reliability. Also, analyses supported the good convergent and predictive validity of the instrument.
Conclusions: The Italian version of the NRS-6 appears a reliable and useful tool that can be used in future research. Our studies extend the nomological network of the construct shedding light on the tight relationship of NR with the capacity to regulate positive emotions.

Keywords: Savoring; validation; factorial structure; Nature Relatedness

EPP1147

Longitudinal association between daytime sleepiness and cognitive decline in dementia: A study protocol

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Introduction: Dementia is a major cause of disability worldwide. About 25%-40% of patients with mild to moderate dementia are affected by sleep-awake cycle disturbances, including increased daytime sleepiness and insomnia. However, little is known about the specific impact of excessive daytime sleepiness on the cognitive decline of dementia patients.
Objectives: To evaluate the impact of daytime sleepiness on the cognitive decline of dementia patients. Additionally, longitudinal associations with functional impairment and neuropsychiatric symptoms will be explored.
Methods: A longitudinal study will be conducted in a psychogeriatric consultation. Patients will be consecutively invited according to predefined eligibility criteria. Those aged ≥65 years, with dementia diagnosis or Mini-Mental State Examination (MMSE) <24, and with a knowledgeable caregiver, will be included. The exclusion criteria are: a caregiver <18 years, terminally ill, incapable to communicate or with a known diagnosis of insomnia, sleep related respiratory disorders, central hyperinsomnia, restless legs syndrome or sleep paralysis. Participants will undergo an assessment with a comprehensive protocol including: Montreal Cognitive Assessment (MoCA), Barthel and Lawton Index, Epworth Sleepiness Scale (ESS), Neuropsychiatric Inventory (NPI) and Global Deterioration Scale (GDS). Participants will be re-assessed 6 months after the initial evaluation. The Health Ethics Committee of Hospital Universitário de São João granted the study authorization (nº 260/2020).
Results: Findings will be disseminated via publication in peer-reviewed journals and presentations at national and international scientific conferences.
Conclusions: This study will address key questions on the relation of daytime sleepiness and dementia outcomes, in order to undertake corrective and preventive non-pharmacological and pharmacological approaches.

Keywords: dementia; Daytime sleepiness; Cognitive decline; longitudinal study

EPP1148

Conceiving and evaluating novel therapeutic strategies with patients and peer practitioners: The case of urban remediation program

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Introduction: While extensive recent data details risk factors for psychoses in urban milieu, insights regarding recovery processes in cities are scarce. This hampers the translation of promising epidemiological and neuroimagery findings into effective therapeutic strategies. Given the twofold higher incidence of psychoses in cities and the fact that 68% of world population will be urban by 2050, it becomes an urgent matter of psychiatric care.
Objectives: This presentation details specific targets for therapeutic interventions in city context to further discuss a pioneering participatory project with the aim to conceive a novel city specific recovery-oriented program.
Methods: Based on most recent research data, some of which our own, a comprehensive survey of urbanicity studies and an overview of main avenues for developments will be presented.
Results: Urban milieu is a complex dwelling space made of protective and disruptive features. During each life course they may form unique combinations hampering or enhancing psychological well-being. Urban living is not only correlated with higher prevalence of psychoses, but also with better access to health care and lower rates of treatment resistant schizophrenia, pointing to some beneficial aspects of city living on recovery processes. The interplay between personal characteristics, urban resources and supportive social environments seems pivotal to recovery calling for multilevel interventions (CBT interventions, peer-support, go-alongs, resocialization) and integration of different stakeholders (patients, peer-practitioners, community actors).
Conclusions: Participatory approach (design thinking, urban lab etc.) represents an important means of innovation and ensures the best match between patients needs and therapeutic propositions.

Keywords: Psychoses; Urbanicity; recovery; Particpatory design

EPP1149

Measuring COVID-19 anxiety among russians: Examining the psychometric properties of russian translations of the covid-anxiety scale and the fear of coronavirus-19 scale

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Introduction: Both the COVID-Anxiety Scale and the Fear of Coronavirus-19 Scale have been recently developed to facilitate research on COVID-19 anxiety.

Objectives: To examine the psychometric properties of Russian translations of the COVID-Anxiety Scale and the Fear of Coronavirus-19 Scale.
Methods: In order to examine the psychometric properties of Russian translations of the COVID-Anxiety Scale and the Fear of Coronavirus-19 Scale, a total of 341 Russian adults completed both measures.
Results: First, a high level of COVID-19 anxiety was found in the sample. Second, confirmatory factor analysis demonstrated that the Russian translations of both the COVID-Anxiety Scale and the Fear of Coronavirus-19 Scale had satisfactory psychometric properties, with both scales having a hypothesised one-factor structure. Third, a significant positive association was found between both the COVID anxiety scales. Fourth, higher COVID anxiety scores were associated with being female, and being older.
Conclusions: These findings provide initial evidence for the satisfactory properties of the Russian translations of the COVID-Anxiety Scale and the Fear of Coronavirus-19 Scale. Further research is suggested that examines the prevalence and psychological correlates of COVID-19 anxiety.

Keywords: COVID-19; Anxiety; Russian; translation

EPP1150

Validation of the "short health anxiety inventory" on a sample of school-age children (russian-language version)

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Introduction: Modern Russian health psychology does not have the necessary tools for studying health anxiety in children, and therefore it is necessary to identify methods aimed at assessing the presence/absence and severity of children's health anxiety.
Objectives: To validate the "Short Health Anxiety Inventory" to a sample of school-age children who do not have serious physical disabilities.
Methods: The sample: 193 respondents (average age-12.5; 117-girls). We used: "Short Health Anxiety Inventory" (SHAI; Salkovskis et al., 2002), Children CPQ (Factor C), "Attitude toward Health" questionnaire (Berezovskaya, 2005) (emotional scale), STAI (Spielberger, 2002), EPI (Eysenck, 1963) (neuroticism scale).
Results: Correlation analysis suggests that "health anxiety" is a separate construct. The discriminativeness criterion shows that each individual statement, as well as the whole inventory, is aimed at measuring the same construct. The retest reliability assessment (4 weeks later) shows the results: the "Health Anxiety" scale - 0.892 ($p \leq 0.01$), the "Alertness to bodily sensations" scale - 0.889 ($p \leq 0.01$), the "Fear of negative consequences" scale - 0.815 ($p \leq 0.01$). Correlations between the scales shows the values: 0.943 ($p \leq 0.01$) - for the general scale, 0.392 ($p \leq 0.01$) - for the "Alertness to bodily sensations" scale, 0.675 ($p \leq 0.01$) - for the "Fear of negative consequences" scale. The original three-component structure of the questionnaire is confirmed. The Russian version of the inventory showed internal consistency (alfa-Cronbach's coefficient - 0.835), retest reliability, discriminativeness, external and constructive validity.
Conclusions: The results indicate that the SHAI can be used to study health anxiety in children due to its psychometric characteristics, simplicity and ease of use.

Keywords: Short Health Anxiety Inventory; Health anxiety in children; Inventory validation

EPP1152

Drug utilization of paliperidone in adolescent schizophrenia patients: A retrospective cohort study in China

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Introduction: In China, the indications of paliperidone extended in schizophrenia adolescents (12-17 years) was approved by National Medical Products Administration (NMPA) in 2017. But, the utilization of paliperidone in this group needs to be further investigated.
Objectives: To assess paliperidone utilization in schizophrenia adolescents.
Methods: The study employed the electronic medical records (EMRs) database from a psychiatry specialized hospital (PH) and a general hospital (GH), respectively. General information, including birth date, gender, visit date, diagnosis (inpatient and outpatient) with ICD-10 coding, drug characterize, prescription date and dosage, was de-identified and standardized for analysis. Schizophrenia adolescents (ICD-10: F20.x) received at least one prescription of paliperidone between 2018 and 2019 were included in this study. Index date was defined as the date of first identified paliperidone prescription. The patients were followed up until the end of 2019 with the last record, or upon reaching 18 years. The database was analyzed based on days of supply, administration frequency, and daily dose.
Results: Overall, 112 and 117 eligible patients were included in the present study from PH and GH, respectively. The median drug supply was 179.0 days and 44.0 days, respectively, during which median number of prescriptions patients received was 6.0 and 3.0. Paliperidone was mostly initiated alone (57.1% and 88.9%) with frequency of once daily (97.3% and 88.9%), and the median of average daily dose during follow-up was 5.7 mg/day and 6.0 mg/day, respectively.
Conclusions: The duration of paliperidone usage was very different in two hospitals, but the dosages in both hospitals were generally agreed with prescribing information.

Keywords: Drug Utilization; paliperidone; schizophrénia; adolescent