

stigma in women and men. Strong self-stigma was associated with reduced help-seeking intentions. In men with low self-compassion CMN was directly linked to reduced willingness for help-seeking. In women and men with strong self-compassion no direct, but indirect links between CMN and reduced help-seeking intentions via self-stigma were found.

Conclusions: CMN and self-stigma of help-seeking were not unique barriers in men, but also were relevant for women's formal help-seeking intentions. Even though increased self-compassion was associated with decreased self-stigma, interventions that aim to increase self-compassion may not help increase help-seeking behaviors.

Disclosure: No significant relationships.

Keywords: help-seeking; depressive symptoms; conformity to masculine norms; self-stigma

EPV0808

Burnout and associated factors among Tunisian medical interns and residents

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Introduction: Burnout is an occupational psychological syndrome induced by chronic stress defined by three dimensions: emotional exhaustion (EE), depersonalization (DP) and reduced personal accomplishment (PA).

Objectives: Estimate burnout among residents and interns in Tunisia. Identify factors related to burnout.

Methods: We conducted a cross-sectional, descriptive, and analytical study between March 1 and April 15, 2021. Data collection among young physicians was done by a self-questionnaire published online. The assessment of the degree of burnout was done by the Maslach Burnout Inventory (MBI).

Results: The total number of participants was 56 of which 71.4% were women. The average age was 26.76 years. The percentage of the married was 21.4% of which 58.3% had children. 30.4% had parents in charge. Most of the participants worked in university hospitals and 75% of them in a medical department. Residents represented 64.3% of the participants. Number of working hours exceeded 40 hours per week in 60.7% of the cases with an average number of shifts per month estimated at 4.71 ± 2.36 . According to MBI, 94.6% of the participants had a score in favor of burnout, of which 19.6% was severe. The number of hours worked per week and the number of shifts per month were significantly associated with the presence of a burnout syndrome with respective correlation factors of 0.027 and 0.047.

Conclusions: Most residents and interns suffered from burnout with a variable degree of severity. The workload with a greater number of working hours and on-call duty favored the emergence of this burnout.

Disclosure: No significant relationships.

Keywords: medical; intern; resident; burnout

EPV0809

job satisfaction and its impact on resilience: a cross-sectional study of Tunisian interns and residents in medicine.

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Introduction: Preventing burnout and promoting resilience are important to the well-being of health care professionals and the quality of patient care. Indeed, it's a promising way to mitigate the negative effects of stressors and allow professional growth.

Objectives: study the association between job satisfaction and resilience in medical interns and residents.

Methods: As part of a descriptive and analytical cross-sectional study, interns and medical residents completed an online self-questionnaire using 'Google Forms'. It collected socio-demographic data and assessed the level of job satisfaction using a 5-point Likert-type scale for each item. The Brief Resilience Scale (BRS) was used to assess the level of resilience.

Results: The total number of participants was 56, of which 64.3% were medical residents. 75% of the participants worked in a medical department and most had a number of shifts per month ≥ 4 . The average years of practice was 2.27 ± 1.23 years. Participants expressed dissatisfaction at work with salary (69.6%), task allocation and organization (66.1%), availability of resources (66.1%), comfort (57.1%), safety (53.6%) and supervision (50%). Referring to the BRS scale, higher resilience scores were objectified in male participants ($p=0.002$). The level of resilience decreased with the number of years of practice ($p=0.039$). Good satisfaction by management and recognition at work could enhance the level of resilience ($p=0.029$ and $p=0.043$ respectively).

Conclusions: The results of our study suggest that dissatisfaction with work-related aspects may influence the level of resilience. These results deserve special attention to improve job satisfaction and preserve resilience.

Disclosure: No significant relationships.

Keywords: interns; resilience; residents; job satisfaction

EPV0810

Organising Joint Primary & Secondary Care (CPA) Reviews for severe mental health disorders hosted at GP practice in Walsall UK, an exemplar of collaborative working

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Introduction: Provision of holistic, accessible and high quality mental health care to the patients requires sharing of responsibilities & resources, enhanced communication & collaboration at the

interface (primary care systems and secondary care mental health services). An innovative model of single point of care for people with severe and enduring mental health problems hosted at a primary care (GP) setting has been developed and evaluated in Walsall, UK.

Objectives: To develop and evaluate an integrated (multidisciplinary) approach of managing health & social care needs of people with severe mental health disorders.

Methods: People with severe & enduring mental health problems were reviewed in primary care (N=65). A comprehensive physical, mental and psychosocial assessments were undertaken by the clinicians that included GP, Psychiatrist and Care-Coordinator. The reviews included: 1) A review of physical health indicators based on the Lester toolkit by practice pharmacist/nurse, including lifestyle, body weight, BMI and blood pressure. 2) Individualised interventions included physical / psychiatric prescribing, social prescribing and advise on lifestyle changes. Stable patients were recommended for stepping down from the secondary care. Outcomes included Patient Satisfaction Questionnaire (PSQ).

Results: Satisfaction on the PSQ was rated from very good to excellent. Results highlighted multiple benefits including trust generation, improved communication among professionals, physical health screening and prompt clinical decision making (e.g. referral / prescribing). Other benefits included patient access & satisfaction, time and cost efficiency by reducing the number of reviews.

Conclusions: The integrated CPA reviews offers efficient, holistic & cost effective model of care with high satisfaction levels for patients and is replicable.

Disclosure: No significant relationships.

Keywords: Service innovation; primary & secondary care collaboration; Multidisciplinary,

EPV0811

Evaluation of a home treatment approach to schizophrenia in rural Pakistan: the SOUL Programme

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Introduction: Psychiatric services in LEDCs face a tripartite challenge: (i) limited financial capital; (ii) scarcity of professionals; (iii) restrictive health beliefs. Inevitably, services developed for the first-world are ill-suited here. Psychiatric services must be designed from the ground up: inspired by but not a replica of best practices in the developed world. The SOUL project in Larkana, Pakistan provides home based assessment by a psychiatrist and fortnightly treatment by a mobile nursing team for schizophrenic patients. Psychoeducation of carers and the community as well as facilitation of work for patients are core aims. This mixed-methods study evaluates the experiences of primary stakeholders - patients and their carers.

Objectives: 1.Are patients and carers satisfied with the care received? 2.Has SOUL been successful in changing health beliefs? 3.How could the programme be improved?

Methods: The principal investigator accompanied the team for 4-weeks. Purposive sampling was employed. Satisfaction was assessed quantitatively using the likert based PSQ-18 questionnaire. Thereafter, qualitative data was gathered using semi-structured interviews and analysed using a grounded theory approach. A total of 27 interviews were conducted before data saturation.

Results: 100% of interviewees answered 'Satisfied' or 'Very Satisfied' to all elements of the PSQ-18. Above all, stakeholders valued that treatment was free and highly accessible (home visits), promoting treatment adherence. They felt psychoeducation events significantly reduced community stigma and made families more likely to seek psychiatrists over faith healers. Provision of respite care was suggested as a future improvement.

Conclusions: SOUL is highly valued by stakeholders and offers an excellent example of LEDC psychiatric care.

Disclosure: No significant relationships.

Keywords: schizophrénia; Outreach; Mixed Methods; LEDC

EPV0812

The Use of Dietary Supplements for Mental Health Among the Saudi Population

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Introduction: Despite the limited evidence about the efficacy and safety of dietary supplement use for mental health, people tend to use them quite often. Generally the use of supplements among Saudi population shown to be prevalent, although limited studies that assessed their use for the improvement of mental health.

Objectives: Identify the prevalence of dietary supplements use for mental health among the population in Saudi Arabia and also determine the factors that affect the use of dietary health supplements for mental health.

Methods: A cross-sectional study of a convenience sample of 443 participants from various regions in Saudi Arabia. Questionnaire includes demographics, dietary use supplement assessment, and mental health assessment via the patient health questionnaire (PHQ-9), generalized anxiety disorder questionnaire (GAD-7), and insomnia severity index (ISI).

Results: The prevalence of DS among the Saudi population reached 44%. Vitamin D and Melatonin were the most commonly reported DS used for mental health among the study population. The use of DS was associated with three times higher odds in patients who had previous mental health disorder diagnoses (OR 2.972; 95%CI; 1.602-5.515). The chance of using DS almost doubled in patients with subthreshold and moderate-severe insomnia (OR 1.930;95% CI 1.191-3.126) and (OR 2.485; 95% CI 1.247- 4.954) respectively.