

**Objectives:** One purpose of this project is to evaluate the associations between self-reported quality of life and objective measures of somatic health.

**Methods:** A clinical intervention in which a GP consults patients in all medium secure wards in the Central Denmark Region (N=72). The consultation includes a physical examination, medication review, and evaluation of blood samples. Data is collected from: electronic patient files and questionnaires regarding quality of life (SF-12), lifestyle, and attitude towards GP services.

**Results:** The population will be described in regards to socio-demographic, clinical, and forensic characteristics. Associations will be made between quality of life (SF-12), metabolic syndrome, blood markers, and heart-SCORE risk. Risk profiles for endocrinologic and coronary illness will be examined.

**Conclusions:** Results may guide future health interventions and will be used as a basis for adjustments to the current project.

**Disclosure:** No significant relationships.

**Keywords:** #Forensic Psychiatry; #Multimorbidity; #Cross Sectoral; #Clinical Intervention

## EPV0777

### Implementation of Traffic Light System on food sold at Brockfield House Medium secure unit to help improve healthy food options.

N. Agunwamba\*, D. Ho and M. Duffy

Essex Partnership University Foundation Trust, Forensic Psychiatry, Runwell Wickford Essex, United Kingdom

\*Corresponding author.

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**Introduction:** Public Health England published a report in 2017 on Obesity in Secure Mental Health units. A key finding was that not only is obesity and overweight more prevalent in the population detained within mental health secure units (reported rates of up to 80%) than in the general population (around 60%), patients appear to be more at risk of weight gain when they are detained.

**Objectives:** 1. To implement a traffic light system on food and confectionaries sold at the shop at a Medium secure hospital. 2. Provide healthier food options at the shop by using traffic light system as a visual aid 3. To achieve weight reduction and promote healthy life style choices in patients admitted to our medium secure Forensic unit

**Methods:** 1. Buying a new till system which is able to quantify what type of food is sold 2. Labelling food sold using traffic light system 3. Calculate the types of food sold following a three- month period after implementation.

**Results:** /Intended Outcome Traffic light system provides a visual aid to patients in choosing healthier food Patients in our medium secure unit achieve a reduction in their weight Traffic light system can be replicated/ adopted by other secure hospitals

**Conclusions:** The purpose of this research is to implement a traffic light system on food sold at a shop in our medium secure unit and that this will help improve food choices in the unit.

**Disclosure:** No significant relationships.

**Keywords:** Secure Services; forensic psychiatry; lifestyle choices; obesity

## EPV0778

### Quality of Life, Risk and Recovery in a National Forensic Mental Health Service: A D-FOREST study from DUNDRUM Hospital.

H. Amin<sup>1\*</sup>, I. Edet<sup>2</sup>, N. Basrak<sup>1</sup>, G. Crudden<sup>3</sup>, H. Kennedy<sup>4,5</sup> and M. Davoren<sup>4,5,6,7</sup>

<sup>1</sup>National Forensic Mental Health Service, Ireland, Research, Dublin, Ireland; <sup>2</sup>Health Service Executive, Psychiatry, Dublin, Ireland; <sup>3</sup>Health Service Executive, Psychiatry, Galway, Ireland; <sup>4</sup>Central Mental Hospital and Trinity College Dublin, Dundrum Centre For Forensic Excellence, Dublin, Ireland; <sup>5</sup>Department of Psychiatry, Trinity College Dublin, Dublin, Ireland; <sup>6</sup>National Forensic Mental Health Service, Central Mental Hospital, Dundrum, Dublin, Ireland and <sup>7</sup>Central Mental Hospital, National Forensic Mental Health Service, Dundrum, Dublin, Ireland

\*Corresponding author.

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**Introduction:** Secure forensic mental health services have a dual role, to treat mental disorder and reduce violent recidivism. Quality of life is a method of assessing an individual patients' perception of their own life and is linked to personal recovery. Placement in secure forensic hospital settings should not be a barrier to achieving meaningful quality of life. The WHO-QuOL measure is a self-rated tool, internationally validated used to measure patients own perception of their quality of life.

**Objectives:** This aim of this study was to assess self-reported quality of life in a complete National cohort of forensic in-patients, and ascertain the associations between quality of life and measures of violence risk, recovery and functioning.

**Methods:** This is a cross sectional study, set in Dundrum Hospital, the site of Ireland's National Forensic Mental Health Service. It therefore includes a complete national cohort of forensic in-patients. The WHO-QuOL was offered to all 95 in-patients in Dundrum Hospital during December 2020 – January 2021, as was PANSS (Positive and Negative Symptoms for Schizophrenia Scale). During the study period the researchers collated the scores from HCR-20 (violence risk), therapeutic programme completion (DUNDRUM-3) and recovery (DUNDRUM-4). Data was gathered as part of the Dundrum Forensic Redevelopment Evaluation Study (D-FOREST).

**Results:** Lower scores on dynamic violence risk, better recovery and functioning scores were associated with higher self-rated quality of life.

**Conclusions:** The quality of life scale was meaningful in a secure forensic hospital setting. Further analysis will test relationships between symptoms, risk and protective factors and global function.

**Disclosure:** No significant relationships.

**Keywords:** Forensic in-patients; Quality of Life; Risk; Recovery

## EPV0779

### Bio-psycho-social model of aggressive behaviour

A. Mihai

George Emil Palade" University of Medicine, Pharmacy, Science and Technology of Târgu Mureş, M4, Psychiatry Department, Tg Mures, Romania

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