

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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## 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.

More specifically, moderate levels of total professional satisfaction were observed. Concerning the dimensions of satisfaction, low satisfaction rates were recorded in “salary”, “promotion” and in “privileges and benefits”. High satisfaction rates were recorded in “supervision by their superiors”, “cooperation between colleagues” and “the nature of their work”, while moderate satisfaction rates were reported in “communication” within facilities, as far as the explanation of tasks and objectives is concerned.

**Conclusions:** The results can be exploited by those with administrative and scientific responsibilities in the field of mental health in order to recognize nurses’ difficulties and solve their problems in psychosocial rehabilitation facilities.

**Keywords:** Psychosocial rehabilitation; mental health nurses; job satisfaction

## EPP0984

### Emotional intelligence as a factor in the efficient self-regulation of functional states under work strain

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**Introduction:** Self-regulation of emotions is viewed as one of the key skills in various socioeconomic professions (Kuznetsova & Titova, 2016; Spencer & Spencer, 2008), including psychology. Emotional intelligence (EI) can be seen as a vital competence for counseling psychologists, as well as a factor in an efficient human functional state’s (HFS) self-regulation under stressful work conditions.

**Objectives:** This study aims to assess the EI level in psychologists involved in a long-term relief programme for people affected by an industrial accident, and to reveal interrelations between EI and the efficiency of acquisition of new self-regulation skills.

**Methods:** The training course was designed for psychologists (n=15) in order to develop new stress-management counseling skills. It included: progressive relaxation, ideomotor and visualization exercises; autogenic formulae. Data were obtained from HFS evaluation questionnaires (Leonova, Zlokazova, Kachina & Kuznetsova, 2013), and the EI inventory (Manoylova, 2004).

**Results:** The mean EI level was high among the psychologists, although there were variations. Data confirmed rapid progress in the acquisition of self-regulation skills, and demonstrated a prolonged effect of stress ( $p=0,052$ ) and fatigue ( $p<0,001$ ) reduction (Friedman’s test). The EI level showed correlations (Spearman’s test) with HFS measures: by the end of the course psychologists with a higher EI reported higher psychological comfort ( $p<0,05$ ) and lower acute fatigue ( $p<0,01$ ) after relaxation exercises.

**Conclusions:** Although the sample size was small, the data, obtained from described above unique group of counseling psychologists, helped reveal the link between EI and efficient HFS self-regulation.

**Keywords:** Emotional intelligence; Work stress; self-regulation; work competence

## EPP0985

### The watersports inclusion games - what are the benefits for volunteers?

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**Introduction:** The Watersports Inclusion Games is an annual event organised by Irish Sailing and partners that provides an opportunity for individuals of all abilities across the physical, sensory, intellectual and learning spectrums and those experiencing barriers accessing mainstream sport to partake in a range of watersports. 79 volunteers from the 2019 cohort responded to a pilot survey to assess the benefits for volunteers at the event.

**Objectives:** This project aims to assess this data in the context of current knowledge about the benefits for volunteers in inclusive sport.

**Methods:** Literature review used the PEO keyword framework in medical and psychological databases, as well as grey literature. Data was collected using SurveyMonkey, quantitative data was analysed using Survey Monkey and SPSS, and qualitative themes were analysed using SurveyMonkey and Excel.

**Results:** Only one article exploring the benefits for volunteers in inclusive watersports was identified during literature review. This pilot survey analysis is the first on this topic in Ireland, and the largest sample of volunteers in inclusive watersport that we are aware of internationally. Thematic analysis finds that volunteers at this event are primarily motivated by altruistic motives, while the benefits they perceive include both personal enjoyment and growth, and seeing the enjoyment of other participants.

**Conclusions:** This project demonstrates that inclusive watersports can have many benefits for volunteers. The findings of this study can contribute to the evidence base on the benefits of inclusive sport for all those involved, while also identifying an opportunity for further study on volunteerism in inclusive sport, particularly adaptive watersports.

**Conflict of interest:** Ms O’Flynn reports a scholarship from the Health Research Board for this project, Dr Barrett has nothing to disclose, Ms Murphy reports to be the Inclusion Games Office, and thus responsible for the organisation of the Watersports Inclusion Games.

**Keywords:** inclusion; volunteerism; mental health; watersport

## EPP0986

### Protransition – an online-course for professionals to optimize the health care service for young people with mental illness in transition from adolescence to adulthood

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