

Introduction: The mental health for workers in the healthcare industry have been put through challenges. The first evaluation happened during the first wave of the pandemic, the second one, with grater sample size, have been conducted in Spring 2022. The healthcare system makes it less plausible to release stress adequately. The attitude of repression by the people makes the rise in stress-levels less knowledgeable. This time the somatic symptoms makes the stress-levels steady shown. Our goal, to make visible, to categorise and recognise the somatic symptoms and the psychological symptoms, thus predicting the burn-out phase.

Objectives: The attitude of repression by the people makes the rise in stress-levels less knowledgeable. This time the somatic symptoms makes the stress-levels steady shown. Our goal, to make visible, to categorise and recognise the somatic symptoms and the psychological symptoms, thus predicting the burn-out phase.

Methods: Methods:

Participants: 497 medic workers

- PPS - Perceived Stress Scale - Type d personality scale -
- Workplace Stress Questionnaire and Symptom List (Hungarian Hypertonia Society)
- Beck Depression Questionnaire (9-item)
- Oldenburg Burn-Out Questionnaire Results: From the questionnaire answers we counted
- WHO Well-being Scale (5-item)

Results: 12% of the people reached levels above the significant stress-level and 26% reached the mild-depression level. The burn-out levels have been significantly higher in the region of disappointment. Regarding the results of the somatic symptoms, depression and stress levels it had a leading factor, which was exhaustion.

The most frequent co-occurrences of the 20 somatic and psychological symptoms of the Hungarian Hypertension Society Symptom List were also used in this study to refine the analysis. The factor analysis highlighted 3 symptom clusters out of the 20 symptoms with the following co-occurrences (fatigue, concentration disturbance, headache, feeling of tension, palpitation, dizziness, inner tremor, distressing thoughts, sweating and nausea) The symptoms formed a total of 6 factors, of which 2 were found to be predictive of burnout and depression. The factors of muscle tension, fatigue, lack of concentration, feeling tense showed the strongest correlation with the measured variables (burnout $r=0,447$, depression $r=0,343$, D-scale, negative mood $r=0,369$, $p=0,000$ at significance levels.)

Conclusions: The attention for the somatic complaints have a high attention between the workers, it's part of the work culture to give more and more sacrifices, to hide the psychological effects, and deem them as weaknesses. Regarding the health of the worker it's necessary to be more informative, to show more bearable physical symptoms to define and prevent the burn-out periods.

Disclosure of Interest: None Declared

EPV0783

Physical activity and self-esteem in domestic and foreign medical students

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doi: 10.1192/j.eurpsy.2024.1412

Introduction: It is a well-known fact that regular physical activity (PA) has a positive effect on a person's somatic health. Does PA have similar correlations with self-esteem in medical students of different cultural backgrounds?

Objectives: To determine the intensity and correlations of PA and self-esteem in domestic and foreign undergraduate medical students

Methods: We carried out a survey of 305 domestic and 241 international medical students of both genders at Ulianov Chuvash State University. For this aim we used the Sociocultural Health Questionnaire (E. Nikolaev)

Results: We have established that with the same duration of the sessions the average frequency of physical activity (PA) of foreign medical students is higher than that of domestic students ($p=.001$). The latter more often exercise in gyms ($p=.001$) and consume bodybuilding supplements ($p=.01$). Foreign medical students' self-assessment of their health ($p=.001$) and sportiness ($p=.001$) is higher than that of domestic students (7.90 vs 6.98 и 6.72 vs 5.82 correspondingly). Higher frequency of PA correlates in domestic medical students with higher self-assessment of their successfulness ($r=.47$), attractiveness ($r=.46$), and confidence ($r=.43$); while in foreign students – of their sportiness ($r=.49$), confidence ($r=.25$), sociability ($r=.23$). Longer sessions of PA by domestic medical students are interrelated with higher self-assessment of their intellect ($r=.35$), confidence ($r=.34$), happiness ($r=.34$); while in foreign students – of sportiness ($r=.47$), health ($r=.36$), and successfulness ($r=.36$).

Conclusions: The revealed data testify to the fact that PA of both domestic and foreign medical students closely correlates with positive assessment of their own personality.

Disclosure of Interest: None Declared

EPV0784

Assessment of the methylome and the cognition in urban dwellers

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doi: 10.1192/j.eurpsy.2024.1413

Introduction: The epigenome involving chemical modifications of DNA and chromatin that modulates gene expression in response to external and environmental conditions is characterized by great plasticity and reacts by epigenetic marks such as methylation signatures that can be inherited across generations.

Objectives: Urban dwellers likely adapt to the level and growth of urbanization and resulting environmental changes through epigenetic changes. The aim of this study is to present what is currently known about the DNA methylome (the information of DNA methylation of all cytosines in a genome) and cognition when humans are exposed to changing urban environments.

Methods: We conducted a comprehensive review of the scientific literature using PubMed database with the following keywords: DNA methylation, brain and urbanity.

Results: Our search revealed a scarcity of scientific articles reporting methylome studies with assessment of correlations between methylome, cognitive status and urban environment. Among these papers, a Chinese study (2021) found a significant correlation between childhood urbanity and better cognitive performance by measuring genome-wide methylation profile using more than 850,000 genome-wide CpG sites. In this study, the authors suggested that the impact of childhood urbanity on cognition is partially mediated by the methylome and brain structure/function in humans whose childhood urbanity differed. Other studies using other research approaches, suggested that the impact of living in an urban area is linked to better performance in terms of working memory, processing speed and verbal learning. We also found that the vast majority of studies investigating DNA methylation involved in rapid adaptation to new environments, including urban environments, focused on plant and animal species.

Conclusions: The effects of urbanization on human beings are a topic of ongoing debate. Some studies suggest that urbanization can have beneficial effects on cognition, while others find that it can have harmful effects. Quantitative studies of methylation and the correlations between methylome, cognition, and urbanity offer new opportunities to measure these effects and gain a better understanding of their mechanisms.

Disclosure of Interest: None Declared

EPV0785

Natural soundscapes, urban design and psychological well-being

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doi: 10.1192/j.eurpsy.2024.1414

Introduction: While the acoustic environment in the cities correlates with various health-related problems, health benefits of natural sounds are proven. These positive effects of the sounds of nature should probably be taken seriously in urban design and urban renewal projects.

Objectives: The aim of this study was to review the paradigm of natural soundscapes in the cities, psychological effects of natural soundscapes and the potential urban recommendations for such architecture design.

Methods: We conducted a comprehensive review of the scientific literature using Web databases with the following keywords: natural soundscapes, natural sound, urban design, and mental health.

Results: Our research found that improving the urban environment soundscape for the well-being of city dwellers has become one of the most pressing challenges of modern times. In a growing number of published studies, positive psychological effects of natural soundscapes are explored using various methods such as questionnaires, biofeedback sensors coupled with virtual reality

experiences in laboratories, and quantification of the prevalence of restorative acoustic environments in parks. In a recent study (2023), Jian Kang from the United Kingdom, reported that “by taking psycho-acoustical, neural and physiological, and contextual factors into account, the European Research Council Soundscape Indices project will adequately reflect levels of human comfort, to integrate side-by-side with (and eventually replace) decibel-based metrics into existing (international) regulations”. The same paper highlighted how the transition from fighting noise pollution to creating soundscapes is key.

Conclusions: Architects should develop mandatory guidelines regarding the spatial planning focusing on managing natural soundscapes in cities. Various sites such as green urban public spaces that offers exposure to natural sounds should be an integral part of the urban environment. These areas must be with a high abundance of natural sound (geophony and bio phony) and a low anthropogenic sound to enhance human physical and psychological health.

Disclosure of Interest: None Declared

EPV0786

The Impact of Climate Change on Mental Health: A General Population Study

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doi: 10.1192/j.eurpsy.2024.1415

Introduction: Climate change and its impact on mental health is a growing area of research. Several studies have explored the relationship between climate change and mental health, highlighting the various ways in which climate change can affect individuals' psychological well-being. Incorporating mental health indicators into climate change and health vulnerability and adaptation assessments is another important aspect of research in this area (Hayes & Poland, 2018). The study suggests that standardized methods to measure and predict the psychosocial outcomes of climate change should be implemented to better understand the mental health impacts. While the physical health consequences of climate change have received more attention, the mental health impacts are often overlooked (Nicholas et al., 2020).

Objectives: This study was planned to examine the impact of climate change the impact of climate change on mental health

Methods: This descriptive and cross-sectional study was conducted with individuals who willing to participate the study and above 18 years age. Individuals who saw the online advertisement and click on the study's link were brought to the study's home page on Online Surveys. Should they wish to proceed, they will be brought to an information page detailing the purpose of the study, how their confidentiality and anonymity will be preserved and how their data will be treated.

Socio-Demographic Data Form, Climate Change Worry Scale, Eysenck Personality Questionnaire Revised- Abbreviated, general health questioner and Depression, Anxiety, Stress scale were used