

distinct constructs. FA seems more maladaptive than CCW: although it increments CC-DIS prediction, it does not correlate with PEBS. The same applies to CCWSInterference, which emphasizes that the CCWS two-factor structure may be useful to delimit CCW's normal/pathological nature. We intend to use these scales in an ongoing research project on psychological factors associated with CC mitigation and adaptation.

**Disclosure of Interest:** None Declared

## EPV1494

### The paradox of mentally ill psychiatrists: a punch to the mental-health related myths and prejudices around the profession of psychiatry

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**Introduction:** As reported by studies and against the general conception, psychiatrists are not immune to the mental health challenges. More specifically, -more than any other medical specialty- they are at high-risk for burnout, depression, even suicide. It is a striking fact that according to research, in a medical centre which was exclusively designated for healthcare professionals, 89% of psychiatrists struggled with mental health issues; while 8% faced substance abuse problems and only 2% complained for corporal matters. Furthermore, when suffering from depression or any other mental health disorder, psychiatrists fear that their personal data will leak among colleagues, that they will be unable to professionally evolve or that they will be shamingly judged, avoiding to seek medical help.

**Objectives:** To explore the risk factors of poor mental health among psychiatrists and to highlight interventions to reduce the mental-health related stigma in this particular category.

**Methods:** A review of 39 articles -from 2010 to 2024- on PubMed and Google Scholar regarding mental health problems among psychiatrists.

**Results:** Numerous risk factors of psychiatrists' poor mental health have been identified, such as:

- Female gender,
- Younger age,
- Race minority,
- Prior mental health problems,
- Residency or early career stage,
- Working in non academic, multidisciplinary, inpatient, community, and government settings,
- >50 h of work per week and/or more than 20 h of direct clinical face time per week,
- Insufficient support from relatives, workplace, and colleagues,
- Lack of supervision,
- Lack of control over schedule,
- Experiencing loneliness,
- Experiencing work unsatisfaction,
- Experiencing traumatic events such as patient's suicide or receiving threats.

**Conclusions:** Action against mental health-related stigma among psychiatrists needs to be taken, such as destigmatizing campaigns

designated to remind that psychiatrists -as normal human beings- can suffer from mental health problems in the same way a cardiologist could have a cardiac attack. Apart from destigmatizing mental health issues among psychiatrists, legislation in every country needs to be changed in order to protect psychiatrists from work overload, while security of mental health professionals must be maintained in every clinical setting preventing the reception of threats or even physical abuse. Additionally, female psychiatrists should be institutionally empowered through mentorship programs, sponsorship support, responsive caregiving programs, and innovational directions to manage implicit and explicit prejudices, sexual harassment, and remuneration discrepancies.

**Disclosure of Interest:** None Declared

## EPV1495

### A qualitative exploration of the perceptions of Cardiff University medical students towards the barriers faced by the LGBTQ+ population when accessing mental health care

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**Introduction:** Several mental disorders are more common within the LGBTQ+ population, including depression, anxiety, eating disorders, and substance use disorders. Despite this, LGBTQ+ individuals face more barriers when accessing mental health services than the general population.

**Objectives:** The primary aim of this study was to assess the perceptions of Cardiff University medical students on the barriers faced by LGBTQ+ individuals when accessing mental health help. The study also aimed to assess recommendations Cardiff University medical students have for improvement of services and to make them more accessible to LGBTQ+ individuals.

**Methods:** A qualitative approach was used. An online questionnaire was created and distributed among Cardiff University medical students. It included 10 open-ended questions about their knowledge of LGBTQ+ mental health, the barriers to accessing it, and recommendations to decrease these barriers. Thematic analysis was performed on the answers.

**Results:** The questionnaire had 12 participants. The thematic analysis produced 22 subthemes, which were grouped into the following five themes: i) perceptions of LGBTQ+ mental health, ii) factors affecting LGBTQ+ mental health, iii) general barriers to accessing mental health help, iv) LGBTQ+-specific barriers to accessing mental health help, and v) recommendations to improve access to mental health services. A scoping review was conducted on this subject to further analyse the current research. The scoping review produced nine studies, and the main themes that emerged were mental health stigma, LGBTQ+ discrimination, lack of LGBTQ+-affirmative services, the pathologisation of LGBTQ+ status, and financial barriers.

**Conclusions:** It was evident that more formal training on LGBTQ+ mental health at an undergraduate level for health professionals is needed, and that a lack of this is causing barriers to adequate

provision of mental health services to this population. Furthermore, existing mental health services need to be more LGBTQ+-affirmative. Further research with a higher response rate could provide more generalisable results.

**Disclosure of Interest:** None Declared

## EPV1496

### The Role of Ketogenic Diet in Treatment of Mental Illnesses

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**Introduction:** Ketogenic Diet (KD) has been introduced as a treatment option for epilepsy over a century ago and since then it had gained and lost its popularity. Its current revival is heavily sensationalized and KD is promoted as a cure-it-all for a wide range of mental illnesses. The present review aims to review the validity of the evidence supporting KD use in psychiatry.

#### Objectives:

1. To review the origins and types of ketogenic diet as well as the possible rationale for its use in psychiatry
2. To provide a narrative review of effectiveness of ketogenic diet for management of major mental illnesses

**Methods:** Scoping review of research articles published in PubMed without restrictions in terms of language or publication date.

**Results:** We conducted a scoping review using a wide range of keywords. There are multiple studies dedicated fully or partially on ketogenic diet and a variety of mental illnesses. Majority of studies are focused on low-carbohydrate diets and not necessarily on KD per se, which complicates interpretation of findings. At the same time, we were able to identify multiple case studies and case series as well as some open-label and placebo-controlled studies involving small groups of participants receiving KD mostly as an adjunct treatment for their respective condition. There was a significant degree of heterogeneity both in terms of methodological aspects and clinical outcomes of these studies, which do not allow for further data synthesis at this point. At the same time, there are some indications that KD may be useful in certain clinical scenarios.

**Conclusions:** The objective data on impact of ketogenic diet on major mental illnesses are scarce, but show some promise. Further research is needed to elaborate both the mechanisms and the degree of impact of ketogenic diet on mental health. There is not enough evidence to suggest that ketogenic diet is an independent treatment option for any psychiatric condition, but at the same time it can be suggested as an adjunct measure.

**Disclosure of Interest:** None Declared

## EPV1497

### Mindful self-care and mental health among workers

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**Introduction:** Self-care refers to actions individuals take to maintain their health and prevent or manage illness. It increases awareness and offers a chance to improve workers' quality of life. Mental health plays a key role in influencing self-care behaviours among workers.

**Objectives:** Our study aims to assess self-care behaviours and mental health among workers.

**Methods:** We conducted a descriptive, analytical, cross-sectional survey among workers. We collected sociodemographic, professional characteristics and self-care behaviours using Mindful Self-Care Scale (MSCS). Anxiety and depression were assessed using the Hospital anxiety and depression scale (HADS).

**Results:** Our population comprised 116 female workers with a mean age of  $41.5 \pm 10.9$  years. The mean of tenure of job was  $12.8 \pm 9.5$  years. According to the HADS, the mean score of anxiety and depression were respectively  $7.7 \pm 5.2$  and  $7.9 \pm 4$ . With the reference to HADS, 20 (17.2%) and 27 (23.3%) participants presented symptoms of anxiety and depression, respectively. Regarding the patients' anxiety levels, it was found that 50%, 32.8%, and 17.2% appeared to have mild, moderate, and severe anxiety, respectively. As for the depression levels of patients, 56 were mildly depressed (48.3%), 33 were moderately depressed (28.4%), and 27 were severely depressed (23.3%). The mean of mindful self-care score was  $99.2 \pm 34.6$ . The mean of mindful relaxation, physical care, self-compassion and purpose, supportive relationships, supportive structure and mindful awareness were respectively  $12.4 \pm 5.2$ ,  $19.3 \pm 4.9$ ,  $20.7 \pm 8.9$ ,  $16.1 \pm 7.3$ ,  $13.2 \pm 6.3$  and  $13.8 \pm 4.7$ . Mindful relaxation and physical care were negatively correlated with anxiety ( $p = 0.01$ ,  $r = -0.2$ ).

**Conclusions:** Our study found that workers with lower anxiety levels were more likely to engage in self-care. In the workplace, this leads to increased productivity and reduced attrition, as healthy employees are more productive and satisfied with their jobs. Therefore, providing mental health training for workers is essential to ensure their well-being.

**Disclosure of Interest:** None Declared

## EPV1498

### Assessment of Well-Being and its determinants Among University Staff

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**Introduction:** Well-being enables people to cope with life's stressors and to contribute well to community life. It is associated with better productivity in the workplace.

**Objectives:** Our study aims to assess well-being and its determinants among university staff.