positive correlations were found between the results obtained on the scale assessing depressive symptoms and anxiety symptoms and the results obtained on the AIS scale.
Conclusions: Among the studied group of teenagers, the highest intensity of depressive symptoms is demonstrated by non-binary people, followed by females, and finally by males. Similar results were obtained in the assessment of anxiety symptoms. The non-binary group achieved results indicating sleep disorders, while the cisgender group's results of sleep onset were borderline normal. Whatsmore, the greater the severity of depressive and anxiety disorders, the greater the sleep disorders in all study groups, regardless of gender.

Disclosure of Interest: None Declared

EPV0814

Stigma resistance and quality of life in patients diagnosed with borderline personality disorder

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Introduction: Unlike data on public stigmatization with regard to the diagnosis of borderline personality disorder (BPD), literature concerning internalized stigma (IS) and stigma resistance (SR) is scarce.
Objectives: The objective of the present study was collecting data about SR in patients diagnosed with BPD. Furthermore, quality of life and depressive symptoms were assessed and checked for possible associations with SR.
Methods: Patients meeting the inclusion criteria with 18-65 years of age and diagnosed with BPD were included into the study after giving written informed consent. The stigma resistance scale (SRS) had been translated to German. The SRS comprises 5 subscales and measures SR on a 5-point-Likert scale (1-5). Higher values indicate higher levels of SR. Furthermore, the German versions of the depression scale CES-D (ADS) and the quality of life – BREF (QOL-BREF) were used in this study. ADS measures depressive symptoms on a scale ranging from 0-60, with higher scores indicating more severe symptoms. QOL-BREF measures values between 0-100 on 4 domains, with 100 indicating a maximum of health in each domain. The recruitment took place in specialized inpatient and outpatient units between 2019 and 2022, with some interruptions caused by COVID protective measures.
Results: 101 participants (f = 90.1%) with a mean age of 29.2 years (18-59) were included into the study. The overall mean score of the SRS was 3.6. The mean scores of the subscales showed values between 2.8 (personal cognition) and 3.9 (public SR). The 4 domains of the QOL-BREF showed the following mean values: Physical health 47.4, psychological health 30.7, social relationships 51.2, environment 62.1. The study sample had a mean ADS score of 34.8. Interestingly stigma resistance, quality of life and depressive symptoms showed no correlation. Compared to the mixed sample in the original study, the sample of the current study showed comparable values in stigma resistance.
Conclusions: The use of the German SRS is feasible in a sample of patients with a diagnosis of BPD and yielded comparable results with the original mixed diagnoses study sample. As the measure exists already in several languages, comparisons between cultural, diagnostic and otherwise defined subgroups will be possible in the future. Further conceptual as well as qualitative and quantitative research work will be informed by these findings.

Disclosure of Interest: None Declared

EPV0815

Mindfulness and Perceived Stress: A Study Among Tunisian University Students

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Introduction: Mental health among young people, particularly students, has become an increasing concern in contemporary society, shaped by its complexity, fast-paced nature, and hyperconnectivity. High levels of stress have been observed in numerous studies of this population. Perceived stress goes beyond merely observing stressful events, encompassing the individual's subjective evaluation of these situations. This perception involves awareness of one's emotions and thoughts, as well as awareness of the surrounding environment.
Objectives: The aim of this study was to explore the relationship between perceived stress and mindfulness levels among Tunisian students.
Methods: This was a cross-sectional study, conducted over a five-month period from August to December 2023. A questionnaire was distributed via email to 800 students, collecting sociodemographic data as well as two scales. The Perceived Stress Scale (PSS-10) was used to evaluate how participants perceive daily life situations as stressful: a higher PSS-10 score indicates greater perceived stress, categorized into three levels: low, moderate, and severe. The Five Factor Mindfulness Questionnaire-15 (FFMQ-15) assessed mindfulness dimensions: observing, describing, acting with awareness, non-judging, and non-reactivity. A higher FFMQ-15 score indicates greater mindfulness.
Results: A total of 102 students agreed to participate in the study. Their ages ranged from 19 to 30, with more than half being under 20 years old. 75.5% of participants were female.
The average PSS-10 score was 23, with significantly higher scores observed among women ($p < 10^{-3}$). Stress levels were mostly moderate (55.88%) or high (32.35%).
The mindfulness assessment revealed that the majority of participants had a moderate level of mindfulness (46 ± 8). Mindfulness scores were higher among students aged between 20 and 30 compared to those under 20 years old ($p < 10^{-3}$).
A negative correlation was observed between perceived stress and mindfulness ($p = 0.01$; $r = -0.508$), particularly in three mindfulness dimensions: describing, non-judging, and acting with awareness.
Conclusions: Mindfulness appears to play a significant role in reducing perceived stress levels. Our findings suggest that mindfulness training should be integrated into programs aimed at improving stress management among students.

Disclosure of Interest: None Declared