

for collecting data. Data analyses was planned to run via Statistical Package for the Social Sciences version, 27.0.

Results: The analysis of the data is still ongoing in detail by the researchers. The findings and relational implications of the study will be presented.

Conclusions: In conclusion, this study highlight the importance of understanding the mental health impacts of climate change and developing strategies to address them. Climate change can have direct and indirect consequences on mental health, and vulnerable populations such as children and adolescents may be particularly at risk. Reducing psychological distance and incorporating mental health indicators into assessments can help in understanding and addressing the mental health consequences of climate change.

Disclosure of Interest: None Declared

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The short- and long-term effects of yoga on relaxation states measured by the Smith Relaxation States Inventory 3

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Introduction: The beneficial effects of yoga have been researched for decades, and in some countries it is also used in health care to maintain physical and mental health. Its effectiveness in the treatment of stress and anxiety, as well as in achieving a relaxed state, is supported by numerous studies.

Objectives: In the present research, our aim was to investigate the direct and subclinical effects of yoga, where the subjects did at least 10 minutes of yoga a day for two weeks. Our hypotheses are that the participants experience relaxation, mindfulness and positive emotions significantly (1) more often and (2) more intensely as a result of yoga.

Methods: We included 25 average population, healthy people between the ages of 18 and 30, who exercised at least 10 minutes of yoga a day for two weeks with the help of a mobile app. We used the Smith Relaxation States Inventory (SRSI3) and its disposition-measuring version (SRSI3d), which examine 19 relaxation states (R-states) presumably related to relaxation, divided into 4 categories: basic relaxation, mindfulness, positive energy and transcendence. During the statistical analyses, the values taken at the beginning of the research, before practice, were compared with the values taken directly after the last practice using the Wilcoxon test. Bonferroni correction was used to correct the first-order error that increases when testing several hypotheses simultaneously.

Results: Immediately after practicing yoga, the participants had significantly higher basic relaxation ($M_0=2.74$, $M_1=4.24$, $p<0.0001$), awareness ($M_0=2.71$, $M_1=2.89$, $p<0.0001$) and positive energy ($M_0=3.88$, $M_1=4.81$, $p<0.0001$) and in the long term they experienced significantly more relaxation ($M_0=3.12$, $M_1=3.94$, $p<0.0001$), awareness ($M_0=3.41$, $M_1=4.40$, $p<0.0001$), positive

energy ($M_0=4.39$, $M_1=5.14$, $p<0.001$) and transcendence ($M_0=3.23$, $M_1=4.05$, $p=0.001$).

Conclusions: Based on our results, yoga can be an effective additional tool in maintaining and improving health, but also in improving the condition and quality of life of mental and somatic patients.

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Cerebral-cognitive reserve: concept and functions of the cerebral-cognitive reserve

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Introduction: The modern understanding of AD allows us to consider it through the constructs of “vulnerability” and “stability” of the brain as a dynamic system of dialectical interaction between the pathogenic process and the protective process that prevents neurodegeneration. The concept of cognitive reserve (CR) is based on observations of discrepancy between the degree of brain pathology and the severity of clinical manifestations. The concept of “reserve” was proposed to describe the resistance of the brain to a developing damage caused by a pathological process. Stern (2002) considered CR as a protective factor that modifies the impact of brain pathology on cognitive function. The researchers have defined CR as an ability to optimize cognitive function through differential involvement of structures or neural networks of the brain into brain activity.

Objectives: A systematic review of scientific studies has been conducted

Methods: The review includes an analysis of full-text literature sources.

Results: Several possible directions of CR influence on cognitive functions have been described:

- 1) CR may reduce the risk of MCI or dementia through mechanisms, which do not depend on the level of neurodegenerative pathological changes in the brain.
- 2) CR can interact with the markers of brain pathology or healthaffectingthe future cognitive decline or risk of progression. It has been found that smaller volumes or thickness in some AD vulnerable areas of the brain represent a stronger risk factor for cognitive impairment in people with low CR than in people with higher CR. CR protective effects on clinical outcomes reduce as the number of damaged neurons increases.
- 3) The protective effect of CR increasesduring late AD onset and at a low rate of the damaged substrate accumulation.
- 4) CR changes the relationship between genetic factors and aging withclinical and cognitive outcomes. The relationship between age and AD pathology level or age-related structural changes in the brain may weaken in people with higher CR

Conclusions: The concept of cerebral-cognitive reserve actualizes the problem of the search for compensatory mechanisms of cognitive deficit in AD, the assessmentof the structure of the reserve, the development and implementationof programs to maintain the