Music, likewise, is a powerful medium for emotional resonance and connection. While prior studies suggest links between music, empathy, and perspective-taking, little is known about how structured person-centered encounter groups may foster empathy among musicians.
Objectives: This study examined whether participation in encounter groups is associated with higher self-reported empathy among musicians, and whether sex differences emerge.
Methods: Sixty-eight musicians (18–60 years) were divided into two groups: participants with no encounter group experience (n = 43) and those who attended eight PCA-based sessions (n = 25). All completed the Greek version of the Empathy Quotient (EQ). A two-way ANOVA tested the effects of group participation and sex on empathy scores.
Results: Empathy scores ranged from 19 to 72 (M = 43.07, SD = 10.49). Encounter group participants and females showed slightly higher mean empathy levels than non-participants and males, though differences did not reach statistical significance.
Conclusions: Preliminary findings suggest that person-centered encounter groups may hold potential for fostering empathy among musicians, aligning with the empathic foundations of the PCA. Although the observed differences were not significant, the trends point to the value of further research with larger samples and longer interventions. The study highlights music-based group experiences as a promising context for exploring empathy development, with implications for therapeutic, educational, and artistic settings.

Disclosure of Interest: None Declared

EPV825

Structured Breathing Exercises as a Mental Health Intervention for Young Individuals with Anxiety and Depression: A Randomized Controlled Trial Protocol

P. Hjorth* and A. Bicik

Institute of Regional Health Research, Odense, Denmark
*Corresponding author.
doi: 10.1192/j.eurpsy.2026.11687

Introduction: Young people with anxiety and depression frequently experience physiological hyperarousal, emotional dysregulation, and impaired stress tolerance. Standard treatments, while effective, are limited by side effects, accessibility, and adherence challenges. Structured breathing exercises (SBE) represent a promising complementary approach. By promoting parasympathetic activation and reducing stress-related arousal, SBE may improve emotional stability and mental well-being.
Objectives: This protocol outlines a planned randomized controlled trial (RCT) designed to evaluate the efficacy of SBE in reducing anxiety and depressive symptoms in young individuals aged 16–24 years. Secondary objectives include assessment of general well-being and functional outcomes.
Methods: The trial is planned to commence in early 2026, pending funding approval. We aim to recruit 100 participants from a youth mental health support program in Denmark. Participants will be randomized to an intervention group receiving SBE or a control group. The intervention comprises a four-week program including diaphragmatic breathing, box breathing, and Tummo breathing, practiced daily via a mobile application and supported by weekly group sessions. Primary outcomes will be measured with the Hospital Anxiety and Depression Scale (HADS), while secondary outcomes include the General Health Questionnaire (GHQ-28). Assessments will take place at baseline, post-intervention, and follow-up.
Results: We hypothesise that SBE will reduce symptoms of anxiety and depression by enhancing autonomic regulation, improving stress resilience, and strengthening emotional self-regulation. Participants are expected to report improved concentration, energy levels, and well-being.
Conclusions: This protocol describes a scalable, non-pharmacological intervention targeting mental health in young people. If funded and successfully conducted, the trial will provide important evidence for integrating structured breathing techniques into psychiatric care and youth mental health programmes.

Disclosure of Interest: None Declared

EPV826

Meeting the mental health needs of people with the complex neurodevelopment condition, Prader-Willi syndrome: a major challenge for mental health services

T. Holland[1]* and M. Walker[2]

[1]Psychiatry, University of Cambridge, Cambridge and [2]Chief Executive Officer, International Prader Willi Syndrome Organisation, Windsor, United Kingdom
*Corresponding author.
doi: 10.1192/j.eurpsy.2026.11686

Introduction: Prader-Willi Syndrome (PWS) is a rare genetically determined neurodevelopmental condition that is associated with complex physical, behavioural and neuropsychiatric phenotypes. The neuropsychiatric and behavioural phenotypes include the development of severe hyperphagia in early childhood which, if not managed, results in life-threatening obesity; a high risk of emotional outbursts and self-injurious behaviour; specific cognitive impairments; and an increased risk of mood disorders and the development of psychotic illness in the teenage years. In 2025 after 3 years of consultation IPWSO launched an interdisciplinary international Report on the mental health needs of people with PWS highlight the complexity of need, the existing interventions, the importance of quality social support, and the need for further research to develop new treatments.
Objectives:
1. To improve understanding of the behavioural and neuropsychiatric phenotype of PWS and of the mental health needs of children and adults with thge syndrome, and the needs of their families.
2. To inform about interventions to meet the mental health needs of people with the syndrome and that of their families.
3. To encourage debate about the role of advocacy organisations, such as IPWSO, and the design of services.

Methods: The conclusions in the Report were based on published research and systematic reviews, experiences described by people with PWS and their families, expert opinion, and through virtual and face-to-face consultations, and workshops. This presentation will draw upon this global Report.
Results: An increasing body of research has idenfied and characterised the beviroual and mental health needs of people with PWS. Understanding has improved but specific effective treatments are

https://doi.org/10.1192/j.eurpsy.2026.11687 Published online by Cambridge University Press