reliability. Also, analyses supported the good convergent and predictive validity of the instrument.
Conclusions: The Italian version of the NRS-6 appears a reliable and useful tool that can be used in future research. Our studies extend the nomological network of the construct shedding light on the tight relationship of NR with the capacity to regulate positive emotions.

Keywords: Savoring; validation; factorial structure; Nature Relatedness

EPP1147

Longitudinal association between daytime sleepiness and cognitive decline in dementia: A study protocol

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Introduction: Dementia is a major cause of disability worldwide. About 25%-40% of patients with mild to moderate dementia are affected by sleep-awake cycle disturbances, including increased daytime sleepiness and insomnia. However, little is known about the specific impact of excessive daytime sleepiness on the cognitive decline of dementia patients.
Objectives: To evaluate the impact of daytime sleepiness on the cognitive decline of dementia patients. Additionally, longitudinal associations with functional impairment and neuropsychiatric symptoms will be explored.
Methods: A longitudinal study will be conducted in a psychogeriatric consultation. Patients will be consecutively invited according to predefined eligibility criteria. Those aged ≥65 years, with dementia diagnosis or Mini-Mental State Examination (MMSE) <24, and with a knowledgeable caregiver, will be included. The exclusion criteria are: a caregiver <18 years, terminally ill, incapable to communicate or with a known diagnosis of insomnia, sleep related respiratory disorders, central hyperinsomnia, restless legs syndrome or sleep paralysis. Participants will undergo an assessment with a comprehensive protocol including: Montreal Cognitive Assessment (MoCA), Barthel and Lawton Index, Epworth Sleepiness Scale (ESS), Neuropsychiatric Inventory (NPI) and Global Deterioration Scale (GDS). Participants will be re-assessed 6 months after the initial evaluation. The Health Ethics Committee of Hospital Universitário de São João granted the study authorization (nº 260/2020).
Results: Findings will be disseminated via publication in peer-reviewed journals and presentations at national and international scientific conferences.
Conclusions: This study will address key questions on the relation of daytime sleepiness and dementia outcomes, in order to undertake corrective and preventive non-pharmacological and pharmacological approaches.

Keywords: dementia; Daytime sleepiness; Cognitive decline; longitudinal study

EPP1148

Conceiving and evaluating novel therapeutic strategies with patients and peer practitioners: The case of urban remediation program

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Introduction: While extensive recent data details risk factors for psychoses in urban milieu, insights regarding recovery processes in cities are scarce. This hampers the translation of promising epidemiological and neuroimagery findings into effective therapeutic strategies. Given the twofold higher incidence of psychoses in cities and the fact that 68% of world population will be urban by 2050, it becomes an urgent matter of psychiatric care.
Objectives: This presentation details specific targets for therapeutic interventions in city context to further discuss a pioneering participatory project with the aim to conceive a novel city specific recovery-oriented program.
Methods: Based on most recent research data, some of which our own, a comprehensive survey of urbanicity studies and an overview of main avenues for developments will be presented.
Results: Urban milieu is a complex dwelling space made of protective and disruptive features. During each life course they may form unique combinations hampering or enhancing psychological well-being. Urban living is not only correlated with higher prevalence of psychoses, but also with better access to health care and lower rates of treatment resistant schizophrenia, pointing to some beneficial aspects of city living on recovery processes. The interplay between personal characteristics, urban resources and supportive social environments seems pivotal to recovery calling for multilevel interventions (CBT interventions, peer-support, go-alongs, resocialization) and integration of different stakeholders (patients, peer-practitioners, community actors).
Conclusions: Participatory approach (design thinking, urban lab etc.) represents an important means of innovation and ensures the best match between patients needs and therapeutic propositions.

Keywords: Psychoses; Urbanicity; recovery; Particpatory design

EPP1149

Measuring COVID-19 anxiety among russians: Examining the psychometric properties of russian translations of the covid-anxiety scale and the fear of coronavirus-19 scale

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Introduction: Both the COVID-Anxiety Scale and the Fear of Coronavirus-19 Scale have been recently developed to facilitate research on COVID-19 anxiety.