Results: The program verification was conducted in employees of municipal administration offices (n = 214). The empirical data revealed high effectiveness of relaxation and autogenic means in decrease of anxiety (t=8,64; p<0,001) and fatigue (t=9,18; p<0,001).
Conclusions: The first variant of distant program could be recommended for stress-management under pandemic lockdown. At the same time, advanced evaluating procedures are necessary to measure the coping effect of such programs, and to prove stress-reduction capacities of specialized distant training modules.

Keywords: stress-management; COVID-19; distant work stress; self-regulation

EPP0749

The familial experience of acute bacterial meningitis in children. A transversal qualitative study using interpretative phenomenological analysis

E. Scanferla[1,2,3]*, P. Gorwood[3,4] and L. Fasse[5,6]

[1]Ed 450, Université de Paris, Paris, France; [2]Ea 4403, Clipsyd, Université Paris Nanterre, France, France; [3]Cmme, GHU Paris psychiatrie neurosciences, Paris, France; [4]Institute Of Psychiatry And Neuroscience Of Paris, INSERM, Paris, France; [5]Lpps, Ea 4057, Université de Paris, Boulogne Billancourt, France and [6]Département De Soins De Support, Gustave Roussy Institute, Villejuif, France

*Corresponding author.
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Introduction: Pediatric acute bacterial meningitis is a life-threatening illness that results from bacterial infection of the meninges and leaves some survivors with significant sequelae. Given the potential trauma induced by the disease itself and the hospitalization, it is important to have an insight on how the parents cope with this aversive event, and especially how they give sense to this experience.
Objectives: (1) To explore the lived experience of close family ascendants whose child or grandchild had survived acute bacterial meningitis (2) To investigate how they give meaning to this specific experience.
Methods: Participants were recruited through two association of persons affected by meningitis. Convenience sample of eleven family ascendants. Their family descendants were aged between 0.2 and 20 years old at the time of the meningitis diagnosis (M= 4.1, SD= 7.3). In average, 9.4 years had passed between the onset of illness and the relative's interview (SD= 5.4).
Results: 6 superordinate themes and 2 meaning-making processes were identified: 1. Sick child becoming a "hero" (comparison with other children). 2. Engaged action/attitude: finding the "positive" of the traumatic experience and engaged action to improve the care system.
Conclusions: This is one of the first studies exploring the first-hand experience of family ascendants confronted to acute bacterial meningitis. Findings highlighted factors characterising the disease experience and the psychological adjustment of meningitis survivors' families. They demonstred (1) the multidimensional impact of the disease on family ascendants and their need for professional psychological support, (2) the importance of direct involvement of parents in identifying key aspects of care.

Keywords: Subjective experience; Meningitis; survivors; Meaning-making process; Qualitative methods

EPP0750

Psychiatric impact of mobile usage on medical student life: Ringxiety, nomophobia, and sleep

L. Shaik[1], R. Singh[2], J. Devara[1], P. Basa[1] and K. Shah[3]*

[1]Medicine, Mayo Clinic, Rochester, United States of America; [2]Medicine, Metropolitan Hospital, Jaipur, India and [3]Department Of Psychiatry, Griffin Memorial Hospital, Norman, United States of America

*Corresponding author.
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Introduction: The usage of mobile phones has seen exponential growth worldwide.[1,2] While college students use mobile applications for educational purposes, the reports of adverse health problems are emerging.[3,4]
Objectives: Investigate the impact of mobile usage patterns on the life of medical students and its association with psychiatric effects concerning ringxiety and nomophobia.
Methods: Data was collected from the 300 medical students of Ashwini Rural Medical College of India through a survey for this cross-sectional study. Chi-square ($\chi 2$) was used for statistics that revealed association, mobile phone usage patterns, including time spent before sleep, in classrooms or clinics, and frequency of update checks.
Results: A significant association was found between time spent on mobile before sleep and duration of sleep, and mobile usage in classrooms or clinics and psychological effects ($p<0.0001$). Significant association observed between mobile use in classes or clinics and the frequency of update checks, and the frequency of update checks and psychological effects ($p<0.0001$). About 78% of participants distracted in self-study due to mobile. Updates checked every 10 minutes by 14.7%, every hourly by 43%, and during breaks by 42.3%. Mobile low network caused anxiety (13.3%) and irritability (67.3%). About 41.7% of students couldn't abstain from mobile use for a day. Every student used the mobile phone averagely for 24 minutes before they went to sleep.
Conclusions: Our study results highlight the prevalence of ringxiety and nomophobia in medical school students. With the surging dependency on mobile phones and technology, we need to cautiously monitor its adverse effects on psychology and psychiatric conditions.

Keywords: ringxiety; nomophobia; medical students mobile usage; psychiatric effects and sleep disturbance

EPP0751

Is ketamine and lamotrigine interactions responsible for the sub-therapeutic effect of ketamine?

M. Adnan[1]*, F. Motiwala[2], Z. Mansuri[3], C. Trivedi[4] and A. Reddy[5]

[1]Psychiatry, Mercy Hospital and Medical Center, Lincolnwood, United States of America; [2]Psychiatry, Texas Tech University Health Sciences Center at the Permian Basin, Midland, United States of America; [3]Department Of Psychiatry, Boston Children's Hospital/Harvard Medical School, Boston, United States of America; [4]Psychiatry, Psychiatry Austin, Austin, United States of America and [5]Psychiatry, Virginia Tech Carilion School of Medicine, Roanoke, United States of America

*Corresponding author.
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