

(in the organization), type of employment bond and professional group.

Aims Positive actions inside organizations promote positive emotional states.

Method One hundred and thirty workers from local administration (men, $n=78$; 60%; age, $M=44.22$; $SD=8.67$; range = 19–63 years old) filled in the Self-Compassion Scale, the Organizational Commitment Questionnaire, the Organizational Virtuosity Questionnaire and the Depression, Anxiety and Stress Scales.

Results There was a positive association between organizational commitment and organizational virtuosity. Optimism and integrity (organizational virtuosity dimensions) positively correlated with the self-criticism dimension and with self-compassion total score. Some dimensions of mental health (depression and stress) were negatively associated with organizational virtuosity. Employees with less education, belonging to a professional group less qualified or with an unfavourable employment bond perceived the organization as less virtuous, and were less committed.

Conclusion Promoting positive actions inside organizations seem to encourage positive emotional states in individuals. The development of a compassionate capacity, by self-compassion and mindfulness, humanize both individuals and organizations. These workers, with their leaders, can promote affective and normatively committed workforces, presenting positive perceptions about organizational virtues.

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EV940

Tests get me nervous: A case of pharmacological enhancement

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Introduction The use of drugs to improve cognitive performance (pharmacological enhancement) is a practice that increases in frequency, especially in individuals with a high degree of academic education, university students, and workforce with high responsibilities. Legal substances such as alcohol and caffeine, prescription drugs such as modafinil or methylphenidate and some illegal drugs such as amphetamines or cannabis are utilized to improve cognitive performance, maintain wakefulness, or induce sleep. Perception of risk is low in many cases. Internet has facilitated the illicit access to prescription drugs with astonishing ease.

Objective and methods We want to exemplify through a clinical case, how the access to some of these substances through internet is very easy, and how, in this case, the use of Modafinil (drug indicated for narcolepsy) with the objective of maintaining academic performance aggravates symptoms of anxiety in a 22-year university patient.

Results Exposition of clinical case in the poster.

Conclusions The use of substances (“smart drugs”) presents risks for both physical and psychological health that sometimes are not perceived by the user. It is surprising that a highly educated

individual has taken Modafinil without researching for a deep understanding of the side effects of the drug.

Internet access of regulated substances that should only be prescribed by a physician to be used on very concrete symptoms is extremely easy. In the case of the Modafinil, it is possible to access its purchase by simply searching the words “purchase/buy Modafinil” in any internet browser.

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EV941

Mental health and empathy: Do nursing students have better attitudes to psychiatric patients?

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Background Stigma towards mental illness has a major impact on the quality of life and the health care of psychiatric patients. Several studies have reported that health professionals have more negative attitudes than general population.

Aims To explore empathy and attitudes towards mental illness in nursing students (NS) and non-health university students. Our purpose is to see how NS have more empathic and less stigmatizing attitudes towards psychiatric patients, compared to other university students.

Methods We tested 96 university students (50 NS and 46 non-health university students), with the following questionnaires anonymously filled out:

- Community attitudes towards mental ill (CAMI), to evaluate the different students’ attitudes towards mental illness;
- Empathy quotient (EQ), to assess empathy.

Results NS differs from the other group in 5 items of CAMI ($P<0.05$ in 3 items and $P<0.01$ in 2 items), and Authoritarianism subscale ($P=0.023$). This shows that NS have a greater general awareness and less stigmatizing attitudes about the need to hospitalize the mentally ill, the difference between psychiatric patients and general population, the wrong need of segregation and the real causes of mental illness. There is also a significant difference in EQ (items 6, 21, 25, 44, 59): future nurses seem to have a slightly higher empathy, even though the EQ total score does not differ in the two groups.

Conclusions These results suggest that there is a difference with respect to the attitudes towards psychiatric patients in NS and students who do not follow health-care courses: NS have more empathetic and less stigmatizing attitudes.

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EV942

Different attitudes toward psychiatry and psychiatric patients in nursing students: Can personal experiences reduce stigma?

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