

Results: The research revealed that cardiac surgery patients' indices significantly exceeded the norm on three out of five scales – Negative-Past ($t=4.405$; $p=.000$), Positive-Past ($t=3.536$; $p=.000$), and Future ($t=5.008$; $p=.000$). We also identified essential correlations between the level of depression and the indices of Negative-Past ($r=.390$; $p=.002$) and Positive-Past ($r=-.270$; $p=.037$). We distinguished a positive correlation of the negative attitude to the past with cognitive-affective ($r=.369$; $p=.004$) and somatic ($r=.338$; $p=.008$) manifestations of depression, and a negative correlation with the level of education ($r=-.292$; $p=.024$).

Conclusions: The personal time perspective profile in cardiac surgery patients is unbalanced due to a high level of their negative attitude to the past with an optimal level in other time perspectives. The degree of the Negative-Past attitude correlates in the patients with a low level of education and a high risk of depression in all its manifestations. The given correlations should be taken into account when conducting preventive psychological interventions.

Disclosure: No significant relationships.

Keywords: risk factor; time perspective; Depression; cardiac surgery patients

EPV0472

Relationship between emotional coping and depressive symptomatology

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doi: 10.1192/j.eurpsy.2021.2008

Introduction: From the life cycle perspective, the aging is described as the strengthening of adaptive resources and the capacity for recovery or compensation for losses. These skills are grounded in the coping strategies that individuals apply in order to effectively adapt to diverse situations. Emotion-focused, passive coping strategies are considered to be maladaptive in the long term. These strategies are associated with affective disorders, being these phenomena of great impact in older adults.

Objectives: Verify if there is a relationship between emotion-focused coping strategies and depressive symptoms

Methods: The sample was composed of 418 healthy older adults, aged between 60 and 89 years with an average age of 69.67 years and $SD = 7.24$, 63.6% of the participants are women and the remaining 36.4% are men. The Coping Stress Questionnaire was used to evaluate strategies focused on emotion (Sandin & Chorot, 2003). The Center for Epidemiological Studies-Depression Scale (Radloff & Teri, 1986) was used to evaluate depressive symptoms.

Results: Depressive symptomatology showed significant associations with all emotion-focused strategies: negative self-focus (.339), open emotional expression (.279), avoidance (.202) and religion (.113) with a significance level of 0.05.

Conclusions: Emotion-focused coping strategies are associated with depressive symptomatology. Thus, it is considered that the use of these types of strategies in times of change or challenge will not benefit adaptation in the older adult. It is necessary to develop more active coping strategies for prevention in mental health during aging.

Disclosure: No significant relationships.

Keywords: depressive symptomatology; adaptation; coping; Coping Strategies

Promotion of mental health

EPV0473

Social media and its effect on mental health: Friend or foe?

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doi: 10.1192/j.eurpsy.2021.2009

Introduction: Recently, several studies have shown both positive and negative impacts of social media on mental health. However, little is known regarding the reasons for the negative impact of social media on mental health.

Objectives: To evaluate the role of social media on mental health.

Methods: We reviewed the documentary 'The Social Dilemma' released on Netflix in September 2020, which explored the role of social media in our life. The documentary discussed the behind the scene development of the social media world.

Results: The central message from the documentary is that all the social media applications we use are capable of hijacking the thought process of your brain and are consciously designed by the artificial intelligence technology in a way that one spends more time on them. It collects users' data such as topics they like, follow, search, subscribe, shop, and several others. Based on this data it feeds you the information according to your taste and next time you log in on the website, you spend more time on it. This causes positive reinforcement, the more time you spend on a particular topic, the more you will be presented which results in addictive behavior.

Conclusions: It is known that social media addiction is prevalent, and it affects brain like drug and alcohol addiction. This documentary provided technological insight into this type of behavior. Though social media has its pros, it has numerous cons despite being used for right intentions. Better regulatory measures are needed to prevent psychological disorders related to social media usage.

Disclosure: No significant relationships.

Keywords: Addiction; social media; Mental Health Policy; mental health

EPV0474

UEPG Abraça Program: The importance of a psychosocial care service in the university context

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doi: 10.1192/j.eurpsy.2021.2010

Introduction: In 2018, it was implanted in a Brazilian public university, the UEPG Abraça Extension Program, which has as objectives to realize psychosocial care and accompaniment, offer psychotherapies and therapeutic groups to the university community, that is, students, professors and university staff to suicide prevention, coping with mental disorders and the problematic use of alcohol and other drugs. The Program has a multi-professional team composed of nurses, social worker, psychologists and psychiatrists, in an exclusive environment, thus guaranteeing comfort and secrecy to users.

Objectives: To characterize the socio-demographic and clinical profile of users assisted by the UEPG Abraça Program and to disclose the importance of the service for the promotion of Mental Health.

Methods: Qualitative, quantitative, descriptive study, with a structured questionnaire as the research instrument. The collection took place in 2019 and the target audience were users who sought psychological care.

Results: There were 469 admissions/visits and 35 of them continued with individual visits in 2020. The majority of users were female (58%) and had the age group between 17 and 20 years. The main mental health problems identified were anxiety, self-knowledge and university-related problems such as interpersonal conflicts and difficulties in the work process. The most attended undergraduate courses were Letters, Journalism and Dentistry.

Conclusions: It is noted the importance of a psychosocial care service at university level for the care and promotion of Mental Health.

Disclosure: No significant relationships.

Keywords: mental health; Promotion of Health; University

EPV0476

Social physique anxiety and physical activity

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doi: 10.1192/j.eurpsy.2021.2011

Introduction: Social Physique Anxiety is defined as an emotional response that reflects individuals' concerns regarding the way their body may be observed or judged by others.

Objectives: To explore the relationship between physical activity and social physique anxiety.

Methods: A literature review has been made through pubmed database.

Results: Social Physique Anxiety is negatively related to participation in physical activity and commitment to exercise. Studies examining the relationship between motivation and social physique anxiety have shown that external motivations, such as improving muscle tone and body attractiveness, are directly linked to social physique anxiety. In addition, social physique anxiety is negatively related to self-efficacy. Individuals who believe that they will be judged by others to be ineffective are less likely to be engaged in physical activity programs. Social Physique Anxiety has been linked

to negative effects on mental health such as low self-esteem, smoking and eating disorders.

Conclusions: Given all the negative effects of social physique anxiety, as it is responsible for a wide range of health-related behaviors, it is important to identify physical activity-related motivational mechanisms in order to reduce the impact of social physique anxiety.

Disclosure: No significant relationships.

Keywords: Social Physique Anxiety; Physical Activity; athletics; motivation

EPV0478

Breast milk and infant formula milk for the prevention of hypoxic-ischemic encephalopathy in premature infants

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doi: 10.1192/j.eurpsy.2021.2012

Introduction: A relationship was found between the use of breast milk and infant formula milk and a decrease in the incidence and number of clinical complications caused by hypoxic-ischemic encephalopathy hypoxic-ischemic encephalopathy.

Objectives: To assess the efficacy and safety of breast milk and infant formula milk in terms of reducing of hypoxic-ischemic encephalopathy, the level of morbidity, the severity of damage to brain structures, the time before switching to full-fledged enteral nutrition and the frequency of detecting feeding intolerance in premature infants.

Methods: Prospective observation of the development of 254 premature babies were treated up to six months of corrected age at the Department of Neurology of Early Growth in 2016-2018. The effect of breast milk and formula milk on neurological status was compared.

Results: In comparison, breast milk and formula milk didn't show any effect on the frequency of severe hypoxic-ischemic encephalopathy ($p < 0,05$), the severity of brain damage ($p < 0,01$). Breast milk showed a statistically significant effect in terms of reducing the average number before switching to full enteral nutrition ($p < 0,01$).

Conclusions: Breast milk and formula milk does not affect the frequency of development of hypoxic-ischemic encephalopathy, the severity of brain damage. Breast milk significantly reduces the frequency of feeding intolerance, accelerates the transition to enteral nutrition, reduces the duration of hospitalization in premature infants.

Disclosure: No significant relationships.

Keywords: premature infants; breast milk; mental health; hypoxic-ischemic encephalopathy

EPV0479

Academic procrastination in university students: Associated factors and impact on academic performance

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