

personality traits (e.g., neuroticism and, particularly, perfectionism) are more vulnerable to emotional dysregulation when facing stressors of daily life. Our recent studies proved that mindfulness and self-compassion can attenuate the effect of perfectionism on psychological distress.

**Objectives:** To present the rationale, materials, methodology and preliminary results of our project COMBURNOUT, aimed to develop, implement and assess the efficacy of a mindfulness and self-compassion-based intervention to prevent burnout in medical and dentistry students.

**Methods:** Students with high levels of burnout, psychological distress and perfectionism will be randomly assigned to intervention (8 weekly sessions) or control groups. The sessions will be composed by psychoeducation about burnout, mindfulness and self-compassion practices, within and between sessions. The follow up will include three assessment moments until a year after the intervention.

**Results:** We expect that the experimental group will present significantly lower levels of burnout, psychological distress and perfectionism, and higher levels of emotional regulation skills.

**Conclusions:** The facilitators training and the manualization are guaranties of standardization and sustainability. If the positive impact of COMBURNOUT is verified, we intend to provide the program to medical/dentistry students from all over the country.

**Keywords:** burnout; Medical Students; Mindfulness based intervention; Self-compassion

## EPP0979

### The interaction between health and personal anxiety in children

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**Introduction:** In modern health psychology there is a question of separating the concepts of “personal anxiety” and “health anxiety” and defining the interaction features and mutual influence between these concepts.

**Objectives:** To study the interaction between personal anxiety and health anxiety in children, taking into account the parents’ influence and depending on the child’s personal illness experience.

**Methods:** The sample: 145 respondents (46 frequently ill children (mean age 16.3±0.3), 41 rarely ill children (mean age 16.1±0.1), 28 parents of frequently ill children (mean age 44.9±0.8), 30 parents of rarely ill children (mean age 44.5±1.5)). We used: “Short Health Anxiety Inventory” (SHA; Salkovskis et al., 2002), STAI (Spielberger, 2002).

**Results:** We find significant differences in the personal anxiety indicator (1.386,  $p \leq 0.01$ ), which is higher in frequently ill children (moderate level of severity). Parents of frequently ill children have the same level of personal anxiety (no statistically significant differences) (12.825,  $p > 0.05$ ). For groups of rarely ill children and their parents we find significant differences (2.382,  $p \leq 0.01$ ), and the level

of personal anxiety is higher in children. The indicator of health anxiety in frequently and rarely ill children has no significant differences (9.265,  $p > 0.05$ ). The same is typical for rarely ill children and their parents while in the groups of frequently ill children and their parents this indicator has significant differences and is higher in parents (9.136,  $p \leq 0.01$ ).

**Conclusions:** The results show that health anxiety is an independent construct, the consideration of which should begin with non-clinical, normative forms of manifestation in both adults and children.

**Keywords:** Short Health Anxiety Inventory; Health anxiety in children; health psychology; Mental health prevention in children

## Promotion of mental health

### EPP0980

#### Emotional regulation as factor of commitment to paralympic sports

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**Introduction:** Commitment to sports is especially important for well-being in people with disabilities (Malm et al., 2019), although mental health problems are common among Paralympic athletes (Hunt et al., 2019). Importance of representations of and regulation in sport situations was supported for different kind of sports (Moran, 1993, Suinn R., 1982, Hardy et al., 1996) but Paralympic ones.

**Objectives:** The aim was to reveal aspects of psychological regulation important for achievement and longer commitment to Paralympic sports comparing to non-Paralympic sports.

**Methods:** 51 athletes from Paralympic sports (49.1% candidates and masters of sports) filled Questionnaire of Image Representations of Professional Activity of Athletes (Leonov et al., 2020) measuring general importance and self-appraisals of different aspects of image representation and regulation in sport activities: control of temporal, spatial, informational, technical and tactical, energetic aspects, game intelligence, motivational, emotional and social aspects (Cronbach’s alphas .61-.89). Data were compared to 399 athletes without disabilities (48.4% candidates and masters of sports).

**Results:** Comparing to athletes without disabilities, Paralympic athletes higher appraise general importance and their capacities for emotion regulation during sport situation ( $t=2.26-3.35$ ,  $p < .01$ ). High-level Paralympic athletes report marginally better emotion regulation ( $t=1.74$ ,  $p < .10$ ). Longer experience in sport in Paralympic athletes is associated with better representations of spatial and social aspects of sport situations and better emotion regulation ( $r=.25-.29$ ,  $p < .05$ ).

**Conclusions:** Data suggest that improvement of emotion regulation in sport situation in Paralympic athletes could be helpful for

longer participation and better achievement. Research is supported by the Russian Science Foundation, project No. 19-78-10134.

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**Keywords:** Paralympic sports; Emotional Regulation; Commitment to sports

## EPP0981

### Coping with sport trauma and well-being in athletes

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**Introduction:** Sport trauma is a stressful situation demanding not only physical but also psychological rehabilitation (Clement et al, 2015, Ardern et al, 2012) including prevention of mental health symptoms. Revealing coping strategies that are related not only to rehabilitation effectiveness but also to well-being of athletes is important for rehabilitation programs (Crowther et al, 2017, Hamson-Utley, Vazquez, 2008, Johnston, Carroll, 1998).

**Objectives:** The aim was to reveal coping strategies that are related to better well-being in athletes after trauma after adjusting for trauma perception.

**Methods:** 61 athletes (15-25 years old, 31 males) rehabilitating after sport trauma filled COPE with specific instruction about trauma (Carver et al., 1989), Illness Perception Questionnaire (Moss-Morris et al., 2002) modified for trauma situation, Satisfaction with Life Scale (Diener et al., 1985), Scale of Positive and Negative Experience (Diener et al., 2009).

**Results:** After adjusting for subjective trauma representation humor related to trauma predicted better satisfaction with life ( $\beta=.43$ ,  $R^2=43.7\%$ ). Active coping with trauma was related to more positive emotions ( $\beta=.31$ ,  $R^2=9.8\%$ ) while emotion venting, substance use and lower instrumental support are related to negative emotions ( $\beta=.39$ ,  $\beta=.24$ ,  $\beta=-.29$ , respectively,  $R^2=30.5\%$ ), although these effects eliminate after adjusting for trauma representation.

**Conclusions:** Humor, active coping and instrumental support as well as control of emotion venting and substance use could be helpful strategies of promotion of better well-being in athletes after sport trauma. Research is supported by the Russian Science Foundation, project No. 19-78-10134.

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**Keywords:** Coping Strategies; well-being of athletes; sport trauma

## EPP0982

### Sociodemographic and psychological parameters of adult's commitment to exercise

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**Introduction:** Motivation is an important indicator of predicting an adult's commitment to exercise so it is important to explore the reasons that may lead a person to participate in physical activity programs.

**Objectives:** To investigate the socio-demographic and psychological parameters that motivate adults to participate in exercise programs and athletic activities.

**Methods:** 245 adults, being engaged in physical activity programs were given a questionnaire to collect information on socio-demographic characteristics, possible previous problems with body weight, type of exercise, frequency and main reason for their participation in exercise programs, as well as the somatometric characteristics of the participants.

**Results:** It is noteworthy that participants' motive for exercise was pleasure (for 46.1% of the participants), championship (for 20.8% of the participants), health reasons (for 18.4% of the participants), weight loss (for 7.8% of the participants) and improvement of physical appearance (for 6.9% of the participants). A greater percentage of male compared to female participants were engaged to exercise due to championship reasons, while more women than men exercised to a statistically significant extent in order to improve their appearance and for health reasons.

**Conclusions:** Understanding the main factors that make individuals being engaged to physical activity may help health professionals to implement educational and counseling intervention programs regarding the positive effects of exercise on individuals' mental and emotional health. Physical activity contributes to the improvement of their quality of life, which may be the most important issue for mental and public health.

**Keywords:** motivation; mental health; Physical Activity; athletics

## EPP0983

### Professional satisfaction of nurses in psychosocial rehabilitation services

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**Introduction:** The increase of job satisfaction in mental health nurses, working in community mental facilities, helps them to become more efficient and understand the needs of individuals suffering from mental health problems.

**Objectives:** To investigate sociodemographic and job characteristics, as well as the level of professional satisfaction of nurses working in psychosocial rehabilitation facilities of the psychiatric hospital of Athens, named Dafni.

**Methods:** 220 nurses, working in the field of psychosocial rehabilitation completed (a) a sociodemographic questionnaire, (b) Spector's Job Satisfaction Survey (JSS).

**Results:** Nursing staff consists of mental health nurses (44.1%) and nursing assistants (55.9%) in the present study. 90% of the participants were female; while the 65% were married, the 19.5% had a university-level education and the 25% had administrative responsibilities. The 44.1% of our sample worked in hostels, 41.8% in nursing homes and 6.8% in Community Mental Health Centers.