

Disclosure: No significant relationships.

Keywords: stress; relaxation techniques; stress intervention

EPV0358

The effect of psychoeducation regarding relaxation breathing, in stress reduction in a sample of nurses in a Greek hospital

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Introduction: Stress is one of the biggest problems leading a large portion of people to seek medical or psychotherapeutic management, while a large portion of hospital staff report high levels of work-related stress.

Objectives: The purpose of this intervention was to implement a psychoeducation seminar on stress management by implementing diaphragmatic breathing exercises and to detect the reduction of its levels in nursing staff.

Methods: The study took place at the General Hospital of Nikaia. Fifty employees, 38 women, aged 20-60 ($M=37.4\pm10.5$) participated in a two-hour group psychoeducation workshop, concerning psychoeducation on stress and application in diaphragmatic breathing exercises. The measurement of the success of the intervention was performed using a proportional stress assessment scale before and after the intervention. Statistical analysis was performed with SPSS26.

Results: Stress levels before the intervention ranged from 0 to 10 ($M=5.7\pm5.7$) while after the intervention ranged from 0 to 7 ($M=2.3\pm2.04$). Age did not appear to play a role in stress reduction, but was found to be positively and significantly associated with pre-existing stress in employees ($r=0.423$ $p=0.002$). On the contrary, gender was found to be related both to the pre-existence of stress, with women reporting the highest levels ($t=-3.534$ $p=0.001$), and to the reduction of stress after the intervention ($t=-2.534$ $p=0.001$).

Conclusions: The above findings indicate the importance of implementing group psychoeducation programs to reduce stress at the organizational level, a very important result considering the cumulative effect that the recent existence of covid-19 has had on nursing staff.

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Keywords: Psychoeducation; stress; relaxation techniques

EPV0359

The importance of psychological support for end-stage renal disease dialyzed patients

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Introduction: End-Stage Renal Disease (ESRD) patients have difficult and challenging lifestyle due to the burden of the disease that, leads to numerous psychological issues. Regardless, healthcare providers usually focus on the somatic side and don't take care of the psychological dimension.

Objectives: Determine the effect of psychological support on the wellbeing of patients with ESRD.

Methods: A survey sheet including sociodemographic and clinical data were distributed to two different groups. Psychological counseling was given to one of the groups, and wasn't given to the other one.

Results: Patients not receiving psychological support had higher levels of anxious and depressive symptoms and suicidal ideations compared to the group receiving psychological support that had lower levels of anxious, depressive symptoms and suicidal ideation.

Conclusions: ESRD patients are at risk of developing all sorts of psychological issues. Which underlines the importance of the psychological support associated to the appropriate somatic care.

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Keywords: Psychology; counseling; Healthcare; end-stage renal disease

EPV0360

The role of self-esteem in the regulation of students' mental states

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Introduction: Studied the role of self-esteem in the regulation of mental states in the educational activities of students.

Objectives: The aim of the research is to reveal the interrelationships of states' substructures (mental processes, experiences, behavior) with the level of self-esteem of students.

Methods: The study involved 69 students of the 1st and 2nd year, all humanities. The study was carried out in various situations of educational activity: at lectures, seminars, exams. Used the methods to study mental states, style of self-regulation and self-esteem.

Results: Found that as the level of self-esteem increases, the intensity of mental states' substructures also increases, and vice versa. As a result of ANOVA use, found that the regulatory properties "independence" ($p < 0.001$) and "ability to program actions" ($p < 0.002$) exert the greatest influence on the interaction of mental states and self-esteem. In lectures, seminars students with a low level of self-esteem mostly experience states of low intensity. Students with an average level of self-esteem are characterized by positive states of an increased level of intensity: from cheerfulness and anticipation to interest and fun. Students with high self-esteem experience mental states different in modality, intensity. As the level of self-esteem increases, the intensity of mental states' substructures manifestation increases, and vice versa.

Conclusions: Average self-esteem is most optimal for the regulation of mental states. In the case of high self-esteem, the most optimal states are experienced when the subject is highly independent. Low self-esteem students, experience the least intense states. This work was supported by the RFBR grant № 20-013-00076.

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Keywords: self-esteem; mental state; regulation; student

EPV0361

Functional impairments in ADHD in function of anxiety, depressive and somatic complains in Brazilian young adults

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Introduction: Comorbidities between Anxiety Disorders, Depressive Disorders or Somatic Symptoms, and Attention Deficit Hyperactivity Disorder (ADHD) can cause variability in the functional impairments faced by young adults. Knowing the possible configurations resulting from these comorbidities is important for a better understanding of the cases, diagnostic processes, and proposed treatments.

Objectives: To verify associations between indicators of the aforementioned mental disorders, and symptoms of inattention or hyperactivity-impulsivity, and functional impairments in different areas of life, related to ADHD.

Methods: There were 27 participants (23 women, age $m = 22.5$ $sd = 1.8$, education $m = 15.7$ $sd = 2.2$), with complaints of inattention and hyperactivity-impulsivity compatible with ADHD, screened with ASRS-18 score > 24 and WASI IQ > 79 , and assessed by DIVA-2.0 (symptoms of ADHD), ASR-ASEBA (depressive, anxiety and somatic problems), EPF-ADHD (functional impairments in the academic, professional, affective, domestic, social, health, financial, traffic areas and legal risk). Spearman's Correlation analysis was performed in the SPSS program (significance $p < 0.05$).

Results: Increase in depressive problems associated with increased symptoms of inattention ($\rho = 0.386$, $p = 0.049$) and hyperactivity-impulsivity ($\rho = 0.406$, $p = 0.036$). Increased somatic problems associated with increased functional impairment in health ($\rho = 0.458$, $p = 0.016$). Increase in depressive problems associated with increased losses in the academic ($\rho = 0.437$, $p = 0.023$), affective ($\rho = 0.408$, $p = 0.034$), domestic ($\rho = 0.550$, $p = 0.002$), social ($\rho = 0.445$, $p = 0.002$), financial ($\rho = 0.389$, $p = 0.045$) and health ($\rho = 0.514$, $p = 0.006$).

Conclusions: ADHD with comorbidities can have a peculiar clinical evolution with specific characteristics, including diagnosis, management, and response to treatment. These subgroups with different intervention needs demand outlining needs and personalized treatment.

Disclosure: No significant relationships.

Keywords: ADHD; Anxiety; Depression; Functional Losses

EPV0362

Organizational environment as a factor of physicians' psychological well-being

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Introduction: The importance of ensuring the well-being of physicians is determined by the serious changes in medical organizations that transform the traditional "doctor - patient" relationship and set different indicators of the medical care quality (Melnik et al., 2020; Sandy et al., 2019; Tawfik et al., 2019).

Objectives: The main objective was to study the characteristics of the well-being of physicians working in public and commercial medical institutions. The difference in these "environments" is the degree of independence and responsibility in the course of diagnosis and treatment.

Methods: The study involved 102 people: 66 of them are employees at public hospitals, 36 – at commercial medical centers. The respondents were offered a methodic package aimed to diagnose: career orientations; the degree of satisfaction with various work aspects; severity of burnout symptoms; subjective assessment of their work.

Results: The estimating factor analysis identified 3 factors (73% of the total variance of the data) – such as emotional acceptance of one's work, stress and tension, intellectual workload. The indicator of emotional exhaustion among physicians of commercial centers is significantly higher than that of doctors of public hospitals, which indicates a greater emotional involvement in the situation of providing paid services ($p \leq 0.007$).

Conclusions: The main direction of psychological work with physicians of commercial institutions is teaching them to regulating the emotional state and to master communicative techniques. An important part of psychological support of physicians in public hospitals is to provide a favorable psychological climate that ensures the professional growth and adherence to humane principles of working with patients.

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Keywords: well-being; physicians; "doctor - patient" relationship; public hospitals; commercial medical instit

EPV0363

Self-compassion, optimism and shame in childhood trauma among 18-25 years old individuals

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Introduction: Childhood trauma has a negative impact on mental health of individuals. Self-compassion involves being open to painful