

external consultations of the Vall d'Hebron University Hospital. Readiness to change, BMI, dietetic habits and physical activity, self-perception of the body size, satisfaction with self-image and quality of life in relation to body image will be assessed before and after the intervention and at 4-week follow-up. Finally, variables related to the adoption of the VR tool in terms of perceived usability, user's satisfaction and technology acceptance will be also evaluated.

**Results:** Not yet available

**Conclusions:** The study will provide an important advance in the treatment of obesity, first, by improving the effectiveness of available psychological treatments integrating embodiment, MI and CBT techniques, and second, reducing treatment duration and costs compared to conventional therapies.

**Disclosure:** No significant relationships.

**Keywords:** obesity; virtual reality; motivational interviewing; cognitive behavioural therapy

## EPV0274

### The impact of confinement on anxiety rates of the entourage of patients in the psychiatric hospital of Tunis

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doi: 10.1192/j.eurpsy.2021.1850

**Introduction:** The confinement did begot a recrudescence in the rate of stress within populations. Meanwhile, research targeting the mental health of the psychiatric patients' accompanying are scarce.

**Objectives:** Detect and evaluate anxiety levels of patients' entourage during confinement.

**Methods:** It is a retrospective, descriptive and analytical study based on a random sample of People accompanying psychiatric patients from externals consultations service in the only Psychiatric Hospital in Tunisia. Data were been collected during the month of June 2020 via a 20 items questionnaire and a score HAD issued in Arabic.

**Results:** One hundred thirty five accompanying were surveyed. The age group was predominantly between 51 and 60 with a sex ratio of 0.31. Near half was the parents. eighty seven were unemployed, 38 stopped working due to confinement and 10 have been worked normally. A pathological anxiety HAD score (>7) was found in 36 accompanying (26, 67 %). Amongst them, 19 had manifested symptoms. Anxiety levels are significantly much higher in accompanying of patients with personality disorders ( $p=0.053$ ). Otherwise, 52, 6% of accompanying who stopped working felt more under pressure than before lockdown. In contrary to those who did not worked before at all (29.9 %) and those who continued working (10%).

**Conclusions:** It seems that the entourage of mentally ill patients experience a continuous psychological distress, which was uncovered and marked in confinement period. Thus, it is necessary to establish screening programs, psychological education and early care to ensure their well-being.

**Disclosure:** No significant relationships.

**Keywords:** psychiatric patients' accompanying; confinement; Anxiety

## Eating disorders

### EPV0275

#### The role of travel for people with an eating disorder, an optimal leisure experience

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doi: 10.1192/j.eurpsy.2021.1851

**Introduction:** Project-based leisure would be conducive to enabling people to project themselves into the future and to move away from the eating disorder, which involves a constant preoccupation with food and one's body. According to this, travel could be a leisure opportunity that invites to challenge oneself by going out of one's comfort zone. Coping is a real dilemma for people living with eating disorders and the motivations of a tourism experience could refer to motivation to leave one's current environment. Consequently, travel would be helpful in reducing the individual's focus on the illness in a different environment.

**Objectives:** The aim of this study is to investigate the use of travel to help people living with eating disorders to live in the present moment and to "let go". Then, to understand what are the components of travel that are essential for an optimal leisure experience.

**Methods:** This multiple case study uses mixed data from a sample of five participants with an ED and living in France. They were invited to live a tourism experience in Québec for one week. This data collection was before, during and after the trip, using the Experience Sampling Method with a mobile app pocket and guided interviews to assess sensations and emotions in the ecological context of patients.

**Results:** The trip allowed a letting go and developed a greater ability to live in the present moment. It was a significantly positive moment in the lives of the participants.

**Conclusions:** Travel associate with digital diary are an innovative approach for ED.

**Disclosure:** No significant relationships.

**Keywords:** eating disorder; travel; digital tools; optimal experience

### EPV0276

#### Diagnostic challenges presented by women with anorexia nervosa and elevated rates of autistic traits

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doi: 10.1192/j.eurpsy.2021.1852

**Introduction:** The link between autism spectrum disorder (ASD) and anorexia nervosa (AN) firstly emerged in the 80's. Given the overlap in behavioural and cognitive features between these two seemingly different disorders, AN has been hypothesized to be a female phenotype of ASD.