The importance of resilience factors in the positive adaptation of refugee youth is widely recognised. However, their actual contribution to further understand migrants' experiences while involving and empowering them for health promotion.

Background:
The pandemic had disproportionate effects on some migrant groups, intensifying social and health inequalities, with consequences for their well-being. Participatory methods can include social activation and changes in lifestyles. Strategies to cope with the adverse effects of the pandemic lockdowns on daily life (routines, social relations, exercise, leisure) and on health and well-being (eating habits, physical work) and on health and well-being (eating habits, physical education: OR = 1.57, CI95% 1.01-2.47) and with lower education: OR = 1.78, CI95% 1.02-3.16), with lower education (Basic women (OR = 1.58, CI95% 1.13-2.20), those >45 years old condition since the pandemic, which was more likely among condition since the pandemic, which was more likely among A fifth of the participants perceived having worse health A fifth of the participants perceived having worse health and qualitative data were analysed through content analysis. Quantitative data were analysed using multivariable analysis and qualitative data were analysed through content analysis. Quantitative data were analysed using multivariable analysis

Methods:
A mixed-methods approach, a survey was conducted with a Metropolitan Area, assessing sociodemographics, migration-related characteristics and the perceived impact of the pandemic on health. In addition, n = 12 migrants purposively

Results:
Two themes emerged from the photovoice: effects of the pandemic on health. In addition, n = 12 migrants purposively

Conclusions:
Despite high risk exposure and mental distress, resilience was also high. The direct main effect of resilience factors and less impact on PTSD, suggests universal resilience building interventions may be beneficial, compared to exclusively targeting groups with high symptom levels. These interventions should target relational and environmental resilience factors as well as individual coping techniques. Additionally, reducing current stress and symptoms could increase the efficacy of resilience factors already present.

Key messages:
- Refugee youth may have both high levels of risk and high resilience.
- Universal resilience interventions should focus on relational and environmental support, as well as individual resilience.

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Resilience in Syrian refugee youth
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