process the trauma they have experienced. However, until these studies are conducted and their results made available, mental health practitioners can base treatment options for this population on existing research findings and interventions found to be successful with other similarly victimized populations.

Disclosure of Interest: None Declared

EPV1106

Impact of menopause on the mental health of women in the basic health center of Réjiche, Tunisia

F. Zaouali* and A. Ben Slama

Health Care Center of Réjiche, Basic health group of Mahdia, Mahdia, Tunisia

*Corresponding author.

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Introduction: Menopause is a special period for women which can have both physical and psychological consequences.

Objectives: The aim of our study was to assess the impact of menopause on women's quality of life.

Methods: A cross-sectional descriptive study conducted on menopausal women consulting at the basic health center in réjiche over a period from 12 september to 12 october 2022. The impact of menopause on the mental health of women was assessed by the menopause rating scale (MRS).

Results: A total of 83 women were included in our study. The mean age was 61.89 ± 11.03 years. The median age of menopause was 45 years (50-43). The majority of women (90.4%) were married and five women (6%) lived alone. Twenty-six women were professionally active and more than half were sedentary (54.2%). The comorbidities were dominated by arterial hypertension (50.6%). The mean BMI was 30.6 ± 4.75 Kg/m². All the women had a variable psychological impact (from minor to very strong). The median score of the psychological scale was 10 (13-7): median scores for depressed mood, anxiety and physical and intellectual fatigue equal to 3 (4-1), each and median score for irritability equal to 2 (4-1). Physical and mental fatigue was the most common psychological symptom in 88% of cases followed by irritability in 86.7% of patients. Depressive and anxious symptoms were noted in 85.5% and 84.3% of cases, respectively. Psychological impact was severe in 33.7% of patients (strong or very strong symptoms).

Conclusions: Focusing on a small sample of menopausal patients, our study revealed a high prevalence of psychological distress

during menopause which requires early adequate assessment and treatment.

Disclosure of Interest: None Declared

EPV1107

Developing mental health care of LGBTIQ+ people in Croatia- research review

I. Zegura

Department for psychotic disorders, University Psychiatric Hospital Vrapče, Zagreb, Croatia

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Introduction: Despite the general awareness of necessity for implementing development of competences in working with LGBTIQ+ people as the obligatory course within the education of mental health professionals, it is still not the educational standard in Croatia.

Objectives: Within the perspective of the past 20 years, the development of educational programs aiming to develop LGBTIQ+ affirmative and informed practice in the field of mental health care, together with the review of the most crucial research results in the field of LGBTIQ+ mental health will be given.

Methods: The results obtained from several research on national samples of LGBTIQ+ people, psychology students and psychologists are analysed using mainly qualitative methodology and to the small extent quantitative methodology.

Results: Psychologists are perceived as a profession that respects diversity and actively reduces stereotypes and prejudice but there are still some obstacles to overcome within the profession. In traditional cultures appreciation of human rights of LGBT people is unfortunately not a guiding principle. Research on Croatian university students showed that slightly positive attitudes toward LGBT people were stable and remained unchanged from the 2005 till 2013. Specific attitudes toward human rights of lesbians and gays are ranging from moderately negative to moderately positive. The most frequent forms of discrimination and/or violating human rights of LGBT people are: usage of offensive, humiliating, pejorative and oppressive language, ignoring of LGBT people, attentional exclusion of LGBT people, threatening with physical violence. Stress resilience, social support, and inclusion in the LGBT society are key determinants of different indicators of mental health in this population. Although 64.4 % of transgender participants are highly informed about the new legalization, only 24.5 % are very satisfied with it. Trans-women, in comparison to trans-men, have significantly lower levels of quality of life and experience significantly higher levels of sexual violence. Based on the online research among the professionals from the Croatian national list of experts in the field of health care of trans people the perceived level of transphobia in society is above the average, as well as perceived impact of the COVID-19 pandemic on accessibility and slowing down of standard diagnostic procedures.

Conclusions: Significant political and social change for sexual and gender minority people in Croatia in the last several years have contributed to a greater public visibility of LGBTIQ+ people. As allies of LGBTIQ+ people and even as belonging to the LGBTIQ+ population, psychologists, psychiatrists and other mental health professionals have the leading role in ensuring that the results of their scientific findings and professional corpus of knowledge have