aiming to empower families of patients with mental illness and identify key support issues for family recovery.

Methods:

1) A 30-item, web-based, anonymous questionnaire survey was conducted involving psychiatric home-visiting nurses who care for patients with mental illness The survey measured respondents' background information and perceptions regarding the frequency and importance of family care practices.
2) Simple tabulations of the questionnaire items were performed, and the frequency of implementation was examined and related. 3) Items perceived as important but infrequently implemented were identified.

Results: Sixty-six home-visiting nurses participated in the survey. The findings showed that 97% of respondents expressed interest in family support, 74% had family support experience, and 52% had attended family support training programs.

A significant correlation was observed between the perceived importance of family support and its perceived frequency of implementation across all items. The four items identified as important but less frequently implemented were:

Q08. Referring to other professional organizations for unresolved issues (22.7%).

Q11. Encouraging active participation from each patient and family member (20.6%).

Q12. Informing family members about the patient's situation, so that they can work together to ensure the patient's well-being (40.6%).

Q13. Encouraging patients to express appreciation to the family when needed (36.7%).

Conclusions: The survey results indicate that family care items requiring patient engagement or collaborative decision-making, such as referrals to other agencies, were implemented less frequently. Home-visiting nurses face challenges in enhancing their skills and knowledge in areas such as family engagement, interagency collaboration, and discerning the appropriate scope and timing of interventions.

Strengthening these competencies will support more effective connections between patients with mental illness, their families, and community resources.

Disclosure of Interest: None Declared

EPV1012

Mental Health Challenges in Primary Health Care: Assessing Anxiety, Stress, and Psychological Distress Among Medical and Nursing Staff

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Introduction: Work-related mental health issues are becoming increasingly prevalent, particularly in professions involving direct communication and care, such as healthcare. Primary Health Care (PHC) plays a critical role in prevention, health promotion, and the management of emergency situations. The mental and emotional well-being of healthcare professionals in PHC is essential for maintaining high levels of performance and work effectiveness. However, there is limited research on the psychosocial conditions of healthcare staff in PHC settings, particularly regarding anxiety, stress, depression, and psychological distress.

Objectives: The objective of this study is to evaluate the prevalence of anxiety, stress, depression, and psychological distress among medical and nursing staff working in primary healthcare units in Peloponnese. Additionally, the study aims to examine the associations between these mental health indicators and various individual and professional characteristics, such as age, gender, and professional role.

Methods: An online survey was conducted to gather data from a final sample of 103 healthcare professionals. A questionnaire was constructed ad hoc and comprised two well-established measurement tools. The Depression, Anxiety, and Stress Scale (DASS-21) was employed to assess anxiety, stress, and depression, while the K6+ was used as a self-report measure to evaluate psychological distress.

Results: The results demonstrated that the participants exhibited generally low levels of anxiety, stress, and depression. As indicated by the DASS-21 scale, approximately 75% of respondents reported minimal to no anxiety, with only 7.8% reporting severe anxiety. Similarly, 75% of respondents indicated minimal to no stress, with only 4% reporting severe stress. Regarding depressive symptoms, 76% of participants exhibited minimal to no depressive symptoms, while only 4% demonstrated severe depressive symptoms. However, approximately 20% of the sample exhibited signs of psychological distress, which may indicate a significant mental health concern. Significant correlations were found through statistical analysis: older employees exhibited lower levels of anxiety, while nursing staff demonstrated higher levels of anxiety compared to medical staff. Additionally, women reported higher anxiety levels than their male colleagues.

Conclusions: In conclusion, while anxiety, stress, and depression levels are generally low among healthcare professionals, a notable portion of the workforce is at risk of serious psychological distress. These findings indicate the need for targeted mental health interventions, particularly for younger staff, nurses, and female employees, to ensure the well-being of healthcare professionals and maintain the efficacy of primary healthcare services.

Disclosure of Interest: None Declared

EPV1013

The Link Between Problematic Internet Use, Physical Activity, and Mental Health: Implications for Depression and Anxiety

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Introduction: The Internet has become an indispensable component of contemporary life, enabling communication, work, and leisure activities. However, with its increasing use, concerns are emerging

regarding problematic internet use (PIU) and its effects on physical and mental health. PIU has been associated with a range of adverse outcomes, including reduced physical activity, depression, and anxiety. It is of paramount importance to gain insight into the complex relationship between internet use, physical activity, and mental health in order to develop effective interventions that can mitigate the adverse effects associated with these factors.
Objectives: The objective was to quantify the extent of internet usage among participants and to analyze its potential association with physical activity, depression, and anxiety.
Methods: The study sample consisted of 119 individuals from Patras. The data were collected using a set of validated questionnaires, including:
The Problematic Internet Use Questionnaire was employed to ascertain the extent of problematic internet use (PIU).
The International Physical Activity Questionnaire (IPAQ) was employed to assess the frequency and intensity of the participants' physical activity.
The Patient Health Questionnaire (PHQ-9) was employed to evaluate the presence and severity of depressive symptoms.
The Generalized Anxiety Disorder (GAD-7) scale was employed to assess the levels of anxiety experienced by the participants.
Results: The results indicate that a moderate level of problematic internet use is prevalent among the participants, with the majority spending more than four hours online daily. The analysis demonstrated that while increased internet use did not significantly impact the frequency or intensity of physical activity, there was a significant positive correlation between problematic internet use (PIU) and both depression and anxiety levels. As problematic internet use (PIU) increased, so did the symptoms of depression and anxiety.
Conclusions: The study highlights the potential mental health risks associated with problematic internet use. Despite no observed impact on physical activity levels, the strong association between PIU and elevated depression and anxiety symptoms suggests a need for targeted interventions. Addressing PIU could play a crucial role in improving mental health outcomes, emphasizing the importance of developing strategies to manage internet usage effectively.

Disclosure of Interest: None Declared

EPV1014

Enhancing Therapeutic Collaboration in the Care of Substance-Dependent Mothers and Their Children

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Introduction: Treating substance-dependent mothers and their children presents unique challenges in psychiatric and psychotherapeutic practice. These cases require intensive, coordinated interventions that span mental health, social support, and medical care. Substance dependence in mothers can disrupt early attachment, increase psychiatric risk in children, and challenge the therapeutic alliance. Effective intervention demands seamless interdisciplinary collaboration to provide holistic care that supports recovery and strengthens maternal-infant bonds.
Objectives: This study examines the role of interdisciplinary collaboration in psychiatric and psychotherapeutic care for substance-dependent mothers and their children. Specifically, it aims to assess how collaborative frameworks between psychiatrists, psychotherapists, and allied mental health professionals impact therapeutic outcomes, focusing on reducing burnout and enhancing resilience among care providers.
Methods: A cross-sectional survey was conducted with 91 mental health professionals across 12 agencies involved in the care of substance-dependent mothers and their children. Participants completed an electronic questionnaire assessing demographic data, collaboration experiences, and perceptions of treatment effectiveness. The Maslach Burnout Inventory (MBI-22) and Resilience Evaluation Scale (RES) were utilized to measure burnout and resilience, exploring their influence on therapeutic collaboration and patient outcomes.
Results: Findings show that interdisciplinary collaboration positively correlates with enhanced resilience and lower burnout among professionals, factors crucial in maintaining therapeutic efficacy. Significant associations were found between demographic factors —such as age, gender, and years of service—and both resilience and burnout. Increased resilience appeared to support deeper therapeutic engagement, while low burnout levels were associated with sustained therapeutic consistency.
Conclusions: Interdisciplinary and interagency collaboration is essential in the psychiatric and psychotherapeutic treatment of substance-dependent mothers and their children. Resilience fosters more effective therapeutic engagement, while low burnout levels support sustainable practice. These findings underscore the value of collaborative, resilient mental health teams in achieving positive psychotherapeutic outcomes for this vulnerable population.

Disclosure of Interest: None Declared

EPV1015

The Impact of the Telephone Crisis Support Role on the Mental Health of Workers in the Psychosocial Support Line "10306"

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Introduction: Workers on helplines such as the "10306 Support Line" play a critical role in offering confidential, empathetic support to individuals in crisis, providing a secure environment for those grappling with anxiety, depression, or suicidal ideation. However, the high level of responsibility, extended hours, and often distressing nature of the calls can place substantial strain on the mental and physical health of these support line professionals.
Objectives: The primary aim of this study is to examine the psychosocial risk factors and resulting physical and psychological impacts on employees of the "10306 Psychosocial Support Line", with the intention of contributing to strategies for managing employee challenges, preventing stress-related symptoms, and promoting best practices for the mental and physical wellbeing of staff.