EPP0040

Explanatory Style in Asian Populations: A Scoping Review

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Introduction: Cultural upbringing is an important factor that affects how one perceives the world and determines how blame is assigned when facing unfavorable outcomes. Governed by explanatory style, which refers to one's pattern of causal explanations towards positive and negative situations, pessimism is defined as classifying bad events as internal, stable, and global within the personalization, permanence, and pervasiveness dimensions respectively (Peterson, 1992). This indicates that a pessimistic person would attribute a bad event as their own fault, as lasting, and as having great impact across all domains of their lives (Peterson, 1992).

Objectives: Previous research has shown that when comparing the levels of pessimism between Mainland Chinese individuals, Chinese American individuals, and White American individuals, the Mainland Chinese group is found to be the most pessimistic (Lee & Seligman, 1997). However, much of the existing research to date assessing pessimism and optimism in Asian samples do not define these concepts within the realms of the explanatory style. Instead, a broader and more generalized understanding is usually used. This review therefore seeks to investigate whether Asians are more pessimistic compared to people of other races as defined by the explanatory style (Peterson, 1992).

Methods: A search was conducted in two bibliographic databases (Medline OVID and PsycINFO) to identify articles for inclusion. Two reviewers screened the search independently through Covidence and performed a result analysis.

Results: A total of 20 peer-reviewed articles published between 1972 and 2022 are included that broadly compare the explanatory styles of Asians to other racial groups. Of the 20 studies, 3 papers specifically compare optimism versus pessimism in Asian groups, 4 papers mention coping strategies for "bad events", 2 papers mention self-esteem, and 2 papers each mention causal attributions for success and failure respectively. When compared to other races, Asians were found to be more pessimistic, turn to faith and religion as a coping mechanism, have lower self-esteem, attribute success to external factors and internalize failure.

Conclusions: It is concluded that Asian groups internalize bad events, and view good events as external, which aligns with Asian groups being more pessimistic on the personalization dimension as defined by the explanatory style (Spencer-Rodgers et al., 2004; Anderson, 1999; Park & Kim, 1998). By understanding the cultural implications of the explanatory style, one can recognize why and in what way people behave and cope differently across cultures when facing adversity.

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EPP0041

The use of a Subjective wellbeing scale as predictor of adherence to neuroleptic treatment to determine poor prognostic factor in African population with Schizophrenia

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Introduction: Subjective well-being when on neuroleptic treatment (SWBN), has been established as a good predictor of adherence, early response and prognosis in patients with schizophrenia. The 20-item subjective well-being under neuroleptic treatment scale (SWN-K 20) is a self-rating scale that has been validated to measure SWBN. However the SWN-K20 has not been previously used to explore psychosocial and clinical factors influencing a low SWN-K20 score in an African population. This study uses the the SWN-K 20 scale among Xhosa speaking African patients with Schizophrenia to determine factors associated with SWBN in this population

Objectives: To investigate and identify demographic and clinical predictors of subjective well-being in a sample of Xhosa people with schizophrenia on neuroleptic treatment.

Methods: As a part of a large genetic study, 244 study participants with a confirmed diagnosis of schizophrenia completed the translated SWN-K 20 scale. Internal consistency analysis was performed, and convergent analysis and exploratory analysis were conducted using Principal Component Analysis (PCA). Linear regression methods were used to determine predictors of SWBN in the sample population.

Results: When translated into isiXhosa, the sasubscales of SWN-K 20 on their own were observed to be less reliable when compared to the scale in its entirety,internal consistency of 0.86 vs0. 59-0.47. The subscales were therefore noted to be not meaningful in measuring specific constructs but the full scale could be used to determine a single construct of general wellbeing.The validity of the SWN-K20 was further confirmed by moderate correlation scores with Global Assesment functioning scores (GAF), 0.44.There was a significant correlation between overall subjective well-being score with higher education level, and increased illness severity and GAF scores.

Conclusions: Patients' perception of well-being while on neuroleptic treatment is an essential area of focus when aiming at improving patient centred treatment, compliance and overall treatment outcome. Treating individuals with SMI is difficult and made more complex when patient's treatment experience and expectations are not elicited. Having a self-reported measurement like the SWN-K 20 available in a validated Xhosa language version provides helpful, possibly broad insights into the subjective well-being experiences of this patient group. Future studies should explore specific symptoms domains that are associated with a change in subjective wellbeing instead of general illness severity.

Disclosure of Interest: None Declared