

EV0627

Mental health of college students: Five-year experience of the university psychiatric outpatient clinic of São João hospital centre

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Introduction The clinic of psychiatry and mental health of São João hospital centre (Oporto, Portugal) has implemented a psychiatric consultation to support college students since 2007. This consultation is open to all of the universities in the metropolitan area of Oporto.

Aims/objectives This specific consultation aims to detect and intervene early in the treatment of psychiatric illness and to promote mental health in this specific population.

Methods Retrospective study conducted in the São João hospital centre, Oporto, Portugal. Patients attending university student's specific consultation between January 1st 2011 and March 31st 2016 were included. Data collection included sociodemographic variables, clinical diagnosis (ICD-10, WHO, 1992) and psychological scales (WAIS-III, BSI, HADS, SF-36 and NEO-PI-R). SPSS® software (v. 20.0, 2011) was used for statistical analysis.

Results In this study, 139 patients were included (66.2% female, medium age 23.1 years old). The majority of patients were medical, engineering or nursing students (respectively 20.9%, 18.0% and 17.9%). The most frequent diagnosis was adjustment disorders, anxiety disorders, mood disorders and personality disorders. 54.6% completed all the psychological scales.

Conclusions The number of students with mental health issues is increasing. Early detection and treatment of these pathologies may allow improvements on the educational, economic and social levels, as well as in the quality of life.

Disclosure of interest The authors have not supplied their declaration of competing interest.

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Burnout of caregivers in geriatric Institution: "Coping" strategies

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Introduction The health sector has long been recognized to be a very stressful work environment for teams that can lead to "burnout". Geriatric institutions are no exception to this observation; this state has deleterious effects on health care as on the quality of care.

Objectives Measure the burnout rate among caregivers in geriatric institutions and identify associated factors and coping strategies specific to this population in order to provide the necessary preventive measures.

Subjects and method A cross-sectional study, conducted among caregivers exercising at the shelter for aged subjects of Manouba, Tunisia. We used a pre-survey exploring the socio-demographic data associated with two validated scales: the Maslach Burnout Inventory assessing the level of burnout and the Brief COPE assessing coping strategies.

Results Thirty-one subjects were recruited. The prevalence of burnout was 45.16%. Respectively 32.26%, 25.80% and 45.16% of the respondents had high scores in dimensions emotional exhaustion, depersonalization and personal accomplishment at work. The analytical study revealed that seniority in work increased the risk of

burnout. The coping strategies of caregivers in geriatric institution facing burnout were mainly centered on emotion. The number of years of experience has been associated with burnout in our study.
Conclusion This work reaffirms that the population of caregivers in geriatric institution is at risk of burnout and allows to identify predictors. The establishment of individual and collective measures is essential for appropriate treatment references (In the body text, a publication should be referred to by a consecutive number between bracket)

Disclosure of interest The authors have not supplied their declaration of competing interest.

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EV0629

The relationship between happiness, general health and life expectancy of cancer patients

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Introduction Cancer is a disease that all human beings are afraid of it and anyone, of any age may be affected.

Objective The objectives of this research are relationship between well-being and life expectancy in patients with cancer in Noshahr Shahid Beheshti hospital is the general purpose of this research.

Aim Studying the relationship between happiness, general health and life expectancy of cancer patients.

Method The method used in this research is descriptive and correlation. Statistical population contains all the patients who were diagnosed with cancer in Shahid Beheshti hospital Noshahr. The panel sampling used as sampling method and the sample size was limited to 50 people.

In order to collect the data, we used Oxford's happiness questionnaire containing 29 multiple-choice phrases, Life expectancy questionnaire by Schneider (1991) and general health questionnaire (GHQ-28). In descriptive review of the collected data the mean, standard deviation and frequency tables were used and in inferentially section in order to determine and compare the obtained scores in these 3 tests, according to the findings, parametric methods were used.

Result The results show that the correlation between mental health, happiness and life expectancy was significant.

Conclusion As life expectancy increases accountability; Happiness and mental health in patients with cancer increases by the same amount.

Keywords Happiness; General health; Life expectancy; Cancer
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EV0630

Does the use of psychotropic medication go up during focused efforts to bring coercion and restraint down?

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Introduction Antipsychotic or anxiolytic medicine is widely used in agitated patients in risk of coercion. However this medication is

also known to contribute to cardio-vascular disease and reduced life expectancy. Department of Psychiatry in Aabenraa, Denmark participates in a nation-wide Danish project supporting efforts to reduce coercion and restraint. Our hypothesis is that reduction of coercion might lead to unwanted increase in doses of psychotropic medication.

Objective To document the use of psychotropic medication during the project period, in order to learn more about the impact of interventions to reduce coercion and restraint on psychopharmacological treatment.

Aim To compare type and doses of psychotropic prescriptions during the project period with the time before implementation.

Methods Cohort study of patients in risk of agitation and coercion admitted to the wards during first quarter of 2013 and 2016. Eligible patients were diagnosed as having organic mental disorders, substance abuse, psychotic disorders, mania, bipolar affective disease or personality disorders (ICD-10: F0x, F1x, F2x, F30-31, F60). Primary outcome is the exposure to antipsychotic medication measured as defined daily doses, and secondary outcomes are exposure to benzodiazepines, polypharmacy and compliance with guidelines on agitated patients.

Results Data collection is carried out during autumn of 2016, and the results will be presented at the congress.

Conclusions Results from this study will contribute to our understanding of the implications of the initiative to reduce restraint and coercion in psychiatry. The results will also sharpen our awareness of possible inexpedient practice.

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EV0631

Psychological effects of working night shifts on mental health

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Introduction The medical and scientific communities are continually reporting that night work can increase the risk of certain disorders and have a negative impact on the overall well-being of employees.

Objectives This study wanted to examine the impact of night work on physical and psychological well-being of hospital staff.

Methods We carried out a cross-sectional study about a representative sample of hospital staff. We used validated self-reporting instruments: the Perceived Stress Scale (PSS) and the Subjective Well-being Scale (SWS). Data were analyzed using SPSS-20.

Results Our study concerned 519 hospital staffs. More than half were male (53%) and 83.1% had worked in the same position for more than two years. More than half of the participants (51.3%) considered themselves in very good health. Also 41.5% of participants had a well-being index reduced and 26% of personal had high perceived stress. Correlation analysis had shown that more than one guard at week was associated with high levels of perceived stress ($P=0.004$) and well-being index reduced ($P=0.000$). After adjusting for categories, more than one shift work at week was associated to well-being index reduced with odds ratios of 1.57 (confidence interval 95% [1.07 to 2.30]).

Conclusion There is a clear correlation between night work, perceived stress and subjective well-being of different categories of hospital staff. Shift work interferences on health and well-being are complex and multifaceted in their origins and time manifestations, dealing with several aspects of personal characteristics, and working and living conditions.

Disclosure of interest The authors have not supplied their declaration of competing interest.

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A meta-analysis of cognitive training on memory functioning in normal elderly adults

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Introduction The major issues in cognitive literature related to memory and aging concentrate on the different methodological issues in research examining the effectiveness of memory training programs in improving memory performance of older adults along with the clinical implications of this kind of research.

Objectives The review will address how researchers differ within their collection of participants, the various aspects of memory intervention programs by a systematic review on recent researches.

Aims The present study aims to review the cognitive literature related to memory and aging through a meta-analysis in recent years.

Method Meta-analysis was conducted of researches on memory training interventions for cognitively normal/healthy older adults published in 1995–2014. Computerized databases (e.g PsychInfo) were searched using combinations of these key words in English: memory, mnemonic, rehabilitation, older adult, aging, elderly and impairment. All participants must be at least 55 years old at the time of training/intervention. Due to the fact and Studies must have used a non-pharmacological approach toward memory or memory problems. Between-study heterogeneity was quantified using χ^2 and I2 statistics. All analyses were performed utilizing the CMA2.

Results Effect sizes with 95% confidence intervals for each study indicated that the overall pre-post training gain was 0.37 SD (95% CI: 0.18, 0.47) and the mean retest effect among control groups was 0.11 SD (95% CI: -0.11, 0.16) and this difference was statistically significant ($P < 0.001$).

Conclusion The key challenge of memory training studies is that they often don't train abilities that generalize to everyday functioning. These results have numerous clinical and practical implications.

Disclosure of interest The authors have not supplied their declaration of competing interest.

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EV0633

Mental health of management staff in the closed environment of construction

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Introduction it is difficult to overestimate the role of social, cultural and environmental conditions in evaluation of psychological health in hard intellectual work.

Objectives Research of construction staff in far taiga conditions using PHQ и GAD-7.

Aims to investigate the correlation between major depressive disorder, anxiety and somatoform disorders and gender and marital status.

Methods we studied 119 people who live in concentrated social environment and in conditions of hard work and lack of relaxation. In order to study depression, anxiety, and somatoform disorders we used PHQ и GAD-7 rating scale.