Conclusions: 1. Majority first year medical students think that the begining of studies have negative impact on their emotional well-being. 2. A large number of medical students unwilling to see mental health specialist. 3. Significant number of students use psychoactive substances to improve their emotional state.

Disclosure: No significant relationships.
Keywords: mental health; Medical Students; stress; mental health stigma

EPV0482

The enhancement of emotional skills as a resource to reduce hopelessness

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Introduction: Emotional Intelligence (EI) involves a set of emotional skills (attention, clarity, and emotional regulation) for the effective use of emotional information (Mayer & Salovey, 1997). The lack of emotional skills has been associated with multiple disruptive emotional phenomena, such as hopelessness. It has been observed that EI can be a predictor of hopelessness in older adults, in such a way that we can consider that the development of EI could be a relevant resource for promoting mental health in older adults.
Objectives: Implement an EI intervention to reduce levels of hopelessness.
Methods: The sample consisted of 123 healthy older adults from Valencia (Spain), randomly distributed into two groups: treatment group (N = 57) and control group (N = 68), aged between 60 and 84 years, with a mean age of 67.62 years (SD = 6.43). Of these, 54.4% were women and the remaining 45.6% were men. The Trait Meta-Mood Sclae 24 (TMMS 24) was applied to assess EI and the Beck Hopelessness Scale (BHS) to assess hopelessness.
Results: Significant differences are observed in the treatment group after the intervention (F1, 123 = 19.86; $p < 0.001$, h2 = 0.142), with a decrease in scores (T1= 4.72; T2=2.88). For the control group, the effects were not significant (F1, 123 = 1.06; p = 0.305, h2 = 0,009).
Conclusions: The efficacy of the intervention in EI to manage emotional states is evidenced, reducing levels of hopelessness thanks to training in adaptive emotional processing and emotional management skills.

Disclosure: No significant relationships.
Keywords: Emotional intelligence; Hopelessness; mental health

EPV0483

The effect of online motivational interviewing on stress management in infertile women with PCOS: A randomized clinical trial

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Introduction: Polycystic ovary syndrome (PCOS) is one of the most common endocrine disorders in women, which in addition to medical aspects also affects the dimensions of women's mental health such as stress.
Objectives: The present study was conducted to determine The effect of online motivational interviewing on stress management in infertile women with PCOS
Methods: This randomized controlled clinical trial enrolled 60 Infertile Women with PCOS from the city of Sari-Iran in 2020. Participants were assigned to MI and control groups using block randomization. The intervention group received 5 weekly of MI online via WhatsApp. While the control group received only routine care. Stress management scores in these individuals were measured using health-promoting lifestyle profile II questionnaire (HPLP II) before and after the intervention. Then, the data were entered into the SPSS software, version 25 and were analyzed using descriptive statistics, chi-square test, t-test, and repeated measures analysis of variance.
Results: No significant difference was observed between the two groups before the intervention mean The Stress management scores ($p>0.05$). After the intervention, mean (SD) of The Psychological Domains score was 22.5 (3.8) in the intervention group and 17.9 (4.1) in the control. The Stress management score was significantly upper in the intervention group compared to the control. ($p<0.000$). The effect size (1.1) was calculated. NNT (1.6) was calculated.
Conclusions: According to the results and the effect of motivational interviewing is one of the effective methods to manage stress in infertile women with PCOS.

Disclosure: No significant relationships.
Keywords: Infertile women; polycystic ovary syndrome; motivational interview; Health-promoting behaviors; stress

EPV0484

Music and emotion

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Introduction: Music has been said to be emotion's language. Research confirms a link between music structure and triggered emotions.
Objectives: To assess the relationship between selected music excerpts and the emotions trigged, in order that the former will be used in future research.
Methods: An anonymous study was performed in April 2019 on 65 subjects of both sexes, aged 19- 33 (mean=21,09; SD=3,05). Subjects listened 4 excerpts of music, believed to be related either to excitement or to calmness, and answered to a questionary on emotion's triggered by each exposure.
Results: Regarding to the music excerpts that were believed to induce excitement 80% of the subjects mentioned exciting emotions, 78% enjoyed the music while 78% didn't knew them. For the ones that were believed to induce calmness 69% of the subjects mentioned calm emotions, 84% enjoyed the music and 62% didn't knew the music. In an excerpt of music related to calmness, we observed association between knowing the music and the emotion trigged (p=0,027). The triggered emotion responses were independent of liking the music (P>0,05).
Conclusions: In our study, independent of liking the music, the participants reported to have perceived the expected emotions triggered by musical excerpts, showing this to be a phenomenon related to music structure. Calmness perception may be also influenced by previous knowledge of the music and related experiences. The role of individual perceptions will be looked for in following studies.

Disclosure: No significant relationships.
Keywords: Music; triggered; emotion; language

Psychoneuroimmunology

EPV0485

C-reactive protein in a naturalistic sample of inpatients with major depressive disorder, bipolar disorder and obsessive-compulsive disorder

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Introduction: The relevance of inflammation to psychiatric disorders is well established. While inflammation was broadly investigated in mood disorders, obsessive-compulsive disorder (OCD) received little attention. C-reactive protein (CRP) is an inflammatory marker commonly assessed in clinical practice. Studies comparing CRP levels across mood disorders and OCD are lacking.
Objectives: We compared the prevalence of CRP-based low-grade inflammation (LGI) across major depressive disorder (MDD), bipolar disorder (BD) and OCD, taking into account multiple individual variables that may affect CRP levels.
Methods: Retrospective, observational cross-sectional study in a naturalistic sample of hospitalized patients with MDD or BD or OCD. Information was collected from electronic medical records. Based on serum CRP levels at admission, the following were defined: CRP: >3 mg/L and ≤10 mg/l, "yes" LGI; ≤3 mg/L, "no" LGI. Logistic regression models were applied.
Results: We included 156 patients with MDD, 135 with BD, and 97 with OCD. We found prevalence rates of CRP-LGI of 29.9%, 36.5%, and 47.4% in patients with OCD, MDD, and BD, respectively, without significant differences between groups. The entire set of individual variables considered (e.g., sex, body mass index, medication) explained only one-third of the observed variations in CRP-LGI.
Conclusions: CRP-LGI may be a transdiagnostic feature of a substantial portion of patients with MDD or BD or OCD, rather than being exclusive to a specific psychiatric disorder. The presence of LGI was not fully explained by individual confounding factors. Given the relevance of inflammation to psychiatric and medical outcome, routine measurements of CRP in psychiatric settings may be valuable.

Disclosure: No significant relationships.
Keywords: major depressive disorder; bipolar disorder; Obsessive-Compulsive disorder; Inflammation

EPV0487

The autopoiesis and the mindfulness as a tool for self-management in health. A theoretical support for a clinical study in psychoneuroimmunology

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Introduction: Clinical studies had shown a correlation between mindfulness and changes in the immune response. Other studies had observed an interaction between sensory neurons and neuropeptide-mediated immune response.
Objectives: This research aims to provide theoretical support to carry out a clinical study based on psychoneuroimmunology.
Methods: For this, An epistemological analysis of the concepts of autopoiesis and evocative body was carried out to explain the self-conformation of the organism.
Results: The result of this analysis indicates that the autopoietic process of the organism can be experienced from the three levels proposed by the concept of the evocative body (preontological, ontological and logical). It is posible to generate a nexus between the preontological and the logical in the autopoietic process through the ontological level. Mindfulness is the tool through which it is possible to access the ontological and thus express the preontological in the logical, thereby generating the theoretical possibility of being able to influence our therapeutic process.
Conclusions: This analysis supports the concept of the self-management in health as a measurable therapeutic tool in a clinical study.

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