Female students had lower self-esteem with no significant correlation.
Students with a history of anxiety disorders had a significantly lower self-esteem ($p<10^{-3}$).
Low self-esteem was significantly correlated with severe stress ($p=0.01$).
Conclusions: Our study showed significant frequencies of low self-esteem and considerable stress among medical students. Low self-esteem was associated with severe stress. Further studies should be conducted to better investigate this relationship in order to promote student's mental health and the use of stress management techniques, which can not only reduce stress, but also improve self-esteem.

Disclosure of Interest: None Declared

EPP0362

Online Multifamily Systemic Therapy after First Psychotic Episode

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doi: 10.1192/j.eurpsy.2023.678

Introduction: In Greece, the Athens Multifamily Group Therapy Project (A- MFGT) provides systemic multifamily therapy to young adults after the first psychotic episode, with a purpose to deliver an early intervention program.
Objectives: Few evidence is available regarding the viability of multifamily systemic therapy in an online setting in purpose of widely developing in e-mental health care (Borcsa et al., 2021). The members of ten families who participated at two online multifamily systemic groups for young adults after the onset of psychosis provided their opinions regarding their experience of 10-month therapeutic program through online platform, with two - hour sessions every 15 days.
Methods: The members of the group described in an online form what they found helpful and/or unhelpful/harmful at three separate times: in the middle of the therapy process, at the end of therapy and at 6 months follow up period. The data collected was analyzed with an inductive, "data – driven", form of coding based on the methodology of thematic analysis (Braun & Clarke, 2006). Themes represent the prevalence of what the participants found important in relation to the perceived effectiveness of online A- MFGT.
Results: The members highlighted the impact of the online group process on family communication, reflected on advantages and difficulties offered by the online setting, described their emotions and the effect of diagnosis and hospitalization at individual and family level, valued the problem solving and empathy techniques in the group and identified the obstacles they encountered in the group sessions.
Conclusions: Psychosis can affect all aspects of a person's life, and without support and appropriate care, it can place considerable weight on the patient's relatives, as well as the community in general. Our suggestion is that MFGT can be a viable way to support the whole system facing psychosis, with the aim of preventing relapse and implementing quality of life of all the participants.

Disclosure of Interest: None Declared

Psychopharmacology and Pharmacoeconomics 02

EPP0363

Psilocybin as an antidepressant strategy - a review of safety aspects

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doi: 10.1192/j.eurpsy.2023.679

Introduction: Psilocybin is considered a classical psychedelic and is increasingly attracting scientific and media attention as an alternative approach to the treatment of various mental disorders.
Apart from its efficacy, an important question is the tolerability and safety of psilocybin in general and in a controlled environment. Accurate knowledge of drug safety aspects might be essential for applicability in clinical practice and for drug adherence.
Objectives: This paper aims to provide an overview of drug safety aspects of psilocybin.
Methods: A narrative review was conducted. The literature search was conducted using the bibliographic database MEDLINE.
Results: The literature search of papers published in recent years showed no serious side effects under psilocybin in controlled study conditions. Common reported ADRs were headache, gastrointestinal complaints such as nausea, diarrhoea and vomiting, tachycardia and arterial hypertension. The lethal dose of psilocybin is many times higher than the therapeutic dose and overdose deaths have not been identified.
An often mentioned problem is the occurrence of hallucinogenic persisting perception disorder (HPPD) which, however, did not occur in the studies examined and is most likely to be a problem in the context of recreational use. The results on the safety of psilocybin must be regarded as preliminary; in the studies conducted, risk populations were predominantly excluded, which is, however, relevant for everyday clinical practice. The risk of delusional experiences and so-called "bad trips" is also a relevant safety risk, as it can be associated with risky behaviours. However, these would also be observed more in the area of recreational use.
Conclusions: The use of psilocybin in rigorously controlled study designs appears to be predominantly safe and without serious side effects. At the same time, it should be noted that the results must be considered preliminary and many questions remain open. Many of the risks are more likely to occur in uncontrolled recreational use of psilocybin. At the same time, we see a certain risk in the use of a substance associated with high expectations and a certain "fame" that, without appropriate regulations, the boundaries between sensible therapeutic use and abusive use could become blurred and permeable.

Disclosure of Interest: None Declared

https://doi.org/10.1192/j.eurpsy.2023.678 Published online by Cambridge University Press