

**Conclusions:** Stress and burnout can have a negative impact on teachers and, very often, on the students they teach. Implementing suitable school-based interventions are necessary to improve teachers' stress-coping ability, reduce the likelihood of burnout and improve general well-being. Policymakers, governments, school boards and administrators should prioritize the implementation of school-based awareness and intervention programs to mitigate teacher stress and burnout.

**Disclosure of Interest:** None Declared

## EPP0256

### Associations between Health-Related Quality of Life, Illness Perception, Stigmatization and Optimism among Hematology Patients: a Path Analysis

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**Introduction:** Hematological diseases represent a diverse disease group ranging from benign to life-threatening conditions, with hematological malignancies being a major cause of mortality in the population worldwide. Although most hematological diseases require ongoing medical care making these conditions even more difficult for patients to endure. Since these diseases can pose many challenges by causing symptoms and limitations in various aspects of daily life, health-related quality of life (HRQoL) is a crucial aspect of their healthcare. Different dimensions of health-related quality of life are influenced by several psychological factors, including illness perception, stigmatization, and optimism: a more positive illness perception, along with optimism and reduced stigmatization, can contribute to a better HRQoL among hematology patients.

**Objectives:** Since hematological diseases often cause serious life changes, the current study aimed to explore the direct and indirect effects of illness perception on health-related quality of life among hematology patients in Hungary, including stigmatization and optimism as possible contributors.

**Methods:** In this cross-sectional study, 96 hematology patients (mean age = 56.45 years; SD = 15.55 years; 43.8% female) completed a self-administered survey including the following instruments: EORTC Quality of Life Scale, Brief Illness Perception Questionnaire, Stigma Scale for Chronic Illness, Revised Life Orientation Test.

**Results:** By creating two pathway models, illness perception had significant indirect effects on physical functioning ( $\beta = -.205$ ,  $p < .05$ ) through role and cognitive functioning while emotional functioning had significant indirect effects on social functioning ( $\beta = .369$ ,  $p < .01$ ) through illness perception and stigmatization, both effects moderated by optimism. After controlling for other factors, both illness perception and emotional functioning directly influenced physical and social functioning, respectively.

**Conclusions:** Our study supports previous research on the direct and indirect effects of illness perception on HRQoL. Based on our data, more optimistic illness perceptions and greater emotional functioning improve hematology patients' health-related quality

of life by facilitating an unbiased understanding of the disease. Optimism serves as a potential moderating mechanism by positively altering indirect effects. Healthcare professionals need to optimize patients' illness perception to improve physical and social functioning.

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## EPP0257

### Factors Influencing the Mental Health of Caregivers of Children with Cerebral Palsy

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**Introduction:** Cerebral palsy refers to a heterogeneous group of non-progressive neurodevelopmental disorders manifesting in infancy or childhood and varying in severity. It is characterized by impaired motor function, sensation, and depressed intellectual abilities. Functional limitations in patients with cerebral palsy may result in chronic dependency, thereby compromising caregivers' mental health and interfering with the integrity of the family structure.

**Objectives:** This study aimed to determine the different factors affecting the mental health of caregivers of children with cerebral palsy and to raise awareness among healthcare providers.

**Methods:** A cross-sectional study was conducted among caregivers of children with cerebral palsy in National Guard Health Affairs-Jeddah, Saudi Arabia, using the Depression Anxiety Stress Scale-21, a validated questionnaire assessing depression, anxiety, and stress. This questionnaire was used to assess the mental health of the caregivers. In addition, factors reflecting child's health condition, such as visual impairment, number of emergency department visits, and number of Pediatric Intensive Care Unit admissions were reported to investigate the impact on the caregiver's mental health.

**Results:** The sample included 40 caregivers, of which 72.5% were mothers. According to the Depression Anxiety Stress Scale-21 score, 12.5% ( $n = 5$ ) of the caregivers had moderate depression scores, 10% ( $n = 4$ ) revealed extremely severe depression, and 10% ( $n = 4$ ) showed moderate anxiety. Furthermore, 12.5% ( $n = 5$ ), 15% ( $n = 6$ ), and 7.5% ( $n = 3$ ) of the caregivers have scored as moderate, severe, and extremely severe stress levels, respectively. Caregivers' depression, anxiety, and stress scores were significantly ( $p \leq 0.05$ ) associated with the impact of vision of their dependent children, frequent hospital admissions, and frequent emergency department visits. Increased Pediatric Intensive Care Unit admissions in the past year were also significantly associated with higher caregiver anxiety scores.

**Conclusions:** To the best of our knowledge, the dimension of caregivers' stress and anxiety and their association with the children's dependency level is not well documented in our region. Caregivers of children with cerebral palsy reported having mental

health challenges associated with the children's vision, frequent need for acute medical care, and hospital admissions.

Healthcare workers should provide early and proactive planning of medical and social support for children and their families using a family-centered approach.

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## EPP0258

### The relationship between parental reflective function, cognitive emotion regulation and parental perception of the infant

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**Introduction:** The literature indicates that parental reflective functioning (PRF) is crucial to a good parent-child relationship. Furthermore, genuine parental mentalizing also promotes adaptive emotion regulation in attachment relationships. However, no prior study assessed the relationship between parental mentalizing, emotion regulation and object relation in the early years.

**Objectives:** We examined the relationship between PRF, cognitive emotion regulation and perception of the infant among parents of children up to five years old.

**Methods:** In our cross-sectional, non-clinical study, 136 parents completed the Parental Reflective Functioning Questionnaire, the Cognitive Emotion Regulation Questionnaire and the Mother's Object Relationship Scale - short form. In our 12 moderator models, we chose the subscales of the parental perception of the infant (invasiveness and warmth) as dependent variables, the subscales of adaptive and non-adaptive strategies of cognitive emotion regulation as independent variables, and the three subscales of PRF (pre-mentalization, interest and curiosity, certainty about mental states) as moderators.

**Results:** Warmth had a positive, weak correlation with adaptive strategies ( $r(134) = 0.27, p < 0.007$ ), with certainty in mental states ( $r(134) = 0.24, p < 0.007$ ) and interest and curiosity ( $r(134) = 0.23, p < 0.007$ ); the correlation between interest and curiosity and non-adaptive strategies was moderate and positive ( $r(134) = 0.32, p < 0.007$ ). None of the subscales of PRF moderated the relationship between the subscales of emotion regulation and the perception of the infant. The use of adaptive emotion regulation strategies was more likely to affect the perception of warmth ( $B = 0.05 (t = 2.0584, p = 0.0415)$ ,  $B = 0.04 (t = 1.7887, p = 0.0760)$ ), and the use of non-adaptive strategies was more likely to affect the perception of invasiveness ( $B = 0.08 (t = 2.1333, p = 0.0348)$ ,  $B = 0.09 (t = 2.3164, p = 0.0221)$ ).

**Conclusions:** Our results suggest that cognitive emotion regulation plays a role in object relation; therefore, we recommend promoting

adaptive cognitive emotion regulation strategies among mothers in the early years.

**Disclosure of Interest:** None Declared

## EPP0259

### Perceived helpfulness of various sources of help for 5 mental illnesses

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**Introduction:** 1 in 8 people worldwide live with a mental illness (MI). This is expected to rise with increasing societal pressures. Despite the availability of evidence-based treatments, MIs remain undertreated. In Singapore, efforts such as the 'It's OK to Reach Out' campaign was launched to encourage help-seeking. Help-seeking behavior is complex; determined by an interplay of factors including perceptions towards help sources. As seeking ineffective sources contributes to unmet needs, understanding beliefs towards various sources of help is vital.

**Objectives:** The study aims to examine perceived helpfulness of various sources of help for 5 mental illnesses and changes in perceptions towards them over time.

**Methods:** The Mind Matters 2023 (M2) is an ongoing nationwide survey of mental health literacy among Singapore residents aged 18-65 years. Analysis is based on a preliminary sample (N=2500). Interviewers read a vignette depicting 1 of 5 randomly assigned MIs- depression (DP), schizophrenia (SZ), obsessive-compulsive disorder (OCD), alcohol abuse (AA) or dementia (DT). Respondents were asked to rate whether 10 Professional/Informal sources and 12 Actions were 'helpful', 'harmful' or 'neither' for the person in the vignette. Frequencies of helpful ratings were compared with the first Mind Matters study (M1) conducted in 2015 (N=3006).

**Results:** In M2, seeing a psychiatrist, psychologist and counsellor were rated helpful most frequently (79%-96%) while seeking traditional medicine and religious advisors were rated the least (12%-60%) across the vignettes, except for DT where doctor and close family (81%-85%) replaced psychologist and counsellor (66%-70%). Compared to M1, phone counselling saw an increase in helpfulness rating across all vignettes ( $p < .05$ ) except AA. For Actions, reading about how others dealt with similar problems was rated helpful most frequently (76%-89%) while dealing with problems on one's own was rated the least across all vignettes (3%-11%) in M2. Compared to M1, being more social saw an increase in helpfulness ( $p < .001$ ) rating for DP but a decrease for AA ( $p < .001$ ). Admission to an institution was associated with a decrease in helpfulness rating for DP ( $p = .006$ ) and OCD ( $p = .04$ ) but increase for AA ( $p = .03$ ).

**Conclusions:** The findings suggest recognition that MIs would be helped by professionals and self-reliance is ineffective to address these problems. Increased perceived helpfulness of telephone counselling was promising as studies have shown high client satisfaction coupled with its potential in reducing some barriers to care. Differences in directional changes in helpfulness rating for institutional care and socialising for DP and AA may represent understanding of the importance of behavioral activation and