*Corresponding author.
doi: 10.1192/j.eurpsy.2021.2010

Introduction: In 2018, it was implanted in a Brazilian public university, the UEPG Abraça Extension Program, which has as objectives to realize psychosocial care and accompaniment, offer psychotherapies and therapeutic groups to the university community, that is, students, professors and university staff to suicide prevention, coping with mental disorders and the problematic use of alcohol and other drugs. The Program has a multiprofessional team composed of nurses, social worker, psychologists and psychiatrists, in an exclusive environment, thus guaranteeing comfort and secrecy to users.
Objectives: To characterize the socio-demographic and clinical profile of users assisted by the UEPG Abraça Program and to disclose the importance of the service for the promotion of Mental Health.
Methods: Qualitative, quantitative, descriptive study, with a structured questionnaire as the research instrument. The collection took place in 2019 and the target audience were users who sought psychological care.
Results: There were 469 admissions/visits and 35 of them continued with individual visits in 2020. The majority of users were female (58%) and had the age group between 17 and 20 years. The main mental health problems identified were anxiety, self-knowledge and university-related problems such as interpersonal conflicts and difficulties in the work process. The most attended undergraduate courses were Letters, Journalism and Dentistry.
Conclusions: It is noted the importance of a psychosocial care service at university level for the care and promotion of Mental Health.

Disclosure: No significant relationships.
Keywords: mental health; Promotion of Health; University

EPV0476

Social physique anxiety and physical activity

A. Zartaloudi[1]* and D. Christopoulos[2]

[1]Nursing, University of West Attica, Athens, Greece and [2]Nursing, Psychiatric Hospital of Athens "Dafni", Athens, Greece

*Corresponding author.
doi: 10.1192/j.eurpsy.2021.2011

Introduction: Social Physique Anxiety is defined as an emotional response that reflects individuals' concerns regarding the way their body may be observed or judged by others.
Objectives: To explore the relationship between physical activity and social physique anxiety.
Methods: A literature review haw been made through pubmed database.
Results: Social Physique Anxiety is negatively related to participation in physical activity and commitment to exercise. Studies examining the relationship between motivation and social physique anxiety have shown that external motivations, such as improving muscle tone and body attractiveness, are directly linked to social physique anxiety. In addition, social physique anxiety is negatively related to self-efficacy. Individuals who believe that they will be judged by others to be ineffective are less likely to be engaged in physical activity programs. Social Physique Anxiety has been linked to negative effects on mental health such as low self-esteem, smoking and eating disorders.
Conclusions: Given all the negative effects of social physique anxiety, as it is responsible for a wide range of health-related behaviors, it is important to identify physical activity-related motivational mechanisms in order to reduce the impact of social physique anxiety.

Disclosure: No significant relationships.
Keywords: Social Physique Anxiety; Physical Activity; athletics; motivation

EPV0478

Breast milk and infant formula milk for the prevention of hypoxic-ischemic encephalopathy in premature infants

G. Abdullayeva[1]* and M. Abdullaeva[2]

[1]Department Of Propaedeutic Of Childhood Diseases, Kazakh National Medical University after Asfendiyarov, Almaty, Kazakhstan and [2]Psychology, Lomonosov Moscow State University, Moscow, Russian Federation

*Corresponding author.
doi: 10.1192/j.eurpsy.2021.2012

Introduction: A relationship was found between the use of breast milk and infant formula milk and a decrease in the incidence and number of clinical complications caused by hypoxic-ischemic encephalopathy hypoxic-ischemic encephalopathy.
Objectives: To assess the efficacy and safety of breast milk and infant formula milk in terms of reducing of hypoxic-ischemic encephalopathy, the level of morbidity, the severity of damage to brain structures, the time before switching to full-fledged enteral nutrition and the frequency of detecting feeding intolerance in premature infants.
Methods: Prospective observation of the development of 254 premature babies were treated up to six months of corrected age at the Department of Neurology of Early Growth in 2016-2018. The effect of breast milk and formula milk on neurological status was compared.
Results: In comparison, breast milk and formula milk didn`t show any effect on the frequency of severe hypoxic-ischemic encephalopathy ($p < 0,05$), the severity of brain damage($p < 0,01$). Breast milk showed a statistically significant effect in terms of reducing the average number before switching to full enteral nutrition ($p < 0,01$).
Conclusions: Breast milk and formula milk does not affect the frequency of development of hypoxic-ischemic encephalopathy, the severity of brain damage. Breast milk significantly reduces the frequency of feeding intolerance, accelerates the transition to enteral nutrition, reduces the duration of hospitalization in premature infants.

Disclosure: No significant relationships.
Keywords: premature infants; breast milk; mental health; hypoxic-ischemic encephalopathy

EPV0479

Academic procrastination in university students: Associated factors and impact on academic performance

M. Ben Alaya[1], U. Ouali[2]*, S. Ben Youssef[3], A. Aissa[2] and F. Nacef[2]