7% of case. A family psychiatric history was present in 34% of students and personal history in 25%. A difficult childhood was found in77.5% of patients and their academic results were low (< 10/20) in 54%. Adjustement disorders were the most frequent disorders in psycho-educationel counseling (47% of case). The most prescribed psychotropic drugs were antidepressants (31.8%) followed by anxiolytics (23.7%) and the withdrawel syndrome was found in 18% of patients.
Conclusions: A students with a difficult childhood, low academic results and adjustement disorders such is the profile most frequently encountered among patients consulting the psychopedagogy unit. In this way,the promotion and protection of adolescent's health particulary pupils and students benefits not only for their own health, but also for the economic and the society.

Keywords: mental disorder; Students; academic result; mental disorder; antidepressor; students; academic result

EPP0745

Evaluation of the effect of mental health training of primary health care workers on attitudes towards mental illness

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Introduction: The World Health Organization (WHO) set a target of task shifting as a means of achieving improved mental health services within the community as a means of tackling the unmet needs of mental health care. Primary health care workers (PHCWs) have been identified as essential to achieving this goal.
Objectives: This study was to identify attitudes and beliefs of PHCWs on mental illness, and to assess the effect of a mental health training on these attitudes and beliefs.
Methods: The attitude towards mental illness (ASMI) scale was administered on 91 PHCWs pre- and post- a 4 day training on mental health to assess change in attitude across 6 domains.
Results: Our findings revealed significant positive change in four domains, namely separatism ($p = < 0.001$), restrictiveness ($p = < 0.001$), benevolence ($p = p =< 0.001$) and stigmatization ($p = < 0.001$). The changes in stereotyping ($p = 0.475$) and pessimistic prediction ($p = 0.056$) domains were not clinically significant.
Conclusions: Primary health care workers' negative attitude and stigmatizing beliefs can be improved upon via regular enlightenment programmes and training. This can be done at regular intervals

Keywords: Primary health care workers (PHCWs); attitude; Mental health training; Mental illness

EPP0746

Yoga exercises can reduce prenatal maternal stress

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Introduction: Prenatal maternal stress is an important phenomenon. Evidence on this topic suggests that women who experience high stress during pregnancy are more likely to deliver preterm infants.
Objectives: The goal of this study was to evaluate the influence of Yoga exercises training on stress reduction during pregnancy.
Methods: In the current study we included 20 women who participated in the Yoga exercises training during pregnancy. The control group included 20 women who were in the reading control condition during pregnancy. Women were eligible to participate if they were experiencing elevated levels of perceived stress or pregnancy-specific anxiety (PSA), as indicated by responses to the Perceived Stress Scale and the PSA scale on a screening questionnaire. Women enrolled between 12 and 26 weeks gestation were randomly assigned to either the Yoga exercises training or to the reading control condition. Effects of training were analyzed by means of an ANOVA with repeated measurements.
Results: ANOVA has revealed ($p<.05$) that women in the Yoga exercises training experienced larger decreases from pre- to post-intervention in pregnancy-specific anxiety and pregnancy-related anxiety than participants in the reading control condition.
Conclusions: This pilot study suggests that Yoga exercises training during pregnancy can effectively reduce pregnancy-related anxiety. However, it is necessary to do further research on the impact of Yoga exercises on stress reduction during pregnancy.

Keywords: pregnancy-specific anxiety; yoga exercises; prenatal maternal stress

EPP0748

The efficiency of self-regulation training program for coping with distant work stress under COVID-19 lockdown

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Introduction: Under COVID-19 lockdown, mostly all organizations in non-productive sphere had to implement distant work forms. The personnel obligatory and rapidly switched to unknown work conditions and faced new stressors: COVID-19 fears, unstable internet connections, tensed communications, permanent noise, work hours extension. In order to cope with increased daily stress, the new version of self-regulation training program (Leonova, Kuznetsova, 2019) was implemented in distant format in order to train people: to evaluate the impact of distant work stressors; to measure stress manifestations during work hours; to choose self-regulation skills, effective for distant stress reduction.
Objectives: In order to verify the distant training program, the empirical study was conducted, targeted to estimate effectiveness of self-regulation means during COVID-19 pandemic period.
Methods: The program included progressive relaxation exercises as means for anxiety reduction and negative emotions control, and autogenic exercises for achievement an optimal for different work situations mental state. The empirical data were obtained by diagnostic methods for self-assessment of the main distant stress manifestations: anxiety and high fatigue (Spielberger, 1994, Leonova, 2012).

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Results: The program verification was conducted in employees of municipal administration offices (n = 214). The empirical data revealed high effectiveness of relaxation and autogenic means in decrease of anxiety (t=8,64; p<0,001) and fatigue (t=9,18; p<0,001).
Conclusions: The first variant of distant program could be recommended for stress-management under pandemic lockdown. At the same time, advanced evaluating procedures are necessary to measure the coping effect of such programs, and to prove stress-reduction capacities of specialized distant training modules.

Keywords: stress-management; COVID-19; distant work stress; self-regulation

EPP0749

The familial experience of acute bacterial meningitis in children. A transversal qualitative study using interpretative phenomenological analysis

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Introduction: Pediatric acute bacterial meningitis is a life-threatening illness that results from bacterial infection of the meninges and leaves some survivors with significant sequelae. Given the potential trauma induced by the disease itself and the hospitalization, it is important to have an insight on how the parents cope with this aversive event, and especially how they give sense to this experience.
Objectives: (1) To explore the lived experience of close family ascendants whose child or grandchild had survived acute bacterial meningitis (2) To investigate how they give meaning to this specific experience.
Methods: Participants were recruited through two association of persons affected by meningitis. Convenience sample of eleven family ascendants. Their family descendants were aged between 0.2 and 20 years old at the time of the meningitis diagnosis (M= 4.1, SD= 7.3). In average, 9.4 years had passed between the onset of illness and the relative's interview (SD= 5.4).
Results: 6 superordinate themes and 2 meaning-making processes were identified: 1. Sick child becoming a "hero" (comparison with other children). 2. Engaged action/attitude: finding the "positive" of the traumatic experience and engaged action to improve the care system.
Conclusions: This is one of the first studies exploring the first-hand experience of family ascendants confronted to acute bacterial meningitis. Findings highlighted factors characterising the disease experience and the psychological adjustment of meningitis survivors' families. They demonstred (1) the multidimensional impact of the disease on family ascendants and their need for professional psychological support, (2) the importance of direct involvement of parents in identifying key aspects of care.

Keywords: Subjective experience; Meningitis; survivors; Meaning-making process; Qualitative methods

EPP0750

Psychiatric impact of mobile usage on medical student life: Ringxiety, nomophobia, and sleep

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Introduction: The usage of mobile phones has seen exponential growth worldwide.[1,2] While college students use mobile applications for educational purposes, the reports of adverse health problems are emerging.[3,4]
Objectives: Investigate the impact of mobile usage patterns on the life of medical students and its association with psychiatric effects concerning ringxiety and nomophobia.
Methods: Data was collected from the 300 medical students of Ashwini Rural Medical College of India through a survey for this cross-sectional study. Chi-square ($\chi 2$) was used for statistics that revealed association, mobile phone usage patterns, including time spent before sleep, in classrooms or clinics, and frequency of update checks.
Results: A significant association was found between time spent on mobile before sleep and duration of sleep, and mobile usage in classrooms or clinics and psychological effects ($p<0.0001$). Significant association observed between mobile use in classes or clinics and the frequency of update checks, and the frequency of update checks and psychological effects ($p<0.0001$). About 78% of participants distracted in self-study due to mobile. Updates checked every 10 minutes by 14.7%, every hourly by 43%, and during breaks by 42.3%. Mobile low network caused anxiety (13.3%) and irritability (67.3%). About 41.7% of students couldn't abstain from mobile use for a day. Every student used the mobile phone averagely for 24 minutes before they went to sleep.
Conclusions: Our study results highlight the prevalence of ringxiety and nomophobia in medical school students. With the surging dependency on mobile phones and technology, we need to cautiously monitor its adverse effects on psychology and psychiatric conditions.

Keywords: ringxiety; nomophobia; medical students mobile usage; psychiatric effects and sleep disturbance

EPP0751

Is ketamine and lamotrigine interactions responsible for the sub-therapeutic effect of ketamine?

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