

Project is founded by the Asylum, migration and integration fund (AMIF).

**Objectives** PALOMA project focuses on exploring existing good practices and weaknesses in mental health services in use for refugees. The objectives of the project are to develop a national model for effective mental health services for refugees and implement it nationwide in Finland.

**Aims** The aim of PALOMA Project is to develop a national model for effective mental health services for refugees in Finland.

**Methods** PALOMA Project includes three phases: data collection (interviews, literature review, seminars), building the model in expert groups and implementing the model.

**Results** As a result of PALOMA Project, there will be guidelines for professionals working in different levels of administration with refugees in Finland.

**Conclusion** Refugees' mental health and wellbeing will be improved as a result of better prevention, recognition and appropriate care of mental health problems.

**Disclosure of interest** The authors have not supplied their declaration of competing interest.

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#### EW0679

### Investigation of internet dependent and depressive symptoms among secondary school students

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**Introduction** Internet use and depression is a significant problem regardless of social status and in almost all age groups. Internet addiction in adolescents is considered to be the most important risk groups.

**Objectives** This study was conducted to determine correlation of Internet addiction and depressive symptoms among secondary school students.

**Method** This research was conducted at two secondary public schools in İstanbul during 2015–2016 academic year. Ethics committee approval and permission was obtained from the Directorate of National Education Institutions. The population of the study was 2121 students. The sample group was 1312 students who completely filled in measuring instruments. The measuring instruments consisted of a personal information form, Internet Dependency Scale (IDS) and Children's Depression Inventory (CDI). The data were analyzed with the descriptive statistical analysis and Pearson correlation test.

**Results** The average of students' age was  $12.44 \pm 1.20$ . 50.2% of the sample were women. 53.8% of the sample spent 1–2 hours per day in Internet. Mean IDS point was  $38.942 \pm 12.90$  and mean CDI point was  $12.52 \pm 7.13$ . According to the IDS cutpoint; 80.9% of students were normal users, 18.4% of them were high-risk users and 0.6% of them were Internet dependents. According to the CDI cutpoint, 16.8% of the students had depressive symptoms. A statistically significant moderate correlation was found between mean scores of CDI and IDS ( $r=0.414$ ;  $P<0.01$ ).

**Conclusions** There is a relation between Internet dependent and depressive symptoms. This finding supports the outcomes of previously performed studies.

**Disclosure of interest** The authors have not supplied their declaration of competing interest.

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#### EW0680

### Satisfaction with psychiatric in-patient care across 11 countries: Final report of the IDEA-study (inpatient discharge: experiences and analysis)

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**Introduction** Satisfaction of patients with in-patient care is a relatively rare focus of research in mental health.

**Objectives** The IDEA-study (inpatient discharge: experiences and analysis) was initiated to shed the light on the issue internationally.

**Aim** The IDEA project aimed to:

- develop a collaborative network of young psychiatrists;
- use this network to explore satisfaction of people treated in psychiatric in-patient facilities in a range of high-, middle- and low-income countries.

**Methods** Study was conducted in 25 hospitals across 11 countries. We measured satisfaction with in-patient care using the 5-item study-specific questionnaire. Individual and institution level correlates of "low satisfaction" were examined by comparisons of binary and multivariate associations in multilevel regression models.

**Results** A final study sample consisted of 673 participants. Total satisfaction scores were highly skewed towards positive responses. After taking clustering into account, the only independent correlates of low satisfaction were schizophrenia diagnosis and low psychiatrist to patient ratio.

**Conclusion** We could successfully establish a collaborative network of early career psychiatrists from different parts of the world and collect data in regards to the study aims. The positive skew of satisfaction scores need to be carefully considered in the context of literature and study limitations. In particular, we suggest further studies on patients' satisfaction to pay more attention to treatment expectations formed by the previous experience of treatment, service-related knowledge, stigma and patients' disempowerment, power imbalance.

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#### EW0681

### Burnout as a form of mental health problem among nurses in the Philippines

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**Introduction** Nurses are among the health professionals that are confronted with burnout due to workload demands. The dominance of females in the profession reinforce the prevailing notion that the caring professions such as nursing are relegated to women. This gives the study its gender perspective.

**Objectives** To determine the interaction between situational, factors, role stressors, hazard exposure and personal factors in the largest tertiary hospital in the Philippines.

**Methods** This was a cross-sectional study, which aimed to determine the interaction between situational, factors, role stressors, hazard exposure and personal factors among 246 nurses consisting most of females (78.5%) from the different wards and units in the Philippines General Hospital (PGH).

**Results** Almost half (49.6%) of the respondents reported being ill due to work in the past year, and 56.1% missed work because of an illness. Correlation statistics using the Spearman's rho showed organizational role stressors was most significant in burnout among nurses in the Philippine's largest tertiary hospital. Organizational role stressors consisted of ten dimensions, namely:

- inter-role distance (IRD);
- role stagnation (RS);
- role expectation conflict (REC);
- role erosion (RE);
- role overload (RO);
- role isolation (RI);
- personal inadequacy (PI);
- self-role distance (SRD);
- role ambiguity;
- resource inadequacy (RIn).

**Conclusion** The contribution of the study is in advancing new concepts in the already existing framework of burnout, and thus, can assist nurses and hospital administration on how to control this problem.

**Keywords** Burnout; Organizational role stressors; Hazard exposures; Situational factors; Nurses

**Disclosure of interest** The author has not supplied his declaration of competing interest.

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#### EW0682

### Collaborative care for treating common mental disorders in the community. Developing a clinical pathway for early intervention in Southeast Tuscany

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**Introduction** Common mental disorders (CMD) have a 12-month prevalence over 7% in the Italian population. Only 16.9% of people are treated by the health services, despite the high cost in disability and loss of productivity.

**Objectives** To improve access to low-intensity CBT (LI-CBT) treatments in primary care.

**Aims** To organize a clinical pathway in which general practitioners (GPs) identify the early signs of CMD and promote a collaborative care with a team of mental health practitioners (MHPs).

**Methods** A small team of MHPs outlined and implemented, in collaboration with a group of 9 GPs, a clinical pathway to treat CMD in stepped care. Guided self-help was the first and main intervention. Group and individual CBT were offered—when needed—as a second and third step. If the user opted for drug treatment, a psychiatrist conducted one or two sections of consultation to the GP. The MHP team was fully integrated within the community mental health center (CMHC). PHQ-9 and GAD-7 were rated at each appointment.

**Results** With a mean of 5,3 appointments, 90 persons were treated in 1 year. 68% reached recovery (both PHQ-9 and GAD-7 < 10), a result in line with the best performing English Clinical commissioning groups in the IAPT project.

**Conclusions** A small multi-professional team of MHP can build with GPs a simple clinical pathway able to reach high standards of care with relatively small resources offering LI-CBT integrated with drug treatment and high intensity care.

**Disclosure of interest** The authors have not supplied their declaration of competing interest.

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#### EW0683

### Barriers for unaccompanied refugee minors in accessing mental health care: Is it the therapy or the therapist?

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**Introduction** Refugee children, particularly unaccompanied refugee minors, present with disproportionately high prevalence of mental health and emotional difficulties. However, the mental health service access and treatment engagement of this vulnerable group has been consistently shown to be poorer than the general population. Despite of this, so far there hasn't been much research to explore the possible underlying reasons or barriers for these young people to access mental health service in their host countries.

**Aims and objectives** This research aims to understand unaccompanied refugee children's barriers to access and utilize mental health services. To explore any potential characteristics in the service provision that can be linked with the observed poor treatment engagement and service access is also an objective of this study.

**Methods** The study was conducted by using semi-structured interviews with 15 unaccompanied asylum seeking minors and their carers to elicit their views, perceptions and beliefs based on their experience of receiving treatment from a specialist mental health service in the UK.

**Results** The interview transcripts were analysed using thematic analysis. The main findings were categorised into two broad themes, the participants' perceptions of the intervention received, and perception of the professionals involved. The different elements and pertinent issues within these two broad areas were discussed.

**Conclusions** Findings will help stimulate further exploratory research gaining better understanding of the barriers for these young people to access treatment, and contribute in developing innovative services that are more efficient in engaging this vulnerable group and suitable to meet their specific needs.

**Disclosure of interest** The authors have not supplied their declaration of competing interest.

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#### EW0684

### Time spent in retirement, health and well-being

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**Introduction** From a life-span developmental perspective, retirement can be considered a life event that entails a complex