

Related to Life Satisfaction	Not related to Life Satisfaction
<ul style="list-style-type: none"> • Age • Recreation activities • Revenue • Educational level • Religious activities • Social support 	<ul style="list-style-type: none"> • Gender • Marital status • Place of residence

The main categories held a pivotal role in relation to life satisfaction in Thai elderly

FACTORS	RESULT
GENDER	Not related to level of life satisfaction
AGE	Being advance aged creates low life satisfaction for the elderly
Marital Status	Not related to level of life satisfaction
Participation In Recreation activities	Positive amusement was also considered influential on life satisfaction
Occupational	Employment has a positive impact on person dignity
Revenue	Economic issues play an influential role here
Place of residence	Not related to level of life satisfaction
Educational level	More higher education is increase life satisfaction scores
Participation In Religious activities	Spirituality and participation in religious gatherings was also considered influential on life satisfaction
Social Support	Emotional – mental needs are provided through love-seeking which addressed its significant

Conclusions: Aging should be foreseen and forethought to increase life satisfaction. The following can be effective in increasing life satisfaction in the elderly: Placing greater emphasis on spiritualism in life, employment of the elderly, and promoting positive leisure in the elderly.

Disclosure: No significant relationships.

Keywords: happiness; Elderly; life satisfaction

O0079

E-health treatments for Dual Disorders on pregnancy

R. Carmona Camacho^{1*}, N. Lopez Carpintero², I. Caro-Cañizares³, L. Albarracín García¹, E. Baca García^{1,4} and M. Sanchez Alonso¹

¹Hospital Fundación Jiménez Díaz, Psychiatry, Madrid, Spain; ²Tajo University Hospital, Gynecology And Obstetrics, Aranjuez, Spain;

³Universidad a Distancia de Madrid (UDIMA), Psychology, Collado Villalba, Spain and ⁴Universidad Autonoma MAdrid, Psychiatry, Madrid, Spain

*Corresponding author.

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Introduction: Dual pathology during pregnancy, described as the co-occurrence of substance use and mental health problems, is one of the leading preventable causes of maternal and perinatal mortality and morbidity; however, effective and accessible treatments are lacking.

Objectives: As part of the WOMAP(Woman Mental Health and Addictions on Pregnancy) initiative, our study aimed to evaluate the effectiveness of an e-health-based psychotherapeutic program compared to enhanced usual care.

Methods: This effectiveness clinical trial was conducted between 2016-2020 in 5 hospitals in the Madrid (Spain) metropolitan area. 2014 pregnant women under 26 weeks of pregnancy were screened. Eligible participants(n=120) were those who screened positive for co-occurring symptoms (AC-OK screener) and were not receiving specialized behavioral treatment. Participants were assessed in depth at baseline, 2,4,8 and 12 months(PHQ-9;GAD-7; PCL-5;AUDIT;DAST;Fagerström) and randomized to the usual care control group(n=38) or to two groups of a 10-session pregnancy-adapted psychotherapeutic program, one delivered by App/internet(n=41) and one by telephone(n=41). Intent-to-treat analyses assessed effectiveness.

Results: Statistically significant effects of the intervention were found for mental health symptoms in the telephone group as compared to the control and App/internet groups, with an improvement effect starting earlier (2 months) and lasting longer (figures 1-3). Regarding substance use, due to the lack of other substances consumption, only smoking and alcohol cessation rates were analyzed. Patients in the App/internet and telephone groups discontinued significantly more, earlier and for a longer period compared to the control group(figures 4-5).

Figure 1: PHQ-9

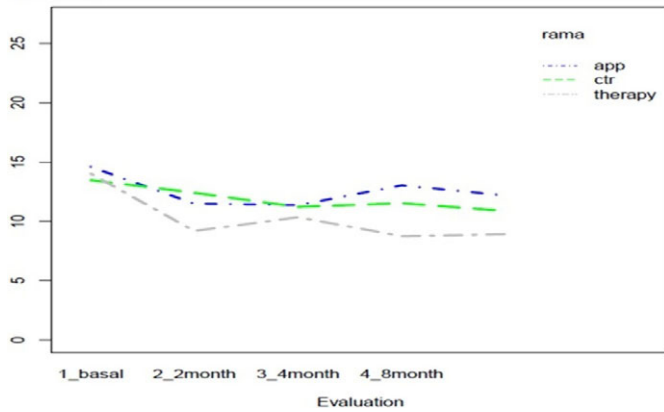


Figure 2: GAD-7

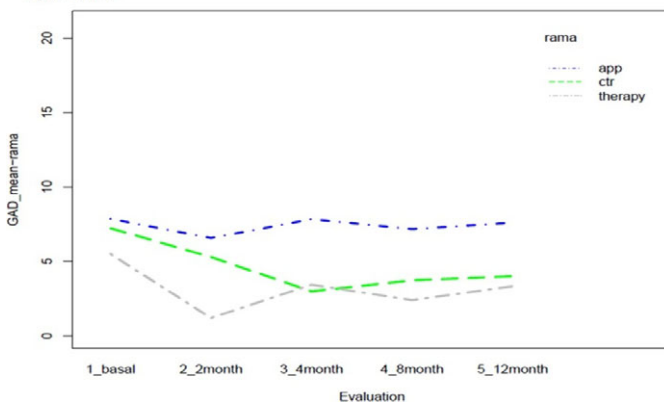


Figure 3: Trauma (PCL)

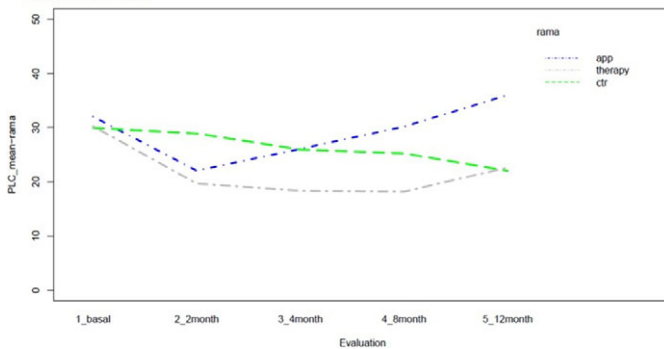


Figure 4: Smoking cessation

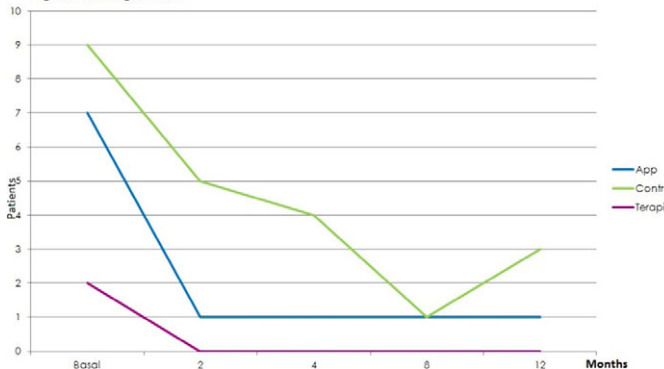
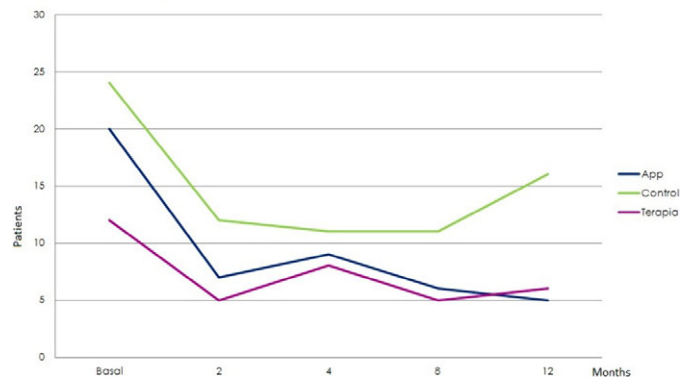


Figure 5: Alcohol Cessation



Conclusions: E-health psychotherapeutic programs could benefit pregnant women with dual disorders. An App/internet implementation could only be useful if focused solely on substances.

Disclosure: No significant relationships.

Keywords: perinatal mental health; dual disorders; Perinatal care

O0080

Daily affective experiences are associated with daily, but not trait-level rumination

L. Kovacs^{1*}, N. Kocsel², Z. Toth³, T. Smahajcsik-Szabo³, S. Karsai² and G. Kökönyei¹

¹Eotvos Lorand University, Institute Of Psychology, Budapest, Hungary; ²ELTE Eötvös Loránd University, Institute Of Psychology, Budapest, Hungary and ³Doctoral School of Psychology, ELTE Eotvos Lorand University, Elte, Budapest, Hungary

*Corresponding author.

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Introduction: Rumination is a transdiagnostic risk factor to psychopathology that has mostly been studied in relation to depression (Nolen-Hoeksema, 1991). However, rumination may also occur in response to positive events and emotions (Feldman et al., 2008), and may be a protective factor as it is associated with higher positive affect (Harding et al., 2017).

Objectives: We aimed to examine ruminative response to positive affect (RPA) in daily life and explore its relationship with daily positive and negative affect. We hypothesized that daily positive and negative affect would be associated with daily RPA even after controlling for trait-level RPA and depressive rumination.

Methods: We carried out a daily diary study with university students (n=178). After filling out the baseline survey assessing trait-level rumination, participants had to answer short surveys online about their daily affect and daily rumination every evening for 10 consecutive days. We analyzed our data with multilevel regression in R.

Results: In line with our expectations, daily RPA was significantly associated with daily positive ($\beta=0.16$) and negative affect ($\beta=-0.07$), while trait-level rumination scores were not significantly associated with daily positive and negative affect. The within-person relationship was stronger between RPA and positive affect ($\beta=0.17$) than the between-person relationship ($\beta=0.09$). Daily and trait-level rumination were weakly correlated ($r=0.218-0.284$).