Tension-Anxiety, Depression-Dejection, Anger-Hostility, Vigor-Activity, Fatigue-Inertia, and Confusion-Bewilderment. A two-way repeated measures ANOVA was conducted to analyze the interaction between locus of control type and psychological outcomes. Specific hypotheses were further explored using post-hoc LSD tests.
**Results:** Preliminary data show that participants with an external locus of control reported a significant reduction in depression (POMS factor D) from baseline to the 7-day follow-up (13.30 → 8.17; $p < .05$). Additionally, a progressive decrease in fatigue (POMS factor F) was observed both at Day 3 (9.83 → 7.50; $p < .05$) and Day 7 (9.83 → 6.50; $p < .005$), again in the external locus group.
**Conclusions:** Initial findings suggest that positive expressive writing may have more pronounced benefits for individuals with an external locus of control, possibly due to their greater ability to reframe positive experiences as independent of personal agency. This dispositional trait appears to enhance the intervention's effectiveness in regulating mood and reducing fatigue. The continuation of the research will clarify whether this trend remains consistent as the sample size increases. The study, still in progress, highlights promising directions for the use of positive writing techniques in promoting psychological well-being.

**Disclosure of Interest:** None Declared

## EPP339

## Resilience Buddy: A Multi-System Approach to Mental Well-Being

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**Introduction:** There is increasing recognition of the need to broaden the scope of psychiatry to include primary prevention. Emerging frameworks integrate well-being science, social determinants of health, lifestyle psychiatry, and the cultivation of cultural and structural competence to address issues of equity, diversity, and inclusion (EDI). Within this context, resilience is increasingly understood as a key protective factor that can enhance mental well-being, reduce vulnerability to psychiatric illness, and promote recovery.
**Objectives:** This project aims to translate the Multi-System Model of Resilience (MSMR) into an accessible, evidence-informed digital platform that empowers individuals to strengthen resilience across multiple domains.
**Methods:** The MSMR conceptualizes resilience as a dynamic, relational process shaped by biological, psychological, social, cultural, and ecological systems. It emphasizes that resilience is not simply an inherent trait but the outcome of interactions across multiple layers of influence. Within this framework, MSMR describes three interrelated systems: (1) **Internal Resilience**, grounded in physiological regulation and psychological skills; (2) **Values and Coping**, which bridges internal and external systems through meaning-making, problem-solving, and flexibility; and (3) **External Resilience**, which encompasses family, community, structural, and ecological resources. Drawing from this model, *Resilience Buddy* was designed as an app comprising nine structured modules. Each module integrates interactive psychoeducational activities, experiential exercises, and brief guided meditations tailored to build capacities across the three resilience systems.
**Results:** A preliminary pilot with five participants yielded encouraging results, with positive feedback regarding both usability and acceptability, measured using the Usability Metric for User Experience (UMUX). Participants highlighted the clarity, accessibility, and relevance of the content. Recruitment is currently underway for a larger pilot trial with 30 participants. This study will provide additional data on feasibility, user experience, and preliminary outcomes related to resilience enhancement. Detailed findings, including module design, engagement metrics, and preliminary outcome data, will be presented at the conference.
**Conclusions:** *Resilience Buddy* represents an innovative, scalable approach to promoting mental well-being through a multi-system resilience framework. By situating resilience within interacting biological, psychological, social, and structural contexts, it challenges individualizing or pathologizing narratives and promotes culturally sensitive, equity-oriented strategies for prevention. Preliminary findings suggest that digital, interactive resilience training is both feasible and engaging, with the potential to complement existing mental health interventions and strengthen population-level mental health promotion.

**Disclosure of Interest:** None Declared

## EPP340

## The Psychological Impact of Foreign Assignments on Diplomats and Their Families: A Systematic Review

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**Introduction:** Diplomatic personnel and their families face unique psychosocial stressors, including frequent relocations, limited autonomy, and deployment to high-risk environments. Despite potential psychiatric consequences, systematic evidence remains scarce.
**Objectives:** To synthesise empirical findings on mental health outcomes, occupational stressors, coping resources, and family experiences in order to inform institutional support and policy.
**Methods:** Systematic searches of Web of Science and Scopus (April 2024) were conducted following PRISMA 2020 guidelines. Eligible studies included empirical, peer-reviewed research addressing the psychological wellbeing of diplomats or their families. Six studies met inclusion criteria. Given methodological heterogeneity, findings were synthesised narratively.
**Results:** Stressors identified included heavy workload, constrained autonomy, relocations, and deployment to hardship or conflict zones. Outcomes encompassed elevated stress, burnout, and reduced quality of life, with higher PTSD symptoms in conflict postings. Protective factors comprised social support, self-efficacy, and dual national identification. Spouses reported emotional strain, isolation, and insufficient institutional recognition, particularly during the COVID-19 pandemic.
**Conclusions:** Diplomatic service entails specific psychological vulnerabilities. Evidence highlights the importance of psychosocial

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