preparation, family-inclusive policies, and culturally responsive support. Future studies should adopt longitudinal designs and evaluate targeted interventions to improve wellbeing in foreign service populations.

Disclosure of Interest: None Declared

EPP341

The role of leisure traveling in supporting mental health in later life

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Introduction: Leisure travel has the potential to enhance the emotional and mental health of older adults, who face unique well-being challenges.
Objectives: This study seeks to: a) explore older adults' emotional experiences related to leisure travel; and b) examine the impact of leisure travel on their mental health.
Methods: A sample of 588 older adults, aged between 65 and 81 years ($M = 72.7$; $SD = 4.31$) and representing three nationalities, participated in this study. Semi-structured interviews were conducted, and content analysis was applied to the collected data.
Results: For the first objective, eight themes emerged: (1) Reduced feelings of loneliness and social isolation (88.3%); (2) Boosted self-confidence (84.9%); (3) Development of meaningful social connections (75.2%); (4) Increased opportunities for physical movement (70.1%); (5) Experiences of personal growth (66.4%); (6) Strengthened sense of autonomy (61.2%); (7) Enhanced ability to manage stress and challenges (59.5%); and (8) Greater overall sense of well-being (57.3%). For the second objective, four themes emerged: (1) Lower depressive symptoms (78.3%), (2) Alleviation of anxiety and stress (77.3%), (3) Improved cognitive adaptability (75.3%), and (4) Better sleep patterns (63.9%). Portuguese older adults primarily emphasized reduced feelings of loneliness and social isolation as well as alleviation of stress and anxiety. English older adults highlighted the development of meaningful social connections and lower depressive symptoms, while Brazilian participants focused on increased opportunities for physical movement and improved cognitive adaptability.
Conclusions: Leisure travel enriches the lives of older adults by boosting mental health, underscoring its important role in supporting comprehensive well-being during later years.
Keywords: Leisure traveling; older adults; mental health; emotional experiences; qualitative study.

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EPP342

Factors affecting insomnia in youth college students

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Introduction: Insomnia is one of the most prevalent sleep disorders among young adults, particularly university students, and is associated with impaired daily functioning, psychiatric comorbidities, and increased health risks. Despite the high burden, few studies have examined multidimensional risk factors in Korean college populations.
Objectives: This study aimed to investigate sociodemographic, behavioral, and psychological correlates of insomnia among young college students in Korea.
Methods: A cross-sectional survey was conducted among 5,273 students aged 19–34 years from 14 universities in Jeollanam-do, Korea. Participants completed validated questionnaires including the Korean version of the Insomnia Severity Index (ISI-K), the Center for Epidemiologic Studies Depression Scale (CES-D), and the Generalized Anxiety Disorder-7 (GAD-7). Sociodemographic and lifestyle characteristics such as gender, residential status, socioeconomic perception, smoking, alcohol, caffeine, and smartphone use were also assessed. Group comparisons and multivariate logistic regression were performed to identify independent predictors of insomnia risk, with statistical significance set at $p < 0.05$.
Results: Overall, 31.1% of participants were classified as being at risk for insomnia (ISI-K ≥ 8). Females had a significantly higher prevalence compared with males (56.8% vs. 43.2%, $p = 0.016$). Living alone, low perceived socioeconomic status, and lack of close friendships were associated with elevated insomnia risk. Smoking (OR = 1.59, 95% CI: 1.37–1.86, $p < 0.001$) and alcohol use (OR = 1.23, 95% CI: 1.02–1.49, $p = 0.030$) emerged as significant behavioral factors. In contrast, caffeine consumption and smartphone use did not show significant associations. Psychological distress was the strongest predictor: depressive symptoms (CES-D ≥ 21) increased insomnia risk more than five-fold (OR = 5.26, 95% CI: 4.22–6.54), and anxiety symptoms (GAD-7 ≥ 10) tripled the risk (OR = 3.03, 95% CI: 2.14–4.29).
Conclusions: This study demonstrates that insomnia in university students is shaped by an interplay of demographic, psychosocial, and mental health factors rather than lifestyle behaviors alone. Depression and anxiety were the most powerful predictors, underscoring the need for early psychological screening and integrated mental health interventions. Public health strategies in Korea should incorporate structured sleep education, counseling services, and policies that strengthen social and economic support systems for young adults.

Disclosure of Interest: None Declared

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