

Introduction: Fort McMurray, a city in northern Alberta, Canada, has experienced multiple traumas in the last five years, including the 2016 wildfire, the 2020 floods, and the COVID-19 pandemic. Eighteen months after the wildfire, major depressive disorder (MDD), generalized anxiety disorder (GAD), and Post Traumatic Stress Disorder (PTSD) symptoms were elevated among school board employees in the city.

Objectives: This study aimed to compare employees of the school board and other employees of Fort McMurray in respect to the impact the 2016 wildfires, the 2019 COVID pandemic, and the 2020 floods had on their mental health.

Methods: A quantitative cross-sectional survey was conducted in Fort McMurray from 24 April to 2 June 2021. Online questionnaires were administered through REDCap and were designed to capture socio-demographic characteristics, clinical as well as wildfire, COVID-19, and flooding-related variables. Mental health outcome variables were captured using self-reported standardized assessment scales. Data were analysed with descriptive statistics, Chi-square/Fisher's Exact tests, and binary regression analysis.

Results: Of the 249 residents who accessed the online survey, 186 completed the survey, giving a response rate of 74.7%. Of these respondents, 93.5% (174) indicated their employment status and were included in the Chi-square analysis. Most of the respondents were female (86.2%, (150)), above 40 years (53.4%, (93)), and were in a relationship (71.3%, (124)). The prevalence values for MDD, GAD and PTSD among respondents were 42.4%, 41.0, and 36.8%, respectively. There was a statistically significant difference between employees of the school board and other employees with respect to likely PTSD prevalence (28% vs. 45%, respectively, $p < 0.05$), although with other factors controlled for, in a binary logistic regression model, employer type did not significantly predict likely PTSD.

Conclusions: The study has established that likely PTSD symptoms were significantly higher in other employees compared to those of school board employees. Greater exposure to the traumatic events and a greater perceived lack of support from other employers might have contributed to the significantly higher prevalence of PTSD in other employees

Disclosure of Interest: None Declared

EPV0702

Views of “being vulnerable” among people attended by a Portuguese community association: a qualitative study

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Introduction: The concept of social vulnerability arises in the individual-collective relationship and points to changing social conditions, built on the basis of power relations. In this context, vulnerability can be directly related to the deterioration of social and civil rights, resulting in the weakening of individuals' citizenship. On the other hand, vulnerability can also lead to the deterioration of mental health. Stigma and discrimination generate low

self-esteem, decreased self-confidence, reduced motivation, and less hope for the future.

Objectives: This study aimed to explore the perceptions and experiences of vulnerability from the perspective of vulnerable people and identify strategies they used to reduce vulnerability.

Methods: This study employed a qualitative descriptive design. Using a purposeful sampling method, data were collected in April 2022. The following criteria were applied in the selection process: (1) adults with a personal sense of vulnerability or the experience of being vulnerable; and (2) understanding the Portuguese language and having reflective capacity.

Results: A total of 12 respondents (6 male; 6 women) participated in study, mostly of middle-age. The manifestations of vulnerability reported by participants included being homeless, being a migrant, having an infectious disease, being drug dependent, experiencing a process of loss and grief and living socioeconomic difficulties. The data was summarized in terms of three major themes: (1) Conceptions about vulnerability, (2) Barriers imposed by vulnerability, and (3) Strategies for dealing with vulnerability. “Three subthemes were identified within the first theme: ontology condition that spreads, being alone “without network” and being exposed to external pressure (others). In the second theme, there were also three sub-themes: discrimination/stigma, difficulties in social reintegration, and “my condition is difficult”. Lastly, in the third theme, we found four subthemes: the ability to ask for help/seek support, motivation, and commitment to behavioural change, not exposing others to the same risks, and ignoring the disapproving look of others” (Laranjeira et al., 2022, p.5).

Conclusions: Our findings demonstrated that vulnerability is a dynamic process of being exposed to circumstances that influence individual outcomes. However, there is a conceptual gap: vulnerability is regarded negatively, but vulnerability also has the capacity to shift life priorities for the better.

References: Laranjeira C., Piaça I., Vinagre H., Vaz AR., Ferreira S., Cordeiro L., Querido A. (2022). Vulnerability through the Eyes of People Attended by a Portuguese Community-Based Association: A Thematic Analysis. *Healthcare*. 10(10):1819. <https://doi.org/10.3390/healthcare10101819>

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EPV0703

Suicidal behavior and Autism Spectrum Disorder, what are the risk factors? – Case Report

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Introduction: Autism is a neurodevelopmental disorder characterized by deficits in the ability to initiate and maintain social interaction, as well as a set of restricted and inflexible behavior patterns and interests. Individuals with Autism Spectrum Disorder (ASD) are at increased risk of suicidal behavior, including suicidal ideation, suicide attempts and death by suicide, as compared to the general population. Among the underlying causes, the co-occurrence of other psychiatric disorders, such as depression

and anxiety, is common and can contribute to the reduction of the quality of life, as well as a worse prognosis of the disease.

Objectives: Case report and brief review of risk factors associated with suicidal behavior in individuals with ASD.

Methods: Review of the patients clinical file; Brief non-systematic literature review of articles indexed to Pubmed with the key words: "Autism Spectrum Disorder", "Suicide", "Suicidal behaviour", "Mood disorder".

Results: J., 18 years old, male, with ASD, the best student at school, with above-average results since childhood. Two years ago he showed a non-reciprocal love interest. Since then, he has had multiple visits to the emergency department and successive hospitalizations, mostly because of mood and behaviour alterations, with suicidal ideation. After 1 month with depressive and anxious symptoms, he ended up making a suicide attempt through voluntary intoxication by prescribed medication. He was taken to the emergency room. Examination of mental status highlighted depressed mood, elevated anxiety levels, hypoprosody, and active suicidal ideation. Blood tests and CE-CT scan without changes. He was admitted in the psychiatry ward and treated with fluvoxamine, risperidone and lorazepam. He showed a good evolution of the psychopathological condition. Discharged at day 44, he was referred to a psychiatric and psychological outpatient clinics.

Conclusions: Mood disorders have a significant impact on the well-being of individuals with ASD, contributing to a worse quality of life and higher suicide mortality. Cognition has been associated with different levels of death by suicide, and individuals with ASD without intellectual disability, such as this patient, are at increased risk of suicide, which may be due to a greater awareness of their own difficulties. The role of genetics has been a subject of interest. The overlap of genes strongly associated with suicidal behavior and ASD has been described. However, there is still need of large scale genetic studies, for a better understanding of the genetic mechanisms involved in this association. The identification of vulnerable individuals and early initiation of preventive and therapeutic strategies is essential to improve the prognosis of ASD.

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EPV0704

'MALADAPTIVE DAYDREAMING': An introduction to a new condition

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Introduction: Daydreaming is a normal, very common experience in childhood and adulthood. However, a new phenomenon – termed 'Maladaptive Daydreaming (MD)' – which takes daydreaming to an extreme form, is currently being investigated. Maladaptive Daydreaming is not listed as an official disorder in the ICD-10 or DSM-5 presently.

Objectives: I aimed to review current literature on MD and explore whether there is a possibility for MD to eventually be acknowledged and classified as a real psychiatric disorder.

Methods: I gathered information via academic papers found through reliable sites, such as, Ovid, PubMed and Cochrane, and through articles, videos and online forums to gather patients' perspectives.

Results: My research intimated that there is enough information and literature available to create specific criteria to qualify a diagnosis of MD in patients. Possible aetiologies of Maladaptive Daydreaming have been identified. There has also been exploration into treatment options.

Conclusions: Overall, I believe there is sufficient evidence for Maladaptive Daydreaming to be classified as an official disorder. Being included in the ICD-10 and DSM-5 would motivate research, expand identification of this disorder in patients, and advance access to help and support for patients.

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EPV0707

The effect of Hypnotherapy-based interventions on improving women's experience of pregnancy, childbirth and postpartum: A narrative review

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Introduction: Hypnotherapy has been increasingly used in recent years in healthcare, with several applications during pregnancy, labor, birth and the postpartum.

Objectives: This review was performed to assess the effects of Hypnotherapy before, during and after pregnancy.

Methods: A narrative review methodology using keywords determined by the Medical Subject Headings (MeSH) thesaurus was adopted in this study. For this purpose, the databases of PubMed, Scopus, Web of Science, Google Scholar, and Scientific Information Database (SID) were searched using the keywords of "Hypnosis, Hypnotherapy, Pregnancy, Labor, and Childbirth" from March 11 to April 5, 2022; and finally, the related articles published from 2000 to 2022 were retrieved.

Results: According to the findings, the effects of Hypnotherapy on pregnancy and delivery and postpartum outcomes were classified into several categories as the following: Hypnotherapy-based interventions improve childbirth experience, with less anxiety, increased satisfaction, fewer birth interventions, more postnatal well-being and better childbirth experience overall. Hypnotherapy may reduce the overall use of analgesia during labour, but not epidural use. Hypnotherapy intervention during pregnancy aided in reducing physical and psychological symptoms during pregnancy.

Conclusions: With reference to the related literature on this subject matter, women can safely pursue hypnotherapy during pregnancy, labor, birth and the postpartum. Hypnotherapy can be presented as a technique enabling patients to have a positive birth experience; however, high quality trials are needed to demonstrate its complete efficacy.

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