EPP0756

Barriers in managing psychiatric disorders in athletes

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Introduction: Athletes have participated in sports and physical exercise for several decades as a coping strategy to alleviate mental health and behavioral issues. The increasing prevalence of psychiatric disorders among athletes attributed to the failure of its appropriate management.
Objectives: Our goal is to identify barriers in diagnosing and treating psychiatric problems among sportspersons to educate clinicians about the potential risk factors for athletes' mental health disorders to provide optimal medical care.
Methods: We examined MeSH terms "Athletes," "Sports," "Risk Factors," "Diagnosis," and "Patient Care Management," in the context of "Mental Health," "Mental Disorders," "sports psychiatry," and "diagnostic barriers." We included 23 studies per the PRISMA guidelines, searching Medline, PubMed, PubMed Central, and PsychInfo databases until August 2020.
Results: Barriers managing psychiatric disorders in athletes are overtraining syndrome, compensatory training, idolizing, negative coping mechanisms, social stigma, injuries, and performance-enhancing supplements usage. Other factors attributed to diagnostic barriers are general perceptions, age, racial and gender disparities, poor health services, interpersonal issues, patient-therapist relationships, sense of entitlement, control or confidentiality problems, and lack of quality preventative measures. Risk factors are injuries, sports type, doping, substance abuse, lifestyle, failures in achievement, eating disorders, and maladaptive coping mechanisms.
Conclusions: These barriers in psychiatric care have adversely impacted the mental health of sportspersons. Athletes have deviated from their careers and lost valuable periods of their lives due to inadequate attention to sports psychiatry aspects, such as cognitive health services, inclusive sports management measures, diagnostic and treatment approaches, reliable mental health services, and public awareness programs.

Keywords: sports psychiatry; athletes; diagnostic barriers

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New mental health laws in bosnia and herzegovina- step towards in our practice

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Introduction: Establishing broad spectrum of new mental health services in whole Bosnia and Herzegovina (BH) existing mental health laws in both entities needed to be upgrade according positive results of the mental health reform in the country. Previous laws were exclusivelly oriented on protection of rights of the people with mental health disorders in (mainly) psychiatric institutions and were progressive and new in the period of their implementation (2001-2004).
Objectives: Since 2010 main reform processes had direction to community mental health care and developed positive movement with implementing new services oriented to patients and their needs/continuity of care. For example case management and occupational therapy are part of daily work in whole country and standards established trough accreditation process lead to uniform approach in community work in the area of mental health.
Methods: Comparative analysis of laws in BH concerning mental health.
Results: Carefuly and good preparation for pronounce of new Mental Health Law both in Republic of Srpska and Federation of BH were supported from both entities (task forces, drafts and proposition of the law and public discussion) and they are formaly supported in both entities parliaments in 2020 (prolonged since COVID-19 situation). In both laws is more emphasised role of commnity services, prevention, and post-hospital rehabilitation as continuity of care. Book of rules that follow the laws will be establish no longer than the end of 2020.
Conclusions: New mental health laws in BH are path to better protection of mental health of all population in BH and rights of our patients' recovery.

Keywords: Mental Health; Law; Stigma

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Mental disorders management in general practice

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Introduction: Compared to specialized care, primary care is considered to be more accessible, less stigmatizing, and more comprehensive since it manages physical ailments along with mental disorders (MD). Thus, MD are mainly treated by general practitioners (GP), even though their ability to diagnose and treat these diseases is often considered unsatisfactory.
Objectives: This study aimed to analyze perceptions of GP capacity to manage MD, and to assess the difficulties encountered during this management.
Methods: A cross-sectional web-based survey design was adopted between August 22 and September 23, 2020, so that 47 responses of GP were included.
Results: The mean age of respondents was 37.3 years. Among them, only 17% attended a post-university psychiatric training. On average, 6.3% of GP visits were MD-related. Anxious disorders and depression were perceived as very frequent respectively in 82.9% and 40.4% of cases. Among GP, 17% considered bipolar disorder as a difficult pathology to diagnose, followed by schizophrenia (12.7%), while the pathologies perceived to be most difficult to

treat were dementia (17%), acute agitations (14.9%) and schizophrenia (10.6%). Anxiolytics and antidepressants use was very frequent (40.4% and 27.7% respectively), and 34% needed training in antipsychotics prescription. Difficulties encountered during MD management were related to lack of psychiatric continuing education (19.4%) and lack of collaboration with mental health professionals (12.5%). Among participants, 93.6% requested a psychiatric training: theoretical 29.3%, practice exchange 24.7%.
Conclusions: Our study confirmed that MD related visits are common in primary care and highlighted several obstacles in their management. Further continuous education, training,and collaboration between practitioners is required.

Keywords: Psychiatric disorders; management; perception; general practice

EPP0757

Assessing the health-related quality of life of nurses: A study in hedi chacker hospital

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Introduction: Physical and psychological health, social relationships and professional environment determine the quality of life of nurses.
Objectives: This study aims to evaluate the quality of life of Hospital nurses and to identify the factors that influenced this assessment.
Methods: We conducted a cross-sectional study concerning nurses who answered a questionnaire developed and structured in order to assess the quality of life and with the appliance of the World Health Organization Quality of Life Instrument (WHOQoL-BREF). The statistical processing was done with IBM SPSS Statistics for Windows, Version 21.0.
Results: Most of the nurses were women (78.30%), married (81.70%) and with a specialization degree (65 %). The mean age of the study population was 50.20 years (±7.20 years). Most of them considered their quality of life good or very good (46.7%) and were satisfied or very satisfied with their health (48.4%). There is a significant association between quality of life and satisfaction with life (p=0.000). The average score of Physical health was 55.76 (±13.89). The average scale of Psychological health was 61.45 (±15.14). A significant correlation was observed between lack of antecedents and a better physical health (p=0.000).The psychological health was correlated with age (p=0.000) and social relationships (p=0.000).
Conclusions: Studying the quality of life of nurses is particularly important, since it can lead to the development of a policy for improving the working conditions in the public sector.

Conflict of interest: No significant relationships.

EPP0758

Mental health impact of covid on athletes

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Introduction: The coronavirus pandemic continues to impact all aspects of the daily life of the public worldwide. With decreased economic activity, the sports industry faces significant challenges of maintaining athletes' mental health while seeking the best strategies for eventual return to sports competition.
Objectives: We aim to evaluate COVID-19 related factors impacting on the mental health of athletes and provide appropriate management steps.
Methods: We examined MeSH terms "Athletes," "Sports," "COVID-19," in the context of "Mental Health," "Mental Disorders," "Behavioral Medicine," "Risk Factors." We identified seven studies for the qualitative synthesis per the PRISMA guidelines, searching Medline, PubMed, PubMed Central, and PsychInfo databases until July 2020.
Results: The pandemic has negatively impacted athletes' mental wellbeing due to decreased physical activities, limited resources, fears, and delays or cancellations of the sporting event. The negative psychological impact on athletes is due to self-isolation measures leading to worries of less preparedness for the lockdown, reduced physical activity, loss of competitive advantages, fear of being infected, social isolation, and loneliness. During this period, athletes struggled to maintain baseline routine and engaged in excessive calorie intake, eating low-quality food, substance use, and sleep disruption. It has caused anxiety, depression, PTSD, and mood disorder at varying degrees of severity in athletes.
Conclusions: Limited resources during a pandemic have caused adverse mental impact on athletes. We recommend improving physical activity through confined or virtual training programs with colleagues. A collaborative approach is required by clinicians, psychologists, coaches, sports organizations, government bodies to limit the pandemic's mental health impact.

Keywords: Covid; Mental Health of Athletes; sports psychiatry

EPP0759

Levels of depressive and anxious symptoms of pregnant women before vs. during the COVID-19 pandemic

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Introduction: The effects on the population's mental health due to the rapid global spread of COVID-19 are even greater for specific groups such as pregnant women.