Results: The research revealed that cardiac surgery patients' indices significantly exceeded the norm on three out of five scales – Negative-Past (t=4.405; p=.000), Positive-Past (t=3.536; p=.000), and Future (t=5.008; p=.000). We also identified essential correlations between the level of depression and the indices of Negative-Past (r=.390; p=.002) and Positive-Past (r=-.270; p=.037). We distinguished a positive correlation of the negative attitude to the past with cognitive-affective (r=.369; p=.004) and somatic (r=.338; p=.008) manifestations of depression, and a negative correlation with the level of education (r=-.292; p=.024).
Conclusions: The personal time perspective profile in cardiac surgery patients is unbalanced due to a high level of their negative attitude to the past with an optimal level in other time perspectives. The degree of the Negative-Past attitude correlates in the patients with a low level of education and a high risk of depression in all its manifestations. The given correlations should be taken into account when conducting preventive psychological interventions.

Disclosure: No significant relationships.
Keywords: risk factor; time perspective; Depression; cardiac surgery patients

EPV0472

Relationship between emotional coping and depressive symptomatology

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Introduction: From the life cycle perspective, the aging is described as the strengthening of adaptive resources and the capacity for recovery or compensation for losses. These skills are grounded in the coping strategies that individuals apply in order to effectively adapt to diverse situations. Emotion-focused, passive coping strategies are considered to be maladaptive in the long term. These strategies are associated with affective disorders, being these phenomena of great impact in older adults.
Objectives: Verify if there is a relationship between emotion-focused coping strategies and depressive symptoms
Methods: The sample was composed of 418 healthy older adults, aged between 60 and 89 years with an average age of 69.67 years and SD = 7.24, 63.6% of the participants are women and the remaining 36.4% are men. The Coping Stress Questionnaire was used to evaluate strategies focused on emotion (Sandín & Chorot, 2003). The Center for Epidemiological Studies-Depression Scale (Radloff & Teri, 1986) was used to evaluate depressive symptoms.
Results: Depressive symptomatology showed significant associations with all emotion-focused strategies: negative self-focus (.339), open emotional expression (.279), avoidance (.202) and religion (113) with a significance level of 0.05.
Conclusions: Emotion-focused coping strategies are associated with depressive symptomatology. Thus, it is considered that the use of these types of strategies in times of change or challenge will not benefit adaptation in the older adult. It is necessary to develop more active coping strategies for prevention in mental health during aging.

Disclosure: No significant relationships.
Keywords: depressive symptomatology; adaptation; coping; Coping Strategies

Promotion of mental health

EPV0473

Social media and its effect on mental health: Friend or foe?

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Introduction: Recently, several studies have shown both positive and negative impacts of social media on mental health. However, little is known regarding the reasons for the negative impact of social media on mental health.
Objectives: To evaluate the role of social media on mental health.
Methods: We reviewed the documentary 'The Social Dilemma' released on Netflix in September 2020, which explored the role of social media in our life. The documentary discussed the behind the scene development of the social media world.
Results: The central message from the documentary is that all the social media applications we use are capable of hijacking the thought process of your brain and are consciously designed by the artificial intelligence technology in a way that one spends more time on them. It collects users' data such as topics they like, follow, search, subscribe, shop, and several others. Based on this data it feeds you the information according to your taste and next time you log in on the website, you spend more time on it. This causes positive reinforcement, the more time you spend on a particular topic, the more you will be presented which results in addictive behavior.
Conclusions: It is known that social media addiction is prevalent, and it affects brain like drug and alcohol addiction. This documentary provided technological insight into this type of behavior. Though social media has its pros, it has numerous cons despite being used for right intentions. Better regulatory measures are needed to prevent psychological disorders related to social media usage.

Disclosure: No significant relationships.
Keywords: Addiction; social media; Mental Health Policy; mental health

EPV0474

UEPG Abraça Program: The importance of a psychosocial care service in the university context

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