

to identify women who may benefit from more pre-abortion and postabortion counselling.

Non-consensual research results on the mental health impact of being denied an abortion come from the obstacles of multiple pathways for abortion and mental health risks, and the difficulty of conducting research in this field.

The effect of being denied an abortion may be more detrimental to women's psychological well-being than allowing women to obtain their wanted procedures.

BECOMING THE DISEASE: LOOPING EFFECT AND ILLNESS BEHAVIOUR IN PSYCHIATRY

by Joana Cardão | Ana Samouco | Afonso Homem de Matos | Inês Azevedo Silva | ULSNA - Unidade Local de Saúde do Norte Alentejano, EPE | ULSNA - Unidade Local de Saúde do Norte Alentejano, EPE | ULSNA - Unidade Local de Saúde do Norte Alentejano, EPE | ULSNA - Unidade Local de Saúde do Norte Alentejano, EPE

Background: Diagnostic categorization creates a framework for the understanding and treatment of psychiatric disorders. Oftentimes, however, the diagnostic label is entangled with the individual's identity and life-story: the patient *becomes* the disease.

Aims: To review the literature and reflect on the concept of "looping effects" and its influence in illness behaviours among individuals diagnosed with a mental disorder.

Method: A research was performed on Pubmed®, and the resulting articles were subsequently summarized.

Results and discussion: The phenomenon of looping effects, coined by Ian Hacking in the 80s, suggests that patient's awareness of their diagnosis causes changes in how they think of themselves, how they feel and behave (and thus also changes their clinical presentation). In line with this, statements such as "I am a chronic depressive" evidence patients' identification with their diagnosis and entail a continuous feedback loop between emotional/behavioural responses to life-events, and personal conceptualization of mental disorder and associated behaviours. To a certain extent, life becomes a continuous state of *being* the disease, as opposed to *having* a disease.

Conclusions: The interaction between diagnosis and diagnosed may influence clinical presentation and longitudinal evolution of some mental disorders. A better comprehension of this phenomenon is essential to understand the illness experience and to enhance psychiatric taxonomy.

Biological clock: the underestimated antidepressive

by Bárbara Mesquita | Margarida Fraga | Sofia Paulino | Francisca Ribeirinho | Margarida Albuquerque | Pedro Espada | João Facucho | Doctor | Doctor | Doctor | Doctor | Doctor | Doctor | Doctor

Major Depression Disorder is often associated with circadian rhythm and sleep disturbances that tend to persist throughout various stages of the disease, namely, in its prodrome, throughout acute episodes and periods of remission. These changes can either precipitate long-term resistance, exacerbate an already diagnosed depressive illness or lead to greater resistance to treatment.

Over time some models or hypotheses have been proposed in order to clarify the relationship between chronobiology and depression. Among which, the so-called internal coincidence model (advanced phase model), the theory of changed in REM sleep, the hypotheses of recent stressful events leading to an increase of cortisol and lastly the chrono-type. This last one associates an evening-type person as person more prone to developing depression, neuroticism, cyclothymic temperament as well as affective instability and even a higher likelihood of developing suicidal thoughts. On the other hand, an early morning type person seems to be a protective factor of depressive symptoms.

When it comes to the treatment of depressive disorders, there has been a growing number of literature suggesting chronotherapy as a possible solution, being that several studies have already demonstrated its efficacy either alone or specially in combination with antidepressive medication. This potential ground breaking new therapy functions by manipulation of the sleep wake cycle (sleep deprivation or by a delay in the sleep phase) as well as by an alteration of the light-darkness cycle (light or dark therapy). This paper aims to do a brief non-systematic review on the correlation between circadian rhythm and sleep disorders, as well as shed light on novel possible treatments of depression by using chronobiology techniques.

Burnout in Family Medicine Doctors: Do Analysis and Intervention at a Micro Level Matter?

by Rita Aguiar Fonseca | Liliane Carvalho | ACES Baixo Mondego, Portugal | ACES Baixo Mondego, Portugal

Introduction: Burnout is a psychological syndrome, characterized by a state of high emotional exhaustion, high depersonalization and low personal accomplishment, highly prevalent in healthcare professionals. However, there is still an increasing resistance in evaluating the mental status of the medical staff at a local level, as well as, regarding the implementation of effective measures that could help to heal and prevent the healthcare teams.

Material and Methods: Burnout in medical professionals belonging to two health centers in the center of Portugal was assessed with the Maslach Burnout Inventory - Human Services Survey, using a zero (never) to six (always) ordinal scale, on a sample of 22 family medicine specialist or residents with mean age of 38.9 year (SD = 12.2). Independent questions have been added to the questionnaire in order to understand if the participants have previously seek any kind of mental health support.

Results: Analysis of MBI-HSS scores, revealed moderate to high levels of emotional exhaustion (M=71%), moderate to high levels of depersonalization (57.2%), despite also showing high levels of personal accomplishment (86%). No significant association was observed between specialists and residents ($*r^* = 0.04$).

Among the participants, work was considered the main life stress event. A third of the group admitted have already experienced psychotherapy (33.3%), and 52.4% have already taken psychotropic medication at any point of their lives, with 14.3% and 38.5% doing it in the two years prior respectively.

Discussion/Conclusions: Burnout syndrome is frequent in our medical community, being associated with a poor working conditions perception. Although physicians still report a high level of personal accomplishment, they experience it at a cost of emotional exhaustion and depersonalization, raising the risk of medical error. Results suggest the need for intervention at both global and local level, as requisites for a good professional practice and personal well-being.

Child health nursing intervention with abused families: the emotional process experienced by nurses

by Maria da Luz Rosa | Paula Diogo, PhD | Luisa Barros, Full Professor | CIDNUR/ESEL - Nursing Research, Innovation and Development Centre of Lisbon | ESEL - Lisbon Higher School of Nursing; CIDNUR - Nursing Research, Innovation and Development Centre of Lisbon | Faculty of Psychology, Research Center for Psychological Science (CICPsi), University of Lisbon

Caring for abused children and their families involves a multiplicity of challenges for nurses, including emotional management. Nurses need to manage ambivalent feelings to protect the child mistreated and in simultaneous supporting the mistreating parents. The literature highlighted the importance of nurses' emotional management to prevent the emotions experienced from having negative implications for the quality of care. This study purposes to answer the following research question: How do child health nurses manage their emotionality in encounters with abusive parents? The following aims were defined: 1) To characterize the monitoring of parents who mistreat their children, by nurses of primary health care; 2) To analyze what nurses experience emotionally in encounters with abusive parents; 3) To understand the emotional management process of nurses in the interaction of care with abusive parents.

This study is based on the naturalist paradigm, anchored in the *Grounded Theory* method, with a predominantly inductive approach. Regarding the data collection instruments, fourteen child health nursing appointments were observed, thirteen semi-structured interviews were carried out and two *focus groups* were carried out with ten nurses. The analytical tools are derived from the steps of this research methodology, using the *Nvivo 12* content analysis software.

The findings revealed that the nurses' emotional process in the encounters with abusive parents in the child health consultation is characterized by five major categories, namely: 1) Emotional impact in the first encounters with the abused child/abusive parents, 2) Limit emotional situation that compromises the therapeutic relationship, 3) Close relationship with therapeutic purposes, 4) Emotional challenges that promote experiential learning 5) Development of emotional management strategies for caring. These five categories lead to an "adaptive and resilient emotional process of nurses through experiential learning in the child health appointment", in the monitoring of abused children and mistreating families.

Creative activities and psychoeducation

by *Elisabete Maria Cordeiro Vitorino dias Fragoso | Lídia Susana Mendes Moutinho | ESEL | ESEL Abstract ID: 185*

Psychoeducation is an intervention strategy to promote mental health literacy (MHL), which aims to empower people to engage in health-promoting behaviors (1). There are different psychoeducational programs and it is possible to use different creative activities (CA) in its dynamization (2).

The World Health Organization (2019) finds evidence that CA contribute to health promotion, mental/physical illness prevention, and treatment or health management since they facilitate self-expression, social interaction, communication, and emotional relief (3); however, the literature on psychoeducational interventions using CA in the Portuguese population is scarce.

Aim: to promote MHL based on a psychoeducational intervention using CA.

Methods

A 5-session program applied in a psychiatric inpatient unit with 17 participations.

We included participants who were hospitalized, without deliriant and/or hallucinatory activity, degenerative disease or other health condition that prevented participation in the activities, and who could communicate in Portuguese.

Evaluation was done through a questionnaire (mental health knowledge) applied before and after the psychoeducation program.

Results

An increase in knowledge was observed. Alcohol use and coping strategies showed the greatest knowledge deficit. The identification of warning signs showed a higher level of knowledge.

Conclusions

We conclude that the intervention produced improvements at the MHL level. The creative activities proved to be facilitators in the process of empowerment in self-management of mental illness.

Culturally Adapting CBT Program START NOW for Migrants

by Lyla Schwartz | University of Basel

Numerous cognitive-behavioural treatments have been trialled amongst adolescents from high-income countries and shown positive results. However, evidence on the applicability of these programs for migrant populations or populations living low- and middle-income countries is lacking. This project is designed to culturally adapt the existing cognitive- behavioural program START NOW, to meet the needs of adolescent migrants aged 14-24 now residing in Switzerland, and reduce psychological stress in this population. The program will be guided by Western empirical methods of psychotherapy, delivered in a culturally sensitive and culturally-relatable approach to trial groups of migrants. We hypothesize that in migrants, START NOW skills training with guided support by a clinical psychologist is more efficient in decreasing symptoms of depression, anxiety and stress than no treatment. We will test our hypothesis by using empirically based self assessment scales to measure depression and anxiety, and Cortisol levels taken through hair samples as a biological indicator to measure stress. Insights may help improve current health promotion of migrants in Switzerland through providing a feasible, skills training equipped to overcome the barriers to inadequate care services including accessibility, affordability, discrimination and stigma. Ultimately, effects of START NOW on psychological health may facilitate positive life outcomes and decrease costs associated with treating migration- or conflict-related trauma.

Delirium versus Psychiatric Picture: about a clinical case

by Bárbara Sofia Gonçalves Castro Sousa | Vitor Hugo Santos | Joana Alexandra Garrido Ramos | Bruno Miguel Pereira dos Santos Ferreira | Teresa Carvalhão | Centro Hospitalar e Universitário Cova da Beira | Centro Hospitalar e Universitário Cova da Beira | Centro Hospitalar e Universitário Cova da Beira | Centro Hospitalar e Universitário Cova da Beira

Delirium is a transient and fluctuating neuropsychiatric syndrome, usually reversible. It is common in hospitalized patients, particularly in the geriatric population.

Delusions are objectively incorrect beliefs that are not culturally determined or shared with large numbers of people (although shared delusions can occur) and that are not shaken by evidence to the contrary.

A classic literature review was carried out with a search in PubMed, Uptodate, JAMA Psychiatry, The Cochrane Library and in clinically relevant literary works in the specialty, as well as the use of cross-bibliographic references; Simultaneously, a detailed consultation of a patient's clinical file was carried out, from which relevant data were collected.

The authors then proceed to the presentation of a clinical case.

A 79-year-old man, autonomous in activities of daily living, with no medical- surgical or psychiatric history. He is voluntarily admitted to the Psychiatry service for behavioral changes with overvalued ideas/delusions of jealousy, practically total insomnia and labile mood, a condition that took place after his wife was hospitalized.

After the introduction of psychopharmacology, the patient remained agitated, with fluctuations in the state of consciousness and verbalizing overvalued ideas/delusions of jealousy, with a worsening of dependence and a slight improvement in the sleep-wake cycle.

Collaboration was requested by Internal Medicine, which, after a specific study, serologically diagnosed Rickettsia Connori IgM positive, without identifying inoculation eschar or exanthema.

After beginning the treatment of the organic condition, a noticeable fading of overvalued ideas/delusions of jealousy and improvement of autonomy.

Deprescribing benzodiazepines in a primary care setting - difficulties reported by family doctors from a primary care cluster

by Pedro Figueiredo | Ana João Silva | Ana Luísa Silva | Rita Raimundo | Catarina Metelo Coimbra | José Guilherme Pereira | Graça Cardoso | Madalena Magalhães Ferreira | Nuno Pereira | USF Bela Saúde | USF Emílio Peres | USF Bela Saúde | USF São João de Sobrado | USF Santa Justa | USF Emílio Peres | USF Bela Saúde | USF Santa Justa | USF São João de Sobrado

Introduction: Portugal has a high long-term benzodiazepine consumption, mostly associated with prescription in the primary care setting. Given their well-known adverse effects, rational prescription of benzodiazepine is mandatory, including limited treatment duration and discontinuation strategies.

Objective: To evaluate the difficulties felt by family doctors from a primary care cluster when deprescribing benzodiazepines in long-term users.

Materials and Methods: Transversal study. Statistical analysis of data obtained from a survey given to family physicians was performed.

Results: Of the 63 participants, 92.1% considered the chronic use of benzodiazepines a problem, reasons being the high patient resistance when facing deprescription, lack of health knowledge and inadvertent prescription renovation. When asked about what would be more effective in reducing benzodiazepines' use, 34.9% supported the creation of a specialized consultation to deprescribe, 33.3% suggested creating health educational programs and 28.6% recognized that family doctors' awareness should be improved. Concerning family doctors' knowledge on benzodiazepines, the majority was able to tell which has the most hypnotic and sedative potential and the least addictive. Finally, 65.1% could not tell which drug had the least duration of action.

Discussion: The lack of knowledge about the side effects related to the chronic use of these drugs and the comfort they bring could be enticing patients to resist the deprescription. The available time during a consultation hampers the ability to educate and implement discontinuation schemes. There was an evenly distributed response when asked about what would be the most effective approach to reduce the consumption of these drugs. This might be explained by multiple and individual problems that each family doctor faces.

Conclusion: Given the difficulties and magnitude of the problem, interventions to ease benzodiazepines' deprescription are needed. This solution may be upscaling family doctors' education, health education programs and the creation of specialized benzodiazepine deprescription consultations.

Emotional labor of nurses who care for children with palliative needs and their parents

by Ana Inês Lourenço da Costa | Paula Manuela Jorge Diogo | Luísa Barros | ESEL | ESEL | FP/UL

Introduction: In the pediatric palliative care context, emotional labor becomes essential. It guides the management of the children's and parents' emotions, associated with the suffering caused by the complex chronic disease and the nurse's emotional experience.

Aim: Review the emotional labor of nurses who care for children with palliative needs and their parents.

Methods: Narrative literature review of published literature exploring nurse-child-parents' relationships and nurses, children, and parents' emotional experiences. Various search strategies were used in MEDLINE, CINAHL, and SCIELO, separated by the Boolean operators AND and OR. Databases were searched from origin to the present. Limiters included Portuguese and English language.

Results: Nurses perform this emotional labor through personal resources and learning from the day-to-day care experience. The emotional labor of nurses in pediatric palliative care is highly complex and requires specific knowledge. So, nurses perceive challenges in providing pediatric palliative care, which include self-knowledge, skills, and work environment.

Nurses describe intense emotions when taking care of children with palliative needs and parents and refer that it's central their preparedness/ability to provide family care. They identify the importance of emotional management strategies in caring for seriously ill children.

The emotional management of nurses, with a focus on children and parents in palliative care, contradicts the need for individual protection against stress and burnout, through distance. Nurses live a constant tension between involvement and professional distance. Nurses try to manage personal and professional boundaries in caring for seriously ill children and their parents.

Conclusion: Emotional labor is crucial in stressful situations such as caring for children with palliative needs and their parents. It requires the positive transformation of the intense and disturbing emotional experiences of people in interaction to achieve psychosocial well-being. There is a significant gap in research about the emotional labor concept in the pediatric palliative care context.

Evaluation of social anxiety and health anxiety in health workers in the Covid 19 pandemic period in selected hospitals of Shahid Beheshti University in Tehran in 2021

by Jamileh - | Shahid Beheshti University of Medical Sciences

Background: Social anxiety and health anxiety are characterized by persistent and severe health concerns. People with anxiety have misconceptions and misinterpretations of health and are also hypersensitive to their physical symptoms. It is associated with disability and high costs for the medical community.

Purpose: This study aimed to investigate social anxiety and health anxiety in health workers in the Covid 19 pandemic period.

Methods: This descriptive study was performed on 124 health workers in the Covid 19 pandemic period in selected hospitals of Shahid Beheshti University in Tehran in 2021. Sampling was done by stratified method. Data were collected using Demographic Questionnaire, Leibovitz Social Anxiety Questionnaire and Salkowski and Warwick Health Anxiety Questionnaire and analyzed in SPSS software version 22 using descriptive and inferential statistical tests.

Results: The results showed that social anxiety with a mean and standard deviation of 99 ± 11.70 was at a very high level. Also, the mean and standard deviation of health anxiety is 36.06 ± 3.60 . This result indicates that the study sample is suffering from health anxiety disorder.

Conclusions: It seems that health workers are more prone to anxiety due to facing a stressful environment and having some personality traits. Therefore, it is necessary to provide the necessary ground for reducing nurses' anxiety by formulating, planning and presenting appropriate policies.

Experiences of dual military service members: Challenges, well-being, and coping strategies

by Lisa Williams | Department of National Defence/Canadian Armed Forces

Experiences of dual military service members: Challenges, well-being, and coping strategies

Being a military family in the Canadian Armed Forces often involves a series of challenges related to postings, deployments, and/or frequent separations from one's spouse and/or family. While this is a necessary part of military life, it can have a significant impact on the quality of life of both military members and their families. For dual-service couples, these challenges may be exacerbated as they face increased and more unique challenges than civilian-military couples. Thus, the aim of the current research was to evaluate the impact of military life on the health and well-being of dual-service couples. Fourteen hundred dual-service members completed the Quality of Life (QOL) survey. Participants were asked to describe their greatest challenges as a dual-service family, their overall health as well as that of their spouse, their perceived life satisfaction and their resilience. Based on both closed and open-ended responses, results indicated that work-life balance, relocations, housing, child-care, and time away from family can be difficult challenges for dual-service couples, particularly throughout the covid-19 pandemic. However, many members also indicated that the nature of their role has enabled them to better manage stress, and develop stronger and more resilient coping strategies. Implications and recommendations are discussed.

Note: I am submitting for the virtual oral presentation, however, I would like to be considered for both virtual and in-person, if possible. Thank you.

Late-life suicide: a review of prevalence, risk factors and prevention of suicidal behavior

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Suicide is a problem at all ages and worldwide. Suicide in later life is increasing and cannot be neglected.

We did a search on Pubmed® and Medscape® databases with the following keywords: "late-life", "older adults" and "suicide". We focused on data from systematic reviews and meta-analyzes. The articles were selected by the authors according to their relevance.

In contrast to a younger population, a significant portion of older suicide completers are older men and do not have mental illness. Approximately 55% of late life suicides are associated with physical illness. Those with physical health problems as a precipitant were likely to have had depressed mood. They were also more likely to have disclosed suicide intent, left a suicide note, and used a firearm. Anxiety disorders, often comorbid with depression, are involved in one of every six older adult suicides. Given the multitude of physical, psychological, and sociodemographic factors that contribute to suicidal ideation, an individual factor may have little predictive value. However, mitigating social isolation has been suggested to reduce population attributable risk of suicide by 27%.

Training healthcare providers and informal support systems to assess suicide risk and in evidence-based intervention plans/guidelines is needed. Research supports an integrative multidisciplinary approach. Pharmacologic and cognitive-behavioral therapy and dialectical behavior therapy prevent suicidal behavior. The fight against stigma and the ageist way of thinking, which is pervasive in society, including among health professionals, must be pursued.

Nurse assistant´s experience of how they pay attention to and encounter adult persons receiving municipal health- and social care, and who are in grief in conjunction the death of a loved one

by Anne-Lie Larsson | Ingela Beck | Eva-Lena Einberg | Ann-Christin Janlöv | University Kristianstad | University Kristianstad | University Kristianstad | University Kristianstad

Death and grief are neither the public- nor healthcare professionals comfortable to talk about. Grief is expressed to be “natural”, which can be misinterpreted because it actually means that it´s “natural” with mental illness when in grief, therefore attention is needed. Loss of a close loving relationship through death is one of the most stressful events in life and has shown an increased risk of further ill health and death. The severity of the grief reaction varies with the grieving person and life situation. Persons receiving health- and social care at home (ordinary and residential care facilities) are in a vulnerable situation due to already existing support needs and the loss of a loved one risks deteriorating their health and daily lives.

The aim of the study is to explore Nurse assistants’(NA) experiences of how they pay attention to and encounter adult persons receiving municipal health- and social care, and who are in grief in conjunction the death of a loved one. A qualitative study design was chosen. Six focus groups interviews were conducted with NA in five municipalities in south of Sweden. The analysis is processed with qualitative content analysis.

Preliminary results show that NA experience that they need to be attentive to note changes in a person’s body language, tone of voice and behavior. Knowing the person is facilitating. Grieving persons need to talk about their loss, sorrow, and about memories of the deceased loved one. NA express that they encounter the need of support by showing closeness, compassion, taking the time and being a good listener. The result will be completed in early autumn 2022.

Predicting the Probability of Counselling for Cigarette Smoking Cessation among Pregnant Smokers with Mental Health and Substance Use Disorders: NSDUH 2016-2019

by Taghreed Salameh | Lynne Hall | Martin Hall | Koç University | University of Louisville | University of Louisville

Background: Pregnant women with mental health and substance use disorders have higher rates of cigarette smoking and tobacco-related adverse health outcomes than women without these disorders. However, little is known about counselling in healthcare settings for smoking cessation among pregnant smokers with mental health and substance use disorders.

Purpose: To determine if past-year mental illness and substance use disorders among pregnant smokers predicted the probability of counselling receipt for cigarette smoking cessation, controlling for potential confounders (i.e., age, race/ethnicity, marital status, education level, employment status, income, health insurance, self-rated health status, past-year receipt of mental health and substance use treatment, and smoking frequency).

Methods: Secondary analysis of the National Survey on Drug Use and Health (NSDUH) 2016-2019 was conducted. The NSDUH included 2,776 pregnant women aged 18-44 years; among them were 373 women who smoked cigarettes in the past month (11.3%). Multiple logistic regression was used to examine the probability of counselling for cigarette smoking cessation conditional on past-year mental illness and substance use disorders, controlling for confounding variables.

Results: Approximately 93% of pregnant smokers received screening for cigarette smoking, and 71.1% received cessation counselling. Pregnant smokers with mental illness had higher odds of cigarette smoking cessation counselling compared to women without mental illness (Adjusted Odds Ratio [AOR] 3.53; 95% Confidence Interval [CI]: 1.36-9.15). However, having substance use disorders was not associated with receiving counselling for smoking cessation in pregnant smokers (AOR: .60; 95%CI: .19-1.94).

Conclusion: Pregnant smokers with substance use disorders are particularly in need for practice guidelines and policy initiatives to reduce cigarette use and its related adverse health outcomes. Although pregnant smokers with mental illness had an increased likelihood of smoking cessation counselling receipt, further studies are required to examine whether counselling is associated with smoking cessation among the general population of pregnant women with mental illness.

Promoting Resilience in Adolescents with Mental Health Disorder

*by Inês Cristina Parrinha Serôdio | Luis de Oliveira Nabais | Escola Superior de Enfermagem de Lisboa, ESEL
| Escola Superior de Enfermagem de Lisboa, ESEL*

The main goal of this study was to promote resilience among adolescents with mental health disorders. The project methodology adopted used several tools, namely field notes, case studies, logbooks and learning journals.

The target population were young people, ranged from 12 to 18 years old, with previous mental health disorder, attending inpatient and outpatient units. An intervention was built, based on psychoeducational, psychotherapeutic and sociotherapeutic variables, using expressive mediators, carried out by a specialist in mental health nursing. The results suggest that resilience can be worked through and promoted by specialists in mental health nursing. Such interventions, aimed at strengthening protective factors, benefit therapeutic change and contribute to health improvement and increased well-being in the short and long term. The need and relevance of intervening in the promotion of resilience in adolescents who attend an ongoing therapeutic project is discussed.

Promotion of the sexual self-concept of people with mental illness

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Background: Knowing that sexuality is a key aspect of the self/I that the adult person with mental illness may have their sexuality compromised and that nurses and other health professionals often do not address this issue for several reasons, it is important to develop specialized nursing interventions in mental health and psychiatric nursing to address sexual self-concept.

Objective: To assess the contribution of psychoeducational intervention to improve the sexual self-concept of adults with mental illness.

Methodology: This is a descriptive, longitudinal study with a quantitative approach. Non-probabilistic sample of 5 participants.

Results: There were differences in the sexual self-concept of people with mental illness between pre and post intervention of the "Sexual & Mente" program.

Conclusion: Taking into account the vulnerability of people with mental illness regarding sexuality, it is essential to implement psychoeducation programs that enhance sexual self-concept in the face of ineffective sexuality patterns and/or sexual dysfunctions and concomitantly facilitate the understanding and management of the mental illness/sexuality dyad.

PSYCHOTHERAPEUTIC NURSING INTERVENTION FOR ANXIETY CONTROL IN PERINATAL PERIOD

by Cátia Vicente | José Falé | ESEL | ESEL

Pregnancy and the postpartum period represent a time of rapid and significant changes: biological, social and psychological, which can generate stress and other difficulties (Shi & MacBeth, 2017; Biaggi et. al., 2016). This transition experience has been identified as a moment in which anxious symptoms can emerge (Meleis, 2010).

These factors contribute to a difficulty in assuming the responsibility inherent to the new parental role. Evidence shows high prevalence of anxiety in this period, as one of the most common mental disorders, as well as depression (Bayrampour, et al, 2018; Alipor et al, 2012). This can have a negative impact not only on the mother's mental health, but also influence the mother-infant relationship, and the care of the newborn, influencing the child's positive development (Brandão et al, 2018).

Glover (2014) highlights the importance of early interventions in perinatal anxiety. So, using psychotherapeutic intervention to manage anxiety in this period becomes relevant as a specialized nursing intervention in Mental Health. The benefits show a significant reduction in anxiety symptoms. Thereby, it can be seen as a non-pharmacological intervention with high therapeutic potential, which can help women, restoring the balance disturbed by transition difficulties (Meleis, 2010; Barbui et al, 2020).

Identified the need to support mothers who deal with anxiety in the perinatal period, due to the inherent complexity of this moment and with high vulnerability for women, leading to risk of occurrence of mental disorders. A literature review was used as a methodology to understand the transition to parenthood and its complexity, the prevalence of anxiety in this period, as well as the benefits of relaxation and psychoeducation techniques to reduce anxiety symptoms.

Reasons for loneliness amongst adolescents and young adults: A narrative literature review

by Yulia Korzhina | Åbo Akademi University

Background

Today loneliness is admitted to being a global public health problem (Fakoya et al., 2020) and is actually most prevalent during the adolescent years (Tornstam et al., 2010) causing many health issues (World Health Organization, 2018). The ability to identify the underlying reasons for loneliness among adolescents and young adults is of clinical importance, because this can be an important step in mitigating the negative effects of loneliness in this group.

Aim

The aim of the study was to synthesize the existing knowledge on the different reasons underlying involuntary loneliness among adolescents and young adults.

Method

A narrative literature review on what underlies involuntary loneliness among adolescence and young adults. The theory of caritative caring (Eriksson, 2006; 2018) was chosen as the theoretical framework for this study.

Results

Four main themes and 7 subthemes, concerning underlying reason for loneliness among adolescents and young adults, emerged. The first main theme was Loneliness due to suffering on different dimensions. Within this theme two subthemes were discovered: Physical suffering and Mental suffering. The second main theme was Loneliness due to personal barriers. Within this theme two subthemes were discovered: Personality traits and

Inefficient coping strategies in managing loneliness. The third main theme was Loneliness due to negative life experiences. Within this theme three subthemes were discovered: Significant loss, Bullying/ Cyberbullying and Insecure family relationships. The fourth main theme was Loneliness due to life transitions.

Conclusion

We found that involuntary loneliness among adolescents and young adults may have different underlying reasons.

Implication for caring in a changing world.

This understanding of loneliness as multifaceted experience is important, and professionals should apply this new understanding when implementing interventions to alleviate loneliness among adolescents

Research protocol for learning needs assessment

by Irena Makivić | Anja Kragelj | NIJZ | NIJZ

In order to integrate the appropriate learning content, it is necessary to assess learning needs. Our aim is to present a research tool developed for needs assessment. Presented research tool was developed by professionals from different fields of expertise. It enables to conduct needs assessment research for all levels of educational system (from pre-school to higher education) and in the field of continuing professional education. The need reflects the gap between the current situation and the state that we want to achieve regarding the inclusion of MH learning content in EPs. There are four phases following this definition and holistically covering needs assessment process: 1) literature review of conducted research from the investigated topics; 2) learning needs identification by comparing the current and targeted state. Current state will be assessed by analyzing MH content that is already present in EPs (through the document analysis and survey) and the state that we want to achieve by analyzing the perspective of key informants – e.g. professionals and service users (with the use of focus groups or individual interviews, while summing up perspectives of all relevant groups of stakeholders with nominal group technique); 3) identification and review of good practices regarding the inclusion of MH content in EPs with the document analysis; 4) final identification of learning needs that are necessary to be addressed (ranked by importance) according to the Delphi study consensus process. This research protocol enables comprehensive qualitative and quantitative assessment of learning needs on mental health topics. With the inclusion of all important stakeholders this protocol enables transdisciplinary use and international transferability.

SOCIAL SUPPORT AND ITS ROLE ON SCHIZOPHRENIA (IN A POST-PANDEMIC WORLD)

by Rebeca Cohen | Inês Pereira | CHPL | CHPL

Introduction

Schizophrenia is a lifelong mental disorder that impairs social functioning due to reality reading and communication disability, hindering the patient's ability to establish relationships. Oftentimes, these patients have precarious backgrounds and poor social support that negatively impacts their evolution, a trend further exacerbated by imposed social isolation during COVID-19 pandemic.

Objectives

To underline the importance of social support on the rehabilitation and prognosis of schizophrenic patients and the impact COVID-19 had on this population.

Methods

Bibliographic research was conducted through NCBI/PubMed database.

Results and Conclusions:

Social support promotes belongingness, acknowledgment, mental stability, and self-esteem that schizophrenic patients need. Furthermore, there is a positive correlation between quality of social support, treatment compliance and social functioning whereas isolation and poor social network are strongly associated with mental health deterioration, morbidity and mortality.

Most countries implemented self-isolation during COVID-19 pandemic, invariably causing loneliness and an unmet desire for social interaction. These have been previously linked to both increased psychotic prodromes and recurrent psychotic episodes. Additionally, as positive symptoms can arise in response to environmental triggers, the reduction of reality testing can impair the patient's ability to distinguish reality from fantasy, further precipitating perception errors.

Therefore, it is urgent that mental health services provide social inclusion programs to boost connectedness to the patient's social circle to prevent further distress and decompensation of psychotic disorders.

THE PERKS OF UNDERSTANDING AND THE CASE WITH THE EXPERIENCE OF TIME IN DEPRESSION

by Afonso Gouveia | ULSBA

The methodological differences of understanding, versus explaining, have been at the centre of a century-long *methodenstreit* debate (and disagreement) among philosophers and scientists. Karl Jaspers managed to import this discussion to the realm of psychiatry and psychopathology in a significant, but unresolved, manner. Side-tracked by the advent of various changes in psychiatry during the 20th century, phenomenology and philosophy of psychiatry have made a comeback in the last decades and, since then, developed new contributions to this subject. Quite similarly, the study of time experience, standing on the shoulders of notorious philosophers, has too witnessed a similar renaissance, with groundbreaking developments across several conditions, including depression.

The present essay is essentially exploratory, but during its development, after addressing the concepts of the *methodenstreit* debate, and tackling both meaningful and causal connections behind time abnormalities in depression, I argue that understanding, at least in this context, is not entirely reducible to causal explanations, for some things are only gained in understanding, namely the feeling of being understood and the implications it carries for a therapeutic relationship and the treatment plan.

THE PROMOTION OF MENTAL HEALTH IN THE SCHOOL CONTEXT AND INTERSECTORIALITY - DIALOGUE WITH THE NETWORK

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The promotion of mental health needs to occupy all spaces of society and have protagonists in all areas so that care is the most individual and comprehensive. The specificities in the different training areas effectively contribute to the practices and strategies that need to be adopted when we think about mental health promotion and prevention. This reflective study aimed to reflect on the importance of intersectoriality in the promotion of mental health in the school context and its dialogue with the network. The new approaches in mental health show that the different areas of knowledge make it possible for advances to occur in all spaces that the subject occupies and that the care provided will bring good results if the strategies implemented have a singular and particular look at the subjects. We certainly bring together several sectors that allow reflections and actions on this theme to emerge, giving shape and initiating processes of change. Nowadays, the vast majority of professionals working in the area of childhood and adolescence have been mobilizing and advancing in care in their practices and research. Discussions have been taking place and many professionals have seen in their actions that were previously isolated to advance by allowing themselves to work in a network, thus filling innumerable gaps. However, the intersectoriality between social, educational and health systems needs to be widely discussed and restructured, it is noticed that many professionals still have difficulty in articulating together and are able to face such complex problems alone because they believe that only their practices can handle it. . We conclude that the promotion of mental health will only be effective when the different sectors of society realize that it is necessary to have an articulation between the different knowledges so that the nuances that involve this theme are invalidated.

TO PARIS ON A HORSE: PSYCHOSIS AND COGNITIVE IMPAIRMENT RELATED TO VITAMIN B12 DEFICIENCY IN AN ELDERLY PATIENT WHO GAVE UP ON MEAT

by Mauro Pinho | Daniela Oliveira Martins | Serafim Carvalho | Hospital de Magalhães Lemos | Hospital de Magalhães Lemos | Hospital de Magalhães Lemos

Mrs. D. is a 76-year-old married woman, admitted to the emergency room because of violent behavior towards her husband. She proclaims she's going to Paris on a horse and lives in a palace, while also believing she's calling her daughter with her 'love phone', which is actually a sea snail's shell. These beliefs started 6 months ago, simultaneously with a slowly progressing difficulty with instrumental activities of daily living, such as financial managing and compliance with her medication. She is conscious, with no attention or orientation disturbance. She has no psychiatric history. She's admitted as an inpatient, and a level <83 pg/mL of serum vitamin B12 shows in her laboratory testing, compatible with severe deficiency. She explains she's been on a meat-free diet on the last 3 years, but also has positive autoantibodies to gastric parietal cells, even though presenting with no anemia. Treatment with risperidone and intramuscular cyanocobalamin is started, with fast total remission of psychosis and behavioral disturbance.

Therefore, recognition and treatment of vitamin B12 deficiency must be promptly considered in the management of first-episode psychosis and cognitive impairment, especially in the elderly. When not treated quickly enough, vitamin B12 deficiency can result in irreversible brain damage. Asking for dietary habits is also often overlooked, in history taking, hindering preventive measures in patients at risk of vitamin B12 deficiency.

TOPIRAMATE AS AN OPTION FOR THE TREATMENT OF ALCOHOL USE DISORDERS?

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Alcohol Use Disorders (AUDs), in other words, patterns of harmful drinking that lead to impaired health status and clinically significant suffering, are a serious and public health problem with a significant social and economic impact and a major cause of mortality and morbidity. That is why it is important to discuss the need for a paradigm shift in the approach and treatment of AUDs. The objective of this work is to evaluate the importance of topiramate and its possible role in the treatment of these pathologies. The authors searched on Pubmed database, using the Mesh terms: "Alcoholism" and "Topiramate" for Meta-Analysis (MA), Systematic Reviews (SR), and Randomized Controlled Trial (RCT), published in the last 10 years, in English and Portuguese language. 21 articles were found to be analyzed.

Topiramate is a drug that has been approved by the US Food and Drug Administration for the treatment of epilepsy. In addition, it has also been used in the treatment of other conditions such as migraine. Topiramate acts on the central nervous system through several mechanisms of action. In theory, topiramate regulates the GABAergic and glutamatergic systems which, in turn, modulate the availability of dopamine. This mechanism was important for topiramate to be considered as a therapeutic option for the treatment of addictive disorders, both substance use disorders and behavioral addictions. In fact, studies have been showing that topiramate should be considered as a second-line option for drinking reduction in alcohol use disorder and for binge eating disorder, and cocaine use disorder. The efficacy of topiramate as well as its safety profile has been compared with regularly used alcohol therapies, such as naltrexone and acamprosate, showing favorable results. Nevertheless, new studies are needed to determine the contexts in which topiramate is most beneficial in the treatment of AUDs.

Understanding Algerian international student mental health experiences in UK (United Kingdom) universities: difficulties of disclosure, help-seeking and coping strategies

by Nesrine BOUSSAOUI | Strathclyde

International students often encounter challenges while studying in the UK, including communication and language barriers, lack of social networks and socio-cultural differences that adversely impact on their mental health. For Algerian international students (AISs) these challenges may be heightened as English is not their first language and the culture of their homeland is substantially different from British culture, yet research has to incorporate their experiences and perspectives.

The current study aimed to explore AISs' 1) understandings of mental health; 2) issues of disclosure for mental health difficulties; and 3) mental health help-seeking and coping strategies. Method: In-depth, audio recorded semi-structured interviews (n = 20) with AISs in UK universities were conducted. An inductive, reflective thematic approach analysis was used

The following themes and associated sub-themes were developed: (1) Algerian cultural influences on mental health understanding (socio-cultural comparisons); (2) the paradox of the family (pressure vs. support); (3) stigma and fear of disclosure; (4) Barriers to formal help-seeking (informal disclosure as first step to seeking help); (5) Communication barriers (resort to mother tongue to disclose); (6) Self-reliance and religious coping.

Recognizing and understanding the challenges faced by AISs in terms of disclosure and mental health help-seeking is essential to reduce barriers to formal help-seeking. Informal disclosure among peers is often the first step to seeking help. Enhancing practitioners' cultural competences and awareness of diverse understandings of mental health and the role of religious coping among AISs' may have transferable benefits to a wider international student population

Visuo-perceptual abilities and visual memory in a recent onset First Episode Psychosis sample: a strong predictor of global impairment.

by Alessia Avila | Faculty of Medicine University of Lisbon / King's College London

Hypothesis: We hypothesise that visual memory and visuo-spatial abilities are early predictors of illness severity and functional impairment in First Episode Psychosis (FEP). Illness severity was defined as having higher levels of Negative symptoms, lower functioning, and higher risk of being discharged with a diagnosis of Schizophrenia.

Methods: We assessed 110 FEP patients with a comprehensive clinical and neuropsychological assessment at the end of their inpatient stay, with reduced confounding effects from current substance or neuroleptic use. VM and VSA were assessed with the Rey-Osterrieth Complex Figure: we considered score on memory trial and type of copy respectively. We investigated the relationship between these domains and clinical variables with various Logistics and Multinomial Regression Models. We also explored the predictive power of VM and VSA against other commonly assessed cognitive domains.

Results: VM and VSA were strong predictors of high levels of negative symptoms and, both premorbid and current functional impairment. In particular, Visual Memory and Visuo-spatial Abilities were predictive of employment status at the moment of hospitalisation. Visual Memory and Visual Spatial Abilities seem to be stronger predictors of functioning than other cognitive domains in this population. Finally, patients with stronger impairments in Visuo-spatial Abilities were more likely to be discharged on a Schizophrenia diagnosis.

Conclusions: The findings might have twofold implications: VM and VS abilities might inform early detection of patients evolving to a worse prognosis; furthermore, the results might be useful when planning early cognitive remediation interventions in early psychosis, supporting the necessity of improving training in these specific domains.

Well-being, health and loneliness during the COVID-19 pandemic - Adolescents' and young adults' experiences

by Jessica Hemberg | Åbo Akademi

There are large gaps in the literature on COVID-19 pandemic-related mental health outcomes and after-effects specific to adolescents and young adults. To explore adolescents' and young adults' experiences of well-being, health and loneliness during the COVID-19 pandemic. A qualitative exploratory design with qualitative content analysis was used. Twenty-three participants (aged 19-27; four men and 19 women) were interviewed. Four themes emerged: Changed social networks – fewer and closer contacts, Changed mental and physical health, Increased physical and social loneliness, Well-being, internal growth and need for support. Adolescents' and young adults' experiences of well-being, health and loneliness are subtle and complex. Participants experienced changed social networks, mental and physical health, and well-being. Also, internal growth, need for support and increased loneliness were seen. Clear information on how to seek help and support from professionals should be made available.

Withstanding Psychological Distress Among Internally Displaced Yazidis in Iraq: Six Years After Attack by the Islamic State of Iraq and the Levant

by OMAR SALIH RASHEED RASHEED | Lucía López Rodríguez | Marisol Navas | University of Almeria | University of Almeria | University of Almeria

Abstract

Insurgents of the Islamic State of Iraq and the Levant created a crisis that has had immediate and long-term consequences for the population in Iraq. Yazidis are among the most affected social groups in the region. The current study focuses on investigating the level of psychological distress and its association with subjective resilience among the Yazidi minority six years after the attack by the Islamic State of Iraq and the Levant. Four hundred and twenty-two Yazidi individuals (50.8% female) who settled in two camps in Iraq participated in face-to-face interviews for the current study. Each participant answered to different scales to measure psychological distress (i.e., depression, anxiety, and stress), perceived stress, and subjective resilience. Additionally, they were asked questions about mental health and psychosocial service acquisition. The results indicate that levels of psychological distress were high among the target population, especially among women, who also revealed slightly lower subjective resilience as compared to the male participants. A hierarchical regression demonstrated that subjective resilience significantly contributed to the model when predicting psychological distress beyond the sex of the participants and other demographics. We critically discuss the differences in the results among participants per camp and by sex, and the implications of these results.

Work Addiction, Perceived Stress, Job Burnout, and Work Engagement: A Network Perspective

by Piotr Bereznowski | University of Gdańsk

According to the World Health Organization and the International Labor Organization, every year over 745 thousand people die worldwide due to overworking. The mental health problem contributing to these deaths is work addiction (also often called workaholism). The prevalence rate estimates for work addiction are 7–8%. Besides death, work addiction leads to perceived stress, job burnout, and deteriorated work engagement. This study aimed to investigate how symptoms of work addiction co-occur with dimensions of perceived stress, job burnout, and work engagement. The sample comprised 676 working Poles: 476 females (70.4%), 191 males (28.3%), and nine individuals who did not report their gender (1.3%). Their mean age was 36.12 years ($SD = 11.23$), ranging from 20 to 79. Data collection was based on convenience sampling and took place from January 2014 to July 2016. The psychological variables were measured with the Bergen Work Addiction Scale, the Perceived Stress Scale, the Maslach Burnout Inventory – General Survey, and the Utrecht Work Engagement Scale. The network analysis was carried out following the guidelines for estimating psychological networks from cross-sectional data. The results showed four direct relationships between symptoms of work addiction and dimensions of perceived stress, job burnout, and work engagement. Use of work for mood modification purposes (mood modification symptom) co-occurred with perceived stress and absorption dimension of work engagement. The negative influence of work on an individual's health (problems symptom) co-occurred with the exhaustion dimension of job burnout. Experiencing stress when being prohibited from work (withdrawal symptom) co-occurred with the absorption dimension of work engagement. The results obtained with network analyses are congruent with theoretical considerations regarding the relationships between work addiction and the three phenomena. Further studies should investigate whether the observed relationships are causal and could be influenced.

'Kriya Yoga': A potential solution for the mental health issues of health care workers

by Dr. Pooja Ojha | Dr. Naresh Nebhinani | Dr. Ambika Chandani | All India Institute of Medical Sciences, Jodhpur | All India Institute of Medical Sciences, Jodhpur | Indra Yoga Sansthan

The exhaustion among the health care workers (HCW) during COVID -19 pandemic has been widely accepted. It was required to address their mental health issues and look for easy solutions. 'Kriya yoga' is a set of relaxation exercises that include mantra chanting, breath modulation, asanas, and pranayama. In the current context, it has not been evaluated as an intervention for stress management among the HCW. Therefore, we investigated the usefulness of this practice among the HCW for stress mitigation using electrophysiological measures and questions pertaining to their subjective feeling of stress.

Participants were recruited through convenience sampling (n=25) and enrolled in the intervention and control groups after obtaining informed consent. A yoga expert taught the Kriya Yoga to those who opted for it. The intervention was given for a duration of six weeks. Electroencephalogram (EEG) and electrodermal activity were recorded pre and post-intervention and compared with the control group. The subjective feeling of stress was inquired through the perceived stress scale (PSS). EEG was analyzed quantitatively for changes in the power of alpha rhythm over four regions.

There was a significant increment in the mean alpha power in the parietal, central, and frontal regions among the practitioners. The peak alpha frequency in the occipital region was also increased. The PSS scores were improved, and EDA revealed a tonic reduction in stress in the intervention group. There was a general acceptance of the practice of Kriya yoga and was reported to impart a feeling of relaxation.

Kriya yoga is a helpful intervention to manage stress and has a role in tackling the mental health issues of the HCW