

required medical curricula. Life story reviews may allow providers to understand the “positive” aspects of patients’ lives and understand their patients better as people.

Keywords: Medical Education; resilience; Meaning in life; Positive Psychiatry

EPP0989

Impact of adult attachment styles on health behaviors among youngsters

S. Masood* and D.S. Ali

Department Of Psychology, University of Karachi, Karachi, Pakistan

*Corresponding author.

doi: 10.1192/j.eurpsy.2021.1239

Introduction: Attachment styles play important role in managing health behavior. It has been observed in researches that attachment style have relationship with health behavior (Schlack, 2003). If attachment styles are left the way they form habitually it can be harmful, in a study with diabetic patients, people with avoidant attachment style were expected to die within 5 years of disease diagnosis (Ciechanowski et al., 2010).

Objectives: To assess effect of adult attachment styles on health behavior?

Methods: Sample comprised of 300 university students from different private and government universities of Karachi with age range 18 – 35 years. Assessment tools used are relationship questionnaire and wellness behavior inventory scale. Relationship questionnaire is used to identify the dimension of attachment style (Bartholomew & Horowitz, 1991). Wellness behavior inventory was used to identify consistency of healthy behavior activities done on regularly basis (Sirois, 2001). Statistical tests used for descriptive analysis were frequency and percentage and for inferential statistics regression analysis test was used.

Results: According to the attachment styles A, B, C and D most of the study participants fell in healthy weight range, a few were in obese range which is considered unhealthy. Result of regression analysis estimated there is no effect of attachment style on health behavior as p-value was greater than 0.05.

Conclusions: Attachment style is not a good predictor of health behavior solely. As per a few researches in order to study impact of attachment styles other mediating variables that can have effect on health behavior should also be observed such as self-esteem.

Keywords: Adult Attachment Style; Health Behavior; Attachment Style

EPP0991

Improving psychological well-being and neurocognitive efficiency in aging: Efficacy of a neurofeedback-guided mindfulness protocol

D. Crivelli^{1*} and M. Balconi²

¹International Research Center In Cognitive Applied Neuroscience – Irccan, Research Unit In Affective And Social Neuroscience, Department Of Psychology, Catholic University of the Sacred Heart, Milan, Italy and ²International Research Center For Cognitive Applied Neuroscience - Irccan, Research Unit In Affective And Social

Neuroscience, Department Of Psychology, Catholic University of the Sacred Heart, Milan, Italy, Milan, Italy

*Corresponding author.

doi: 10.1192/j.eurpsy.2021.1240

Introduction: Mounting evidence shows that mental training activities aimed at increasing self-awareness and self-regulation can better psychophysical wellbeing, as well as on neurocognitive efficiency. Nevertheless, the commitment required by traditional approaches to such activities often discourages their implementation as prevention tools with elderly users. Integrating traditional interventions and new technologies might help to achieve this goal.

Objectives: The study aims at evaluating the effects on cognitive control and self-regulation of a mindfulness protocol supported by a wearable neurofeedback device, comparing young-adults and elderly people.

Methods: Participants completed a three-week experimental (EXP) or control (CONT) training protocol, with daily sessions of practice. The EXP protocol was based on breathing awareness practices executed with the support of the wearable neurofeedback device. In the CONT protocol, participants completed breathing practices while listening to ambient sounds with no feedback. Stress, anxiety and mood levels, cognitive skills, and physiological markers (EEG and autonomic indices) of neurocognitive efficiency and stress were assessed pre-/post-training.

Results: Both young and elderly participants completing the experimental protocol showed a post-training improvement in executive control, a reduction in perceived stress levels, and an improvement of psychophysiological markers of stress regulation. In addition, young participants presented an improvement of EEG markers of attention regulation, while elderly participants showed an improvement of EEG markers of affective regulation and a reduction of subclinical depressive symptoms.

Conclusions: Findings highlights the potential of integrating traditional interventions and new technologies in order to promote subjective well-being and neurocognitive enhancement, especially with elderly users.

Keywords: Wearable neurofeedback; Aging; Neurocognitive efficiency; Mood

EPP0992

Understanding stress in patients with multiple sclerosis: The joint predictive role of disease characteristics and emotion regulation processes

T. Carvalho^{1,2}, A. Sousa-Mendes¹, C. Gomes^{3*} and C. Guedes¹

¹Psychology, Instituto Superior Miguel Torga, Coimbra, Portugal;

²Faculty Of Psychology And Educational Sciences, University Of Coimbra, Center for Research in Neuropsychology and Cognitive-Behavioral Intervention (CINEICC), Coimbra, Portugal and ³-, Clínica de Saúde Psiquiátrica de Coimbra – Casa da Oliveira, Coimbra, Portugal

*Corresponding author.

doi: 10.1192/j.eurpsy.2021.1241

Introduction: Multiple sclerosis (MS) is a chronic inflammatory, demyelinating, and neurodegenerative disease of the central nervous