Intergenerational community-based interventions embedded within neighbourhoods may provide a first avenue of mental health support.

P39: Predictors of loneliness in Chilean informal caregivers of people with dementia during the COVID-19 pandemic

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Objective: The aim of this study was to determine the predictors of loneliness in informal caregivers of people with dementia in Chile during the Covid-19 pandemic.

Methods: 195 Chilean informal caregivers responded to an online or telephone survey. They were asked about sociodemographic aspects, clinical and caregiving changes experienced by them and the person with dementia during the pandemic, perceived psychosocial support and loneliness.

Results: Less years of formal education, lower income, low level of support with care tasks, living with the person with dementia, low social support, high levels of burden and depressive and anxious symptomatology were significantly related to higher loneliness. In contrast, carrying out physical and mental activity was significantly associated with lower feelings of loneliness. Almost half of the variability of loneliness was explained by higher depressive and anxious symptomatology ($\beta = 0.53$), low psychosocial support ($\beta = -0.29$) and living with the person with dementia ($\beta = 0.16$) (adjusted $R^2 = 0.48$).

Conclusion: The risk of developing loneliness in informal caregivers of people with dementia is high. Special emphasis should be placed on developing interventions that improve the mental health of this group, as well as increasing their contact with formal and informal support networks. Thus, they would be able to cope with care tasks in a better way, reducing the likelihood of experiencing feelings of loneliness.

P40: Character strengths as protective factors for the psychological well-being of grandparents

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Objective: The aim of this study was to comprehend the role of character strengths as protective factors of grandparentś psychological well-being. Following the Lazarus and Folkman's stress model, our analyses incorporated three groups of variables (sociodemographic data, stress, and protective factors).
Method: A sample of 536 grandparents participated in the study, which an average age of 70.23 ($SD = 7.17$). We conducted staged stepwise regression analyses to test our hypotheses.

Results: Our results evidenced that younger grandparents and those providing supplementary care showed higher levels of psychological well-being than non-caregivers. Moreover, the analyses suggested that sociodemographic variables and the caregiving role lost their significance when psychological resources were taken into account. The character strengths of optimism, courage, humor, justice, problem-solving, and emotional intelligence explained the 32.7% of psychological well-being variance.