

Electroconvulsive Therapy (ECT) is a safe and effective treatment for treatment-refractory mood disorder, but possesses a relative contraindication for IIH due to its theoretical increase in ICP. Can ECT become the gold-standard treatment modality for mood disorder from IIH?

**Objectives:** We aim to synthesize and summarize the state of the literature surrounding the intersection of ECT and IIH. We will present notable findings and propose avenues for future investigation.  
**Methods:** We conducted a literature review using PubMed's search function. Key terms that were queried are as follows: Idiopathic Intracranial Hypertension, Pseudotumor Cerebri, Benign Intracranial Hypertension, Mood Disorder, Major Depressive Disorder, ECT, Electroconvulsive Therapy.

**Results:** The prevailing theory of IIH and mood disorder centers around HPA axis dysfunction, which has been heavily theorized to be positively impacted with ECT. ECT itself may not increase the ICP, but the anesthesia might. The only two case reports in the literature presented safe and successful use of ECT's in patients with IIH and MDD.

**Conclusions:** More data is needed to draw conclusions, as the literature surrounding ECT's use in patients with IIH remains sparse. Further studies must explore whether ECT's use in IIH remains effective. Through this, we may understand more about both IIH and ECT itself.

**Disclosure:** No significant relationships.

**Keywords:** mood disorder; Idiopathic Intracranial Hypertension; Pseudotumor Cerebri; ECT

## Mental Health Care 02

### EPP0558

#### The interaction of love in clinical care and its connection with burnout of health professionals

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doi: 10.1192/j.eurpsy.2022.770

**Introduction:** The phenomenon of love in the clinical field, in other words, the practical love through specific features, is the "ultimate investment" of the well-being, both to the patient and to the health professional.

**Objectives:** The aim of this research study is to investigate the role of love and its connection with burnout in the context of clinical professional care.

**Methods:** The study was cross-sectional and was conducted from September 2020 to February 2021 at the Nursing Department of University of Ioannina, Greece. The sample of the present study was determined to be health professionals, both sex from all over Greece. The research tools which were used in the quantitative study were: 1) Socio-demographic questionnaire, 2) Measurement of social representations of love and 3) Maslach Burnout Inventory - MBI.

**Results:** The results of the present quantitative research showed that gender, religion, family environment, place of residence, years of work and job position of health professionals affect the love and compassion they can show and offer to their patients, and the love is

related to the level of burnout they experience ( $p < 0.05$ ), in the context of clinical occupational care.

**Conclusions:** In conclusion, love, its traits and expression of the feelings of health professionals, determine the level of clinical care and the burnout of health professionals.

**Disclosure:** No significant relationships.

**Keywords:** health professionals; burnout; Love; Care

### EPP0560

#### Is it exhausting to be a healthcare worker these days?

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doi: 10.1192/j.eurpsy.2022.771

**Introduction:** People spend a large part of our lives in the workplace. Stress at work, demotivation and mental exhaustion are consequences derived from stressful situations that can be generated at work.

**Objectives:** Detection in hospitals of those workers susceptible to exhaustion, work stress or personal demotivation to avoid a problem in the worker's mental health, allowing early intervention and health strategies.

**Methods:** A cross-sectional study was carried out that included 84 healthcare workers from Spain in October 2021, through an anonymous, voluntary and multiple response type online survey which included questions about sociodemographic aspects and the Maslach burnout inventory

**Results:** 62% were doctors and 29% were nurses, 3 workers were nursing assistants, 2 orderlies, 1 psychologist and 1 physiotherapist. 13% of workers report having received / thought about requesting care from a mental health team (psychologist / psychiatrist) in the last year. 8% admit to having had suicidal ideas in the last year. 30.6% report being emotionally exhausted from their work always and almost always. 15.3% report that working with patients every day is stressful for them. 29.4% report feeling "burned" by work. Only 28.2% say that they are always or almost always with a lot of vitality. 20.2% feel that they are at the limit of their possibilities.

**Conclusions:** Detection in hospitals of those people susceptible to exhaustion, work stress or personal demotivation to avoid a problem in the worker's mental health, allowing early intervention and health strategies.

**Disclosure:** No significant relationships.

**Keywords:** Stress; personal demotivation; healthcare workers; mental health

### EPP0561

#### Mental well-being in residents of monolingual and multilingual regions of Russia

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doi: 10.1192/j.eurpsy.2022.772