More specifically, moderate levels of total professional satisfaction were observed. Concerning the dimensions of satisfaction, low satisfaction rates were recorded in "salary", "promotion" and in "privileges and benefits". High satisfaction rates were recorded in "supervision by their superiors", "cooperation between colleagues" and "the nature of their work", while moderate satisfaction rates were reported in "communication" within facilities, as far as the explanation of tasks and objectives is concerned.
Conclusions: The results can be exploited by those with administrative and scientific responsibilities in the field of mental health in order to recognize nurses' difficulties and solve their problems in psychosocial rehabilitation facilities.

Keywords: Psychosocial rehabilitation; mental health nurses; job satisfaction

EPP0984

Emotional intelligence as a factor in the efficient self-regulation of functional states under work strain

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Introduction: Self-regulation of emotions is viewed as one of the key skills in various socionomic professions (Kuznetsova & Titova, 2016; Spencer & Spencer, 2008), including psychology. Emotional intelligence (EI) can be seen as a vital competence for counseling psychologists, as well as a factor in an efficient human functional state's (HFS) self-regulation under stressful work conditions.
Objectives: This study aims to assess the EI level in psychologists involved in a long-term relief programme for people affected by an industrial accident, and to reveal interrelations between EI and the efficiency of acquisition of new self-regulation skills.
Methods: The training course was designed for psychologists (n=15) in order to develop new stress-management counseling skills. It included: progressive relaxation, ideomotor and visualization exercises; autogenic formulae. Data were obtained from HFS evaluation questionnaires (Leonova, Zlokazova, Kachina & Kuznetsova, 2013), and the EI inventory (Manoylova, 2004).
Results: The mean EI level was high among the psychologists, although there were variations. Data confirmed rapid progress in the acquisition of self-regulation skills, and demonstrated a prolonged effect of stress ($p=0,052$) and fatigue ($p<0,001$) reduction (Friedman's test). The EI level showed correlations (Spearman's test) with HFS measures: by the end of the course psychologists with a higher EI reported higher psychological comfort ($p<0,05$) and lower acute fatigue ($p<0,01$) after relaxation exercises.
Conclusions: Although the sample size was small, the data, obtained from described above unique group of counseling psychologists, helped reveal the link between EI and efficient HFS self-regulation.

Keywords: Emotional intelligence; Work stress; self-regulation; work competence

EPP0985

The watersports inclusion games - what are the benefits for volunteers?

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Introduction: The Watersports Inclusion Games is an annual event organised by Irish Sailing and partners that provides an opportunity for individuals of all abilities across the physical, sensory, intellectual and learning spectrums and those experiencing barriers accessing mainstream sport to partake in a range of watersports. 79 volunteers from the 2019 cohort responded to a pilot survey to assess the benefits for volunteers at the event.
Objectives: This project aims to assess this data in the context of current knowledge about the benefits for volunteers in inclusive sport.
Methods: Literature review used the PEO keyword framework in medical and psychological databases, as well as grey literature. Data was collected using SurveyMonkey, quantitative data was analysed using Survey Monkey and SPSS, and qualitative themes were analysed using SurveyMonkey and Excel.
Results: Only one article exploring the benefits for volunteers in inclusive watersports was identified during literature review. This pilot survey analysis is the first on this topic in Ireland, and the largest sample of volunteers in inclusive watersport that we are aware of internationally. Thematic analysis finds that volunteers at this event are primarily motivated by altruistic motives, while the benefits they perceive include both personal enjoyment and growth, and seeing the enjoyment of other participants.
Conclusions: This project demonstrates that inclusive watersports can have many benefits for volunteers. The findings of this study can contribute to the evidence base on the benefits of inclusive sport for all those involved, while also identifying an opportunity for further study on volunteerism in inclusive sport, particularly adaptive watersports.

Conflict of interest: Ms O'Flynn reports a scholarship from the Health Research Board for this project, Dr Barrett has nothing to disclose, Ms Murphy reports to be the Inclusion Games Office, and thus responsible for the organisation of the Watersports Inclusion Games.
Keywords: inclusion; volunteerism; mental health; watersport

EPP0986

Protransition – an online-course for professionals to optimize the health care service for young people with mental illness in transition from adolescence to adulthood

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