

has been limited research done on home-based psychiatric care in this population.

Since 2021, the Psychiatry department of Tan Tock Seng Hospital (TTSH) has been collaborating with TTSH Community Health Team (CHT) to manage potential psychiatric issues in community patients.

These patients would be discussed in a weekly multidisciplinary setting. If indicated, home visit by both teams for home-based assessment and treatment would be arranged, allowing for detection and treatment of psychiatric illness.

Objectives: To demonstrate that the collaboration between the psychiatry team and CHT leads to diagnosis and treatment of psychiatric illness in a population that might otherwise have been unable to access psychiatric services.

Methods: We performed a retrospective study on all referrals from the CHT to the psychiatry team, within the 2-year period of August 2021 to August 2023. We collected demographic information, psychiatric history prior to referral, reason for referral, outcome of multidisciplinary discussion, and outcome of the home visits (including diagnoses made, and medications initiated).

Results: A total of 92 patients were referred by the CHT to the psychiatry team. Most were elderly with multiple medical co-morbidities; of note, a history of stroke was present in 24 of the referred patients.

Common reasons for referral include suspected mental illness, risk assessment, and management of behavioural issues.

28 of the referred patients did not have a prior psychiatric history at the point of referral. Among these, home visits involving the psychiatric team were done for 16 patients. 11 (68%) of these home visits led to diagnosis of a new psychiatric illness. 9 of these patients were initiated on psychotropic medications in the home setting.

Conclusions: A significant proportion of patients (68% of home visits without prior psychiatric diagnosis) were newly diagnosed with psychiatric illness, allowing early psychiatric intervention to be delivered. This was achieved in a population with a high prevalence of multiple medical comorbidity and barriers to clinic-based psychiatric evaluation and treatment.

We propose future comparative studies into how the collaboration between the psychiatric team and community health team can improve the quality of life and caregiver experience of patients with chronic medical problems, as well as how the service had improved the confidence of the community health team in identifying and managing patients with possible psychiatric issues.

Disclosure of Interest: None Declared

EPV0581

Prevalence of burnout and its correlation with resilience among healthcare professionals in Morocco

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Introduction: Burnout syndrome arises as a result of chronic workplace stress that has either been inadequately managed or entirely unaddressed, leading to symptomatic manifestations of emotional exhaustion (EE), depersonalization (DP), and a decreased sense of professional accomplishment (PA).

Objectives: This study evaluated the prevalence of burnout and investigated its correlation with resilience among healthcare professionals in Morocco.

Methods: A self-administered questionnaire survey was conducted in April 2023, comprehensively using the Connor-Davidson Resilience Scale (CD-RISC) and the Maslach Burnout Inventory (MBI) among 296 healthcare professionals stationed across three institutions located in the Casablanca-Settat region.

Results: A total of 158 responses were obtained. Surprisingly, the results indicate that EE was highly prevalent, impacting 43.7% of respondents, while DP was notably affected 44.9% of participants. Conversely, PA was diminished in 58.2% of the respondents. It is worth noting that 44.3% of the participants displayed reduced levels of resilience. Furthermore, statistically significant correlations were observed between resilience and all three dimensions of burnout. Upon gender stratification, the analysis showed that resilience was significantly associated with two burnout dimensions, EE and PA, among male respondents, whereas among their female counterparts, resilience demonstrated a noteworthy correlation with all three dimensions of burnout.

Conclusions: These findings emphasize the pervasive nature of burnout among healthcare professionals and highlight deficiencies in resilience. It is crucial to consider these factors when crafting healthcare policies and devising focused approaches to effectively prevent and manage burnout.

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EPV0582

Stress and its impact on healthcare professionals: A study on prevalence and coping strategies

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Introduction: Stress is a significant issue among healthcare professionals and impacts both their personal well-being and the quality of care they provide.

Objectives: This study evaluated the prevalence of stress among healthcare professionals and investigated the possible effect of physical activity on perceived stress levels.

Methods: In 2019, a cross-sectional observational study of 30 nurses was conducted at the Hassan II Oncology Center in Oujda. A self-administered survey was used to gather information regarding the participants' sociodemographic and professional characteristics. The Perceived Stress Scale was employed to gauge stress levels, whereas the Ricci-Gagnon questionnaire was used to determine physical activity levels and engagement in sports.

Results: The study findings indicate that the sample had moderate levels of stress measured by the Perceived Stress Scale (PSS) and struggled with managing stress in diverse situations. Physical activity was common among 87% of the participants, as indicated by the Ricci-Gagnon questionnaire. In addition, a statistically significant correlation was found between stress levels and family situation ($p = 0.05$). The Perceived Stress Scale and the Ricci-Gagnon questionnaire exhibited high internal consistency, with Cronbach's alpha values of 0.79 and 0.64, respectively.

Conclusions: The study results have raised significant concerns regarding the effectiveness of different coping strategies in managing stress. In particular, the results indicate that engagement in physical activity and sports does not significantly affect stress levels. Thus, stress management training is recommended as the best strategy for stress prevention.

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EPV0584

Exploring psychological distress among psychiatric nurses in Tunisia

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Introduction: Nurses working in psychiatric departments regularly encounter intricate, stress-inducing, and emotionally challenging situations. The mental well-being of these nurses directly influences the quality of care they deliver.

Objectives: To assess the prevalence of psychological distress among psychiatric nurses and to identify the socio-demographic and clinical factors associated with it.

Methods: Cross-sectional, descriptive, and analytical study conducted over the course of one month from October 11th to November 8th 2023. Participants included were psychiatric nurses working in Razi Hospital, Tunisia. We collected data using pre-established questionnaire which included socio-demographic and clinical data of the participants. The assessment of psychological distress was conducted using the Depression, Anxiety and Stress Scale (DASS-21), validated in Arabic. Statistical analysis was performed using the Statistical Package for Social Sciences (SPSS) in its 25th version

Results: We collected data from 55 nurses working in Razi psychiatry hospital during the time of the study. Among them, 80% ($n=44$) were female. Their median age was 35 (Min=25, Max=62). Most of participants were married (81.8%, $n=45$) and 70.9 ($n=39$) had kids. In our sample, 5.5% ($n=3$) and 23.6% ($n=13$) had respectively personal psychiatric and somatic history. Some addictive behaviors were identified among our participants, especially smoking (14.5%, $n=379$) and alcohol use (3.6%, $n=2$). Regarding working conditions, 81.8% ($n=45$) were assigned shift work. They worked in the men's ward (43.6%, $n=24$), the women's ward (34.5%, $n=19$), or in both (21.8%, $n=12$). Furthermore, 45.5% ($n=25$) reported witnessing a suicide attempt during their work, and 74.5% ($n=41$) were victims of aggression, primarily by patients (82.5%, $n=33$). Sixty percent ($n=33$) said expressed a desire to transfer.

Moderate to extremely severe depression, anxiety and stress was observed in respectively 34.5% ($n=19$), 61.8% ($n=34$) and 36.4% ($n=20$) of cases.

A significant association was found between stress among psychiatry nurses and personal somatic history ($p < 10^{-3}$). No further links were found between depression, anxiety, stress and other clinical factors.

Conclusions: These results emphasize the difficult working environment within psychiatric settings, emphasizing the critical requirement for specific interventions aimed at improving the mental health and well-being of psychiatric nurses.

Disclosure of Interest: None Declared

EPV0585

Demographic Factors, Cumulative Stressors, and Psychological Well-being

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Introduction: The COVID-19 pandemic and the Ukrainian war appear to have adverse mental health effects. These global crises have raised concerns about the long-term psychological well-being of individuals across different demographic groups.

Objectives: The objective of this study was to evaluate the cumulative mental health effects of the COVID-19 pandemic and the Ukrainian war, emphasizing the relationship between demographic factors and mental health outcomes.

Methods: This was a cross-sectional online survey using convenience and snowballing methods of recruitment. A sample of 170 participants completed demographic questions and Likert-scale assessments using a range of psychometric scales for measuring general psychological distress, perceived stress, personal resilience, traumatic life events, emotional and social effects of trauma, and potential growth after trauma. Participants were requested to respond to the traumatic experiences of the COVID-19 pandemic and the Ukraine war.

Results: Gender differences were evident, with women reporting higher levels of psychological distress and post-traumatic growth. Family size had a negative correlation with psychological disturbance. Family status exhibited a positive correlation with traumatic event recall. Specifically, individuals who were either unmarried or divorced demonstrated increased memory recall for such events and levels of psychological distress. Conversely, participants in married or cohabiting relationships displayed diminished recall and lower psychological distress levels. Financial strain strongly correlated with compromised psychological well-being.

Conclusions: These findings highlight the association of demographic factors with cumulative stressors, underscoring the importance of personalized psychosocial interventions. Such interventions can enhance mental well-being and resilience in adversity, ultimately promoting improved psychological health.

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