

better the score of the social domain was. And finally we found a significant relationship between the environmental domain and the level of studies ( $p=0.05$ ).

**Conclusions:** Physical health, psychological, social and environmental issues have an important impact on the QoL of our population and hence their future. Certain factors seem to be involved and have to be taken into consideration in order to improve QoL among medical students and residents.

**Disclosure of Interest:** None Declared

## EPP0464

### Compassion and burnout syndrome in medical students from the Colombian Caribbean coast

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**Introduction:** Compassion is expected to be a characteristic present in medical students, since it is a key element in subsequent professional practice (Blanco et al., 2021). However, during the degree, students go through various demands that can generate burnout syndrome (Amor et al., 2020) and as a consequence a decrease in compassion. In this sense, it is important to provide empirical evidence on the possible relationship between these two constructs, in order to generate support that allows the implementation of mental health promotion strategies.

**Objectives:** Analyze the relationship between compassion and burnout syndrome in medical students.

**Methods:** This study was done through a cross-sectional study of correlational scope in 250 medical students. The Compassion Scales developed by Gilbert (Gilbert et al., 2017) were used; they assess three general factors (Self-compassion, Compassion for others, and Compassion from others), However, in this study, we used only the self-compassion and compassion for others scales.

**Results:** The results revealed a statistically significant, positive correlation between personal accomplishment and self-compassion. In the case of emotional exhaustion and depersonalization, significant associations were also found with self-compassion and compassion for others, but of a negative magnitude (Table 1).

**Image:**

**Table 1:** Pearson correlations between Compassion and Burnout syndrome

Variables	1	2	3	4	5
1. Emotional exhaustion	----	.412**	-.318**	-.296**	.412
2. Depersonalization		-----	-.232**	.319**	.281**
3. Personal realization			-----	.418**	-.173**
4. Autocompasion				-----	.408**
5. Compassion for other					-----

Note: \*\* $p < .01$ ; \* $p < .05$

**Conclusions:** It was concluded that the higher the levels of self-compassion of the medical students evaluated, the greater their personal fulfillment. On the other hand, the lower the levels of self-compassion and compassion for others, the higher levels of depersonalization and emotional exhaustion were found in medical students

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## EPP0465

### Assessment of relationship of mental health and quality of life of COVID-19 Survivors in selected hospitals of Tehran University of Medical Sciences, 2021

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**Introduction:** Survivors from Covid-19 are more prone to psychological distress due to their experience of illness, hospitalization, and severe conditions. Diseases can also affect patients' quality of life. Nursing of these patients is not limited to hospitalized patients and paying attention to the mental health status and quality of life of patients is one of the roles and responsibilities of nurses. The aim of this study was to determine the relationship between mental health and quality of life of Covid-19 survivors in selected hospitals of Tehran University of Medical Sciences in 2021.

**Objectives:** Due to the disturbance in mental health and the decrease in the quality of life of the survivors of this disease, the results of the research can be used for policy making and rehabilitation planning for those who have recovered from this disease. Also, considering that the covid-19 virus may remain for years and infect many people, supporting and controlling the physical and mental conditions of these people in the long term can help to increase the quality of life and improve their mental health.

**Methods:** This study is a cross-sectional study in which the mental health and quality of life of 276 survivors of Covid-19 who were hospitalized in three hospitals of Imam khomeini, Shariati and Baharloo between February 2020 and July 2020 were examined. Data were collected by using demographic and clinical information questionnaire, 12-item general health questionnaire and 36-item quality of life questionnaire. Data analysis was performed using SPSS16 software at a significance level of 0.05.

**Results:** The results showed that the general health (mental health) score of the participants in this study one year after Covid-19 was equal to  $6/26 \pm 2/75$  and 231 survivor of Covid-19 (83.7%) score more than 3 they had. Regarding quality of life, the results showed that the dimensions of energy and vitality, and general health, had the lowest scores with an average of 53.3 and 54.71 (out of 100 points), respectively. There is an inverse relationship between mental health and all aspects of quality of life, so that with the deterioration of mental health status in Covid-19 survivors, their quality of life score decreases.

**Conclusions:** The results of the study showed that the mental health status of a large percentage of Covid-19 survivors is impaired

and there is also a significant and inverse relationship between the total score of mental health and dimensions of quality of life and their total score of quality of life. Paying attention to the mental health problems of Covid-19 survivors by health system staff, especially nurses, and choosing supportive strategies for them is one of the priorities that should be considered. Psychological support for these people can improve their mental health and indirectly increase their quality of life.

**Disclosure of Interest:** None Declared

## EPP0466

### Impact of living with bipolar patients: caregivers' mental health and quality of life

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**Introduction:** Bipolar disorder is a common chronic illness with progressive intermittent. The new health policy, which advocates the deinstitutionalization of patient's mental illnesses, caused, for a part, a transfer of the load of these patients from the specialized care services to natural caregivers, which can involve a great burden for family members as well as an altered quality of life, anxiety and depressive symptoms.

**Objectives:** The aim of the study was to evaluate the rate of anxiety, depression and the repercussions on life quality in natural caregivers of patients with bipolar disorder.

**Methods:** This is a descriptive cross-sectional study that involved a group of 50 caregivers of patients with bipolar disorder treated at psychiatry department 'A' at Razi Hospital. We applied a questionnaire recording the different socio-demographic data. To determine the impact on the caregivers mental health and life quality we used the WHOQOL-brief (World Health Organization Quality Of Life-abbreviated version) and the HAD (Hospital Anxiety and Depression) Scale.

**Results:** Our sample consisted of 32 women and 18 men. The mean age was 52.12 years with extremes ranging from 28 to 79 years. A majority were parents (60%), 18% spouses, 16% siblings and 6% descendants.

The repercussions of management of patients with bipolar disorder on the life and health of the caregivers were significant. Indeed, more than half of the caregivers (52%) (n=26) had a definite anxiety symptomatology on the Hospital Anxiety and Depression Scale (HAD). Twenty-two percent (n=11) presented definite depressive symptomatology and thirty percent (n=15) doubtful depressive symptomatology on this same scale. The most impaired domains on the World Health Organization Quality of Life Scale-version abbreviated (WHOQOL) were first: the environment domain with an average of 25.9 and second: the physical health domain with an average of 23.9.

**Conclusions:** Being a caregiver for a patient with bipolar disorder is associated with a great burden that can be the cause of anxiety-depressive complications and an alteration in the caregiver's quality of life. It is important to assess this burden and its repercussions in

order to preserve good family dynamics and ensure the proper functioning of the helping relationship and consequently improve the prognosis.

**Disclosure of Interest:** None Declared

## EPP0467

### Procrastination among students of Polish universities. Protective and predisposing factors

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**Introduction:** Procrastination is a widely recognized phenomenon that can be defined as a tendency to delay important life activities and decisions. This seems to be a common issue among school-children and students, however is not limited to those populations and may also be observed among other social groups. Research shows that the indices of the occurrence of procrastination may reach even as much as 20-25% of the total population. However, the frequency of the phenomenon seems to be considerably higher among academic environment.

**Objectives:** We sought to investigate the association between the phenomenon of procrastination and the individual's resiliency, sense of coherence and the development of the identity.

**Methods:** A web-based questionnaire study was performed on a random sample of Polish students of various fields of study, aged 18-30 years. A 131-item questionnaire was built based on an original questionnaire and four standardized tools for the assessment of procrastination tendencies, resiliency, sense of coherence and the development of the identity (polish-Kwestionariusz Zwlekania-KZ), the Sense of Coherence Questionnaire-SOC-29, the Ego Resiliency Scale, The Dimensions of Identity Development Scale- DIDS).

**Results:** This questionnaire study included 294 participants, median age 22 (IQR=21-24). Mature forms of identity development (meaning the commitment making (CM) and identification with commitment (IC)) correlated negatively with the occurrence of procrastination (R=-0.186, p<0.005 for CM; R=-0.288, p<0.05 for IC). Ruminative exploration (RE) correlated positively with tendency to procrastinate (R=0.218, p<0.05). Procrastination correlated negatively with the resiliency evaluation (R=-0.229, p<0.05) and the optimal regulation(OR) assessment (R=-0.255, p<0.05). All the SOC-29 domains along with its total score correlated negatively with the tendency to procrastinate (p<0.05 for all).

**Conclusions:** Based on the conducted study, there seem to be measurable psychological benefits regarding the individual's personal performance resulting from a proper psychoeducation in the field of procrastination.

**Disclosure of Interest:** None Declared