Results: Patients, aged 14-18 years, were divided in four diagnostic groups: schizophrenia spectrum disorders (5 pts.), mood disorders (19 pts.), anxiety disorders (27 pts.) and other disorders (4 pts.). Frequency of self-disorders was different among the 4 groups. Including patients schizotypal personality disorder in the schizophrenia-spectrum disorder group, the difference is still significant. Mann-Whitney U test shows no differences between EOP and UHR patients in SD. Furthermore, correlations between EASE total score and Calgary and MASC total scores were significant.
Conclusions: Our results confirm the specificity of SDs for schizophrenia spectrum disorders and also the belonging of schizotypal personality disorder to schizophrenia-spectrum.

Keywords: Anxiety; Depression; Self-Disorders; Schizotypal personality disorder

EPP0974

Validation of the general self-efficacy scale in french students for the prevention of student health

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Introduction: The perceived self-efficacy, framed by Bandura, is one of the most important concepts within Cognitive Social (Villegas Barahona et al., 2018). General self-efficacy is defined, as the global confidence a person has in order to perform tasks successfully (Stanley & Murphy, 1997). The perception of stress may be more for people with lower level of self-efficacy (Shilpa & Prasad, 2017).
Objectives: Students often suffer from stress (Saleh et al., 2019) and student health intervention and prevention programs must therefore act on this variable. The French version the General Self-Efficacy Scale could be an element for the validation of these programs.
Methods: 955 French students aged 17 to 67 (M = 22.22; SD = 5.1) participated to the study. We performed an Exploratory Factor Analysis (EFA) to determine the most appropriate factor structure then a Confirmatory Factor Analysis (CFA).
Results: Kaiser's criterion pointed towards a one-factor model while Cattel's criterion pointed towards a two-factor solution. Both models have been tested and the two-factor model seemed to be better. Indices showed an excellent fit between the model and the data (CFI = 0.97, TLI = 0.96, SRMR = 0.035).
Conclusions: We have tested two models and one of them, the two-factor model, presented better psychometric qualities. However, the one-factor result is also satisfactory and it will be discussed in the communication.

Keywords: measure; General Self-Efficacy; Prevention of mental health; stress

EPP0975

Work engagement and workers' health, is there any connection in the social work in ukraine?

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Introduction: This study is a part of the bigger research project on the burnout syndrome risk and prevention factors [1,2,4].
Objectives: At the current phase we aimed to discover: 1- trends observed in sociodemographic profiles of Ukrainian social workers(SW) who respond to the online survey; 2- if there is any correlation between the SW work engagement(WE) and general health(H).
Methods: The survey is designed out of two questionnaires - Gallup Q12 Employee Engagement survey(Q12) and the 15-item Patient Health Questionnaire(PHQ-15). Questions on the socio-demographic status are included according to the study purpose [3,4]. SW 'from the field' in Ukraine included in the study group(SG). Other professionals (doctors, lawyers, etc.) formed the comparison group(CG). Descriptive statistics applied for the data analyses.
Results: Our sample has the next socio-demographic characteristics: age 20-57 (average 33.2) years old, male/female ratio is 0.36; single at the moment of the study are 66.7%. The SG: women-87.5%, married-62.5%, social work experience -from 1 to 15years. In 28.6% of the CG respondents the Q12 revealed low(less than 50%) WE while in the SW no one showed low WE. PHQ-15: in the SG -62.5% mild and 12.5% -severe somatic problems; in the CG -57.1% mild and 28.6% -severe somatic symptoms. There were no statistically significant differences between 2 groups with regard to WE and H ($p<0.05$). Relations between variables are non-linear; therefore,Spearman's coefficient (ρ) applied.
Conclusions: The weak association between the work engagement and health condition ($\rho=0.3;p<0.05$) is found. There are several limitations due to the sample specificity (online users in Ukraine). This study is ongoing.

Keywords: work engagement (WE); socio-demographic profile; social workers (SW); health

EPP0977

Mindfulness and self-compassion based intervention program to prevent burnout in medical and dentistry students

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Introduction: Burnout occurs in every stage of a medical graduation and career. In the first years of graduation, is affects 35-45% of medical and dentistry students. This has severe consequences, such as: higher levels of suicidal ideation, substance abuse, medical errors and medical neglect; lower levels of empathy and self-compassion - essential to the quality of healthcare. Students with certain

personality traits (e.g., neuroticism and, particularly, perfectionism) are more vulnerable to emotional dysregulation when facing stressors of daily life. Our recent studies proved that mindfulness and self-compassion can attenuate the effect of perfectionism on psychological distress.
Objectives: To present the rational, materials, methodology and preliminary results of our project COMBURNOUT, aimed to develop, implement and assess the efficacy of a mindfulness and self-compassion-based intervention to prevent burnout in medical and dentistry students.
Methods: Students with high levels of burnout, psychological distress and perfectionism will be randomly assigned to intervention (8 weekly sessions) or control groups. The sessions will be composed by psychoeducation about burnout, mindfulness and self-compassion practices, within and between sessions. The follow up will include three assessment moments until a year after the intervention.
Results: We expect that the experimental group will present significantly lower levels of burnout, psychological distress and perfectionism, and higher levels of emotional regulation skills.
Conclusions: The facilitators training and the manualization are guaranties of standardization and sustainability. If the positive impact of COMBURNOUT is verified, we intend to provide the program to medical/dentistry students from all over the country.

Keywords: burnout; Medical Students; Mindfulness based intervention; Self-compassion

EPP0979

The interaction between health and personal anxiety in children

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Introduction: In modern health psychology there is a question of separating the concepts of "personal anxiety" and "health anxiety" and defining the interaction features and mutual influence between these concepts.
Objectives: To study the interaction between personal anxiety and health anxiety in children, taking into account the parents' influence and depending on the child's personal illness experience.
Methods: The sample: 145 respondents (46 frequently ill children (mean age 16.3±0.3), 41 rarely ill children (mean age 16.1±0.1), 28 parents of frequently ill children (mean age 44.9±0.8), 30 parents of rarely ill children (mean age 44.5±1.5)). We used: "Short Health Anxiety Inventory" (SHAI; Salkovskis et al., 2002), STAI (Spielberger, 2002).
Results: We find significant differences in the personal anxiety indicator (1.386, $p \leq 0.01$), which is higher in frequently ill children (moderate level of severity). Parents of frequently ill children have the same level of personal anxiety (no statistically significant differences) (12.825, $p > 0.05$). For groups of rarely ill children and their parents we find significant differences (2.382, $p \leq 0.01$), and the level of personal anxiety is higher in children. The indicator of health anxiety in frequently and rarely ill children has no significant differences (9.265, $p > 0.05$). The same is typical for rarely ill children and their parents while in the groups of frequently ill children and their parents this indicator has significant differences and is higher in parents (9.136, $p \leq 0.01$).
Conclusions: The results show that health anxiety is an independent construct, the consideration of which should begin with non-clinical, normative forms of manifestation in both adults and children.

Keywords: Short Health Anxiety Inventory; Health anxiety in children; health psychology; Mental health prevention in children

Promotion of mental health

EPP0980

Emotional regulation as factor of commitment to paralympic sports

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Introduction: Commitment to sports is especially important for well-being in people with disabilities (Malm et al., 2019), although mental health problems are common among Paralympic athletes (Hunt et al., 2019). Importance of representations of and regulation in sport situations was supported for different kind of sports (Moran, 1993, Suinn R., 1982, Hardy et al., 1996) but Paralympic ones.
Objectives: The aim was to reveal aspects of psychological regulation important for achievement and longer commitment to Paralympic sports comparing to non-Paralympic sports.
Methods: 51 athletes from Paralympic sports (49.1% candidates and masters of sports) filled Questionnaire of Image Representations of Professional Activity of Athletes (Leonov et al., 2020) measuring general importance and self-appraisals of different aspects of image representation and regulation in sport activities: control of temporal, spatial, informational, technical and tactical, energetic aspects, game intelligence, motivational, emotional and social aspects (Cronbach's alphas .61-.89). Data were compared to 399 athletes without disabilities (48.4% candidates and masters of sports).
Results: Comparing to athletes without disabilities, Paralympic athletes higher appraise general importance and their capacities for emotion regulation during sport situation ($t = 2.26\text{-}3.35$, $p < .01$). High-level Paralympic atheletes report marginally better emotion regulation ($t = 1.74$, $p < .10$). Longer experience in sport in Paralympic athletes is associated with better representations of spatial and social aspects of sport situations and better emotion regulation ($r = .25\text{-}.29$, $p < .05$).
Conclusions: Data suggest that improvement of emotion regulation in sport situation in Paralympic athletes could be helpful for