Introduction: Various social problems, financial difficulties and academic factors contribute to the fact that more and more students around the world experience mental health problems (Chen et al., 2013; Gotlib et al., 2019). On the other hand, all the sides of students' lives – from education to family relationships – are mediated by information communication technologies, that may have broad and ambiguous influence on students mental health. What is undoubtedly that youth mental health can no longer be considered without touching on the digitalization, including in education.

Objectives: The current study aims to point up positive and negative examples of intersection of education digitalization and mental health of modern youth.

Methods: Theoretical analysis of research publications and conceptualization of practical applications in education mediated by digital technologies.

Results: A striking example of the negative impact of total digitalization of education was the sharp deterioration in mental health in the context of the transition to fully distant learning in conditions of the spread of coronavirus infection. Positive education as teaching form for both traditional skills and positive functioning and happiness provides a broad opportunities to combine the concepts of positive psychology with cutting-edge high-tech education approaches.

Conclusions: Digitalization of modern education can be accompanied by both mental health risks and new opportunities. Mental health support can be based on finding information about good functioning, learning and participating in community activities that are provided through websites and mobile applications. The reported study was funded by the Russian Foundation for Basic Research, project number 18-29-22049.

Keywords: mental health; Education; digitalization

EPP0590

The use of virtual reality in the treatment of autism

G. Pontes and C. Varanda*

Human Sciences, Universidade Paulista, Santos, Brazil
*Corresponding author.

Introduction: The characteristics of the Autistic Spectrum Disorder involve deficits in social communication and repetitive patterns of behavior and that there is a growing interest in the use of new technologies for neurorehabilitation.

Objectives: This research aimed to verify the possibility of using Virtual reality for the treatment of Autism.

Methods: Scientific publications were selected from the PUBMED, ScieLO, LILACS and Google Scholar databases, written in Portuguese and English, with free access, between 2014 and 2019.

Results: A total of 19 publications were identified. Concerning their design, 26,3% of them were experimental, 21,1% qualitative, 21,1% one-group pretest-posttest, 15,8% quasi-experimental, 10,5% descriptive and 5,2% of them were exploratory research studies. The studies focus on anxiety and phobias reduction, as well as teaching strategies to deal with stessful events. Eleven of the studies focused on the enhancement of independende and sef-confidence of the subjects. In five ot the studies the virtual reality was used with other technologies. In two of them the EEG was used along with virtual reality for detecting the cerebral region in activity during action.

Conclusions: Virtual reality was defended in most of the studies because it can provide a safe environment and offering high control of variables. Although the results indicate the use of virtual reality for the reduction of anxiety and the promotion of self-confidence and independence which aims the social deficits in autism, more research is needed to investigate the use or impact of VR on repetitive behavior.

Keywords: virtual reality; Treatment; autism

EPP0594

Professional burnout syndrome: Alexithymia, empathy and communication mechanismsи

N. Chernus[1]*, K. Serdakova[2], I. Vasilyeva[1], S. .Sivkov[3], T. Savina[1] and A. Sivkov[3]

[1]Department Of Outpatient Therapy, I.M. Sechenov First Moscow State Medical University: Moscow, Russia, Moscow, Russian Federation; [2]Department Of Psychology, I.M. Sechenov First Moscow State Medical University: Moscow, Russia, Moscow, Russian Federation and [3]The Department Of Clinical Pharmacology And Internal Diseases Propaedeutics, the I.M. Sechenov First Moscow State Medical University, Moscow, Russian Federation
*Corresponding author.

Introduction: Professional burnout syndrome (PBS) is currently considered from the perspective of value-oriented sense –of underlying psychological factors contributing to PBS development promotes the relevance of this study.

Objectives: The study population included 81 medical professionals from out-patient polyclinic healthcare institution, among which 47(58%) healthcare professionals showed symptoms of burnout (mean age – 38,5±11,4 years old).

Methods: 'Attitude to Work and Professional Burnout' by V.A. Vinokur, 'Coping Strategies' by S. Folkman and R. Lazarus P., Spielberg's Questionnaire; TAS-26; Emotional Response Scale by A. Megrabyan and N. Epstein.

Results: The correlation analysis revealed certain interdependencies between the professional burnout symptoms and personal qualities of subjects. Thus, the higher burnout level correlated with increased emotional burnout (r=0,871; p=0,016), reduced professional satisfaction (r=0,624; p=0,031), poorer health and adaptation (r=0,872; p=0,023), increased state anxiety (r=0,551; p=0,000), increased alexithymia scores (r=0,823; p=0,017); reduced empathy scores as emotional response to others' emotional experience (r=0,466; p=0,000) and reduced willingness to involve into other people's issues (r=0,564; p=0,032). No statistically significant correlations between TAS total alexithymia score and empathy score were demonstrated.

Conclusions: The healthcare professionals employed at the out-patient polyclinic units belong to the at-risk population group of professional burnout syndrome development. The individuals with higher burnout levels show typical specific correlations of empathy forms: in particular, decreased ability to differentiate one's feelings from feelings of others, increased emotional sensitivity and reduced willingness to involve into other people's issues are usually observed.

Keywords: burnout; adaptation; empathy; alexithymia

Eating disorders

EPP0596

"Prevalence of orthorexia nervosa in a sample of patients attending sligo/leitrim mental health services with a diagnosis of eating disorder"

I. Graffeo[1]*, M. Harron[2] and E. O'Mahony[2]

[1]Sligo/leitrim Mental Health Services, St Columba's Hospital, Sligo, Ireland and [2]Psychiatry, Sligo/Leitrim Mental Health Services, Sligo, Ireland
*Corresponding author.
doi: 10.1192/j.eurpsy.2021.940

Introduction: The term Orthorexia derives from the Greek "ortho – correct" and "orexis – appetite"; Orthorexia Nervosa is a pathological fixation with healthy eating that, starting with the idea to obtain a maximum health with a proper diet, leads to malnourishment and other medical sequelae, loss of relationships, loss of self-esteem, poor quality of life in general. Orthorexia, despite receiving broad empirical evidence, is not currently included in any psychiatric diagnostic manual.
Objectives: The main aim of this study is to investigate its presence in a sample of patients already diagnosed with a canonical eating disorder and also to understand eventual overlaps with other clinical disorders in order to optimize treatment and follow up.
Methods: The ORTO-15 questionnaire, developed by an Italian team of researchers in 2005, was used to achieve the above aims: it is a tool comprehensive of 15 questions that assesses eating habits perceived as healthy. Really interesting and fascinating is to comprehend if people with a diagnosis of eating disorder present orthorectic behaviour and how this emerging reality fits in the Irish society with its peculiarities and uniqueness.
Results: The Point Prevalence obtained is 17.9%. The expected rates of Orthorexia Nervosa in the general population are between 6.9% and 57.6%, with a peak of 81.8% in specific populations, fact that places our examined sample in the lower side of the prevalence previously considered in other studies.
Conclusions: It is significant the absence of correlation found between OCD and ON and that ON is more linked to Bulimia Nervosa rather than Anorexia Nervosa.

Keywords: eating disorders; orthorexia nervosa; anorexia nervosa; ocd

EPP0597

Evidence-based therapeutic management of binge-eating disorder

D. Vasile* and O. Vasiliu

Psychiatry, University Emergency Central Military Hospital Dr. Carol Davila, Bucharest, Romania
*Corresponding author.
doi: 10.1192/j.eurpsy.2021.941

Introduction: Binge-eating disorder (BED) is a difficult-to-manage clinical entity, that may associate both organic (e.g., obesity, metabolic syndrome) and psychiatric (e.g., anxiety, mood, or substance use disorders) co-morbidity. Psychotherapeutic and pharmacological approaches are usually combined in order to reach the best outcome for these patients, but the disorder seems to have prolonged evolution even under appropriate therapeutic managment.
Objectives: To evaluate the most evidence-based therapies focused on BED.
Methods: A literature review was conducted through main electronic databases, and papers published between January 2000 and August 2020 were included in the analysis.
Results: Cognitive-behavioral therapy (CBT) is supported by multiple trials, and it led to decreased number of binge episodes and increased rates of remission. Behavioral activation may improve certain symptoms of BED (depressive mood, anxiety), but not the binge episodes frequency. Interpersonal group therapy (IPT) may be helpful for BED patients with an external locus of control and significant interpersonal dificulties. Dialectical behavior therapy (DBT) has been applied in BED patients, but the results have been inconclusive. Lisdexamfetamine dimesylate is the only FDA approved drug for this indication, as dasotraline was rejected by FDA and its research discontinued by the manufacturer. Fluoxetine, sertraline, escitalopram, duloxetine, bupropion, atomoxetine, reboxetine, armodafinil, disulfiram, baclofen, zonisamide, lamotrigine, topiramate, samidorphan, liraglutid, and orlistat need more trials in order to validate their efficacy, especially on long term.
Conclusions: There is only one drug currently FDA approved for this indication, lisdexamfetamine, and a number of psychotherapies, with CBT and IPT being the most supported by evidence.

Keywords: binge-eating disorder; psychotherapy; lisdexamfetamine; antidepressants

EPP0599

Comparison of neuropsychological profiles in children and adolescent with anorexia nervosa and avoidant/restrictive food intake disorder (ARFID)

C. Basile[1]*, F. Gigliotti[1], M. Colaiori[2], F. Di Santo[2], A. Terrinoni[3], I. Ardizzone[4] and U. Sabatello[3]

[1]Department Of Human Neuroscience,section Of Child And Adolescent Neuropsychiatry, Sapienza University of Rome, Roma, Italy; [2]Department Of Human Neuroscience, Section Of Child And Adolescent Neuropsychiatry, Sapienza University of Rome, Roma, Italy; [3]Department Of Human Neuroscience, Sapienza University of Rome, Section of Child and Adolescent Neuropsychiatry, RM, Italy and [4]Department Of Human Neuroscience, Sapienza University of Rome, Roma, Italy
*Corresponding author.
doi: 10.1192/j.eurpsy.2021.942

Introduction: Anorexia Nervosa (AN) is an eating disorder characterized by low body weight, fear of gaining weight and distorted perception of body. Patients have rigidity, repetition of thoughts, alterations in decision-making skills and poor ability to provide new solutions. Avoidant/Restrictive Food Intake Disorder (ARFID) is a new eating disorder characterized by the absence of distress about body shape or fear of weight gain. Studies on neurocognitive aspects are few and no effective treatments are known.
Objectives: The aim of our study was to further investigate the executive functions' domains in AN and ARFID children and adolescents, to provide possible distinct neurocognitive traits in these patients.