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**Introduction:** A growing body of literature has documented that occupational stress is associated with increased risks of musculoskeletal injuries or symptoms.

**Objectives:** The purpose of this study was to assess the effect of occupational stress on the occurrence of musculoskeletal symptoms among workers in a Tunisian footwear industry.

**Methods:** Material and methods: This was an exhaustive and cross-sectional study including workers in a footwear industry. Musculoskeletal symptoms were assessed using a modified Nordic questionnaire. We used the Job Demand/Control model of Karasek to measure occupational stress. The Quick Exposure Check (QEC) method was used as an ergonomic risk assessment tool. Data were analysed using R software.

**Results:** A total of 337 workers participated in the survey (the age range: 18-60 years). A total of 83.7% of workers reported musculoskeletal symptoms at one site or more. Elbows and upper back were the most symptomatic sites in respectively 84% and 65%. We noted job-strain and iso-strain situations in respectively 57% and 32%. In 78.1% of the workers studied, the QEC score was high and very high in 21.9%. Multivariable-adjusted logistic regression model showed that iso-strain situation was associated with the number of symptomatic sites ( $p=0.0003$ ,  $OR=1.34$ ), having musculoskeletal symptoms in elbows ( $p=0.03$ ,  $OR=2.33$ ) and upper back ( $p=0.009$ ,  $OR=2.40$ ), and the final QEC score ( $p=0.018$ ,  $OR=1.04$ ).

**Conclusions:** Occupational stress constitutes a significant risk for this leather industry. It is associated with a higher prevalence of musculoskeletal symptoms in the workplace and with work-related biomechanical exposure.

**Disclosure:** No significant relationships.

**Keywords:** musculoskeletal disorder; occupational stress

## EPV0856

### Physical and psychological (in)stability in extreme situations: physics models for understanding health stability

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**Introduction:** The COVID-19 pandemic has shown how quickly and drastically everyday life can change in extreme situations.

**Objectives:** To investigate how external factors can affect human health – mentally and physically – and what indicators herald the proximity to a critical upheaval.

**Methods:** Using theories from theoretical physics and psychology, researchers from Heidelberg University and Karlsruhe Institute of Technology will observe emotional reaction via an ‘infinitesimal stimulus’ ( $f$ ) to an image that gives the ‘infinitesimal displacement’ ( $d$ ). While both the stimulus and the reaction are chosen to be small – and hence keep a person well within their emotional stability – the

ratio ( $d/f$ ) provides us a quantitative measure of the individual’s susceptibility i.e. reaction sensitivity. Over a six-month phase, we hope to correlate the individual susceptibility with the person’s general emotional state and to define a threshold reaction to indicate a person’s proximity to an emotional instability. Semi-structured interviews of extreme cases give us further insight into correlations between emotional states and susceptibility.

**Results:** If an increased susceptibility in an individual actually precedes a long-term change in mood, then regular susceptibility measurements can be used, for instance, to detect depression at an early stage. We are particularly curious to observe the extent to which models from physics can be applied to society and the individual.

**Conclusions:** The final output is to integrate practical implementation aspects into the medical curricula in a transdisciplinary manner. If possible, a formula for understanding health stability should be formulated that would be highly innovative for the medical field.

**Disclosure:** This study is funded by the Heidelberg Academy for Sciences and Humanities.

**Keywords:** psychology; Covid-19; mental healthcare; Susceptibility

## EPV0857

### Patient safety problems in community-based mental health services: A qualitative exploration

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**Introduction:** Existing research has seldom examined patient safety problems experienced by service users accessing community mental healthcare, with the growing evidence base focusing largely on safety in psychiatric inpatient settings. Accordingly, there is poor understanding of safety issues in community-based mental health services as perceived by service users, carers, and healthcare professionals.

**Objectives:** This study aims to explore safety problems in adult community-based mental health services, their causation, and priority areas for improving the safety of care provided in these services.

**Methods:** In-depth, semi-structured interviews and focus groups were conducted with users of community-based mental health services, carers, and healthcare professionals employed within these settings. Interview topic guides were designed jointly with stakeholders from these groups ( $N=7$ ) and piloted ( $N=3$ ). Interviews and focus groups will be transcribed, coded, and analysed using an inductive thematic analysis approach. Illustrative quotes will be extracted and used to describe the key themes that emerge from the analysis and their inter-relationships.

**Results:** This presentation will provide an outline of patient safety as understood and experienced by key stakeholder groups. Study findings will explicate safety issues, healthcare system factors underpinning their causation, as well as practices which could improve safety in this context.

**Conclusions:** This research will help to advance understanding of the nature of patient safety problems in community-based mental healthcare services for adults, based on the experiences of service users, carers, and healthcare professionals within these services. The research will address key evidence gaps and represents an

important step towards identifying areas which warrant intervention to improve patient safety.

**Disclosure:** NS is the director of London Safety and Training Solutions Ltd, which offers training in patient safety, implementation solutions and human factors to healthcare organisations and the pharmaceutical industry. The other authors have no competing interests.

**Keywords:** Qualitative research; Patient safety; Health services research

## EPV0858

### The influence of reflection and self-system on the effectiveness of self-regulation of students' mental states

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**Introduction:** In the modern era of instability the problems of human adaptive abilities and mental regulation have become more and more relevant. The study of the processes of mental regulation is impossible without understanding the role of the mental structures: reflection and self-system of personality.

**Objectives:** The purpose of the research is to study the interaction and mutual influence of the components of the self-system and reflective structures on the process of mental regulation of students.

**Methods:** 52 first year students were offered to complete questionnaires of reflectivity (M. Grant), of self-system (S. Pantileev), as well as the authors' method of self-regulation effectiveness of mental states. Also we used Spearman's rank correlation coefficient.

**Results:** It is revealed the positive direction of the relationships between the reflection and the components of the self-system ( $p \leq 0.05$ ). Respondents with a high level of self-system are more successful in coping with the processes of mental regulation. The indicators of internal conflict lead to a decrease in the effectiveness of self-regulation ( $p \leq 0.05$ ). The ability of a person to evaluate himself and other people has a positive effect on the success of mental regulation ( $p \leq 0.05$ ). However, the excessive desire to reflect on past events is not conducive to self-regulation.

**Conclusions:** The applied value of the research consists in the creation of a methodology that makes it possible to increase the regulatory and adaptive abilities of students during the educational process. Acknowledgements. This work was supported by the RFBR grant No. 20-013-00076.

**Disclosure:** No significant relationships.

**Keywords:** self-regulation; academic activity; mental state; self-system

## EPV0859

### Mental Health Home Care program to patients with Serious Mental Disorders

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**Introduction:** The Mental Health Home Care is a program whose main objective is to provide care to people with a Serious Mental Disorders with difficulties to maintain continuity of treatment and link between the different resources. It is a program that guarantees continuity of care and facilitates the link between the different rehabilitation resources. It carries out a multidisciplinary approach to the difficulties of the patient and the family.

**Objectives:** Both analyze clinical, psychopathological and epidemiological characteristics of Serious Mental Disorders and review causes, incidence, prevalence, diagnostic, therapeutic tools and the importance of maintaining the treatment and rehabilitation in Serious Mental Disorders, because the abandonment of the treatment is a predictor of relapses.

**Methods:** Review of the impact literature for the last five years concerning Serious Mental Disorder: prevalence, incidence, pathogenesis and its relationship with other psychiatric disorders encoded in DSM-V.

**Results:** The program is made up of a Psychiatrist, a Clinical Psychologist, a Mental Health Nurse and two Nursing Auxiliary Care, two Social Workers and two Occupational Therapists. The responsible professional presents the patient at the program meetings. The program's multidisciplinary team proposes an individualized treatment plan for the patient and family in the patient's environment.

**Conclusions:** The objective and areas of global intervention is to provide comprehensive psychiatric, psychological, social and rehabilitative support in patients with difficulty in linking to other resources, keeping the patient in a normalized community context, improving treatment compliance and making appropriate use of standardized mental health services.

**Disclosure:** No significant relationships.

**Keywords:** Mental Health Home Care; environment; Serious Mental Disorders; Multidisciplinary

## EPV0860

### Mental regulation of students' psychological states

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**Introduction:** The main scientific task of the study is at the intersection of two fundamental areas of psychology - self-regulation of human mental states and management of educational activities. In the context of these problems, we study the self-regulation of states in academic activities.

**Objectives:** The purpose of the study is to show the patterns of mental organization of the person that ensure the regulation of states.

**Methods:** The theoretical basis of the study is the system approach. The typical methods and techniques of self-regulation of states, as