change-related anxiety is still an emerging concept. In Italy, studies on eco-anxiety are limited but necessary, as the country is identified by the Intergovernmental Panel on Climate Change (IPCC) as particularly sensitive to climate change.
Objectives: The aim of this study is to assess the prevalence of eco-anxiety in a population of Italian blood donors, with a particular focus on its distribution across different generational cohorts.
Methods: An online questionnaire, structured on the Qualtrics platform, was administered via QR code among blood donors affiliated with AVIS (Associazione Volontari Italiani Sangue) in Bologna, Italy, in May 2024. Demographic and social data were collected, and the HEAS questionnaire was used to assess eco-anxiety.
Results: The study included 1,795 participants (1,060 males, 727 females, 8 non-binary) with an average age of 46.6 years (range 18-70). The results revealed variation in the detection of eco-anxiety among participants (mean HEAS score: 5.09; SD: 5.84). Analyzing differences in the presence of eco-anxiety across various age groups, the mean HEAS score was found to be higher in the GenZ group, defined as those aged 18-28 years (mean: 8.65; SD: 7.50), compared to other groups. Kruskal-Wallis analyses confirmed statistically significant differences in the presence of eco-anxiety across generations (p-value < 0.001). The data indicate that, in the GenZ sample considered, the prevalence of eco-anxiety is 48.4%, representing nearly five out of ten young individuals (chi-square value: 81.3; p < 0.001). Spearman's correlation and univariate logistic regression confirm the statistical validity of the association between generation and anxiety experiences related to climate change.
Conclusions: The data highlight the alarming spread of eco-anxiety in contemporary society, particularly among younger generations. Given the significant consequences, it is crucial to deepen our understanding of this condition and its psychosocial determinants.

Disclosure of Interest: None Declared

Migration and Mental Health of Immigrants

EPP315

Breaking the Silence: Exploring Self-experienced Discrimination Among Non-EU Physicians in Denmark

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doi: 10.1192/j.eurpsy.2025.613

Introduction: Discrimination against foreign healthcare professionals is an underexplored issue. Like many other countries, Denmark is experiencing an increasing influx of non-European Union (EU) physicians. These physicians face higher levels of requirements to obtain authorization to practice and be included in the Danish healthcare sector compared with their European peers, which can lead to an experience of perceived discrimination. Considering importance of physicians' mental health, addressing this perceived discrimination is crucial.
Objectives: This study aims to evaluate the perceived daily discrimination among non-EU physicians residing in Denmark. We focus on those who have immigrated within the past 10 years to shed light on the challenges faced during their integration into the Danish healthcare system.
Methods: 62 non-EU physicians who immigrated to Denmark within the last decade participated in the online survey during January 2024. The survey consisted of demographic information and Perceived Discrimination Scale (PDS). PDS was used to assess daily discrimination. Participants were grouped based on their duration of stay in Denmark and employment status. A Kruskal-Wallis H Test was conducted to compare the median daily discrimination scores across the different groups, using SPSS version 29.
Results: The study revealed that 74% of the participants who had lived in Denmark for less than four years were unemployed (p-value=0.001), suggesting significant challenges in finding employment. Furthermore, participants living in Denmark for over four years reported significantly higher levels of perceived daily discrimination compared to newcomers (p-value=0.016), indicating difficulties in integration. Similarly, employed physicians, reported higher discrimination levels than their unemployed peers (p=0.053), suggesting discrimination experiences at work.
Conclusions: This study reveals that non-EU physicians in Denmark face significant challenges to secure employment, especially in their first years of residence. Additionally, perceived discrimination for the physicians may be influenced by both employment status and duration of stay. High unemployment rates among recent arrivals and increased discrimination for those residing longer suggest that extended integration into the Danish healthcare system can intensify feelings of bias.

Disclosure of Interest: None Declared

Psychopathology

EPP316

Sartre's Existential Psychopathology: The Role of Freedom and Personal History in Mental Health

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doi: 10.1192/j.eurpsy.2025.614

Introduction: The existentialist approach to psychopathology emphasizes the need to understand the conditions that allow for the emergence of psychological disorders, referred to as "conditions of psychopathologization." This perspective, rooted in phenomenological methodology, rejects deterministic biomedical models, favoring a holistic view that considers the subject's lived experience, freedom, and choice. Drawing on the work of Jean-Paul Sartre, this study aims to analyze how existential conditions such as past events, personal choices, and social contexts contribute to the development of psychopathological states.

https://doi.org/10.1192/j.eurpsy.2025.613 Published online by Cambridge University Press