

Conclusions: The study emphasizes the pivotal role of affect dysregulation and a negative self-concept in associating cPTSD with PLEs, highlighting gender-specific differences. These results point to the importance of gender-sensitive strategies in preventing and treating PLEs in adolescents, stressing the need for early intervention and customized treatment plans.

Disclosure of Interest: None Declared

Women, Gender and Mental Health

EPP336

Coping, Perceived Stress, And Life Satisfaction Among Female Doctors in a Low Middle-Income Country

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Introduction: This research explores the intricate relationship between coping strategies, perceived stress levels, and life satisfaction among female medical professionals. The medical field is known for its rigorous demands, and understanding how lady doctors manage stress and its impact on their overall life satisfaction is crucial. While previous studies have shed light on stress-related issues in medical undergraduates, there is a significant gap in research focused on the well-being of practicing female doctors.

Objectives: The objectives of this study are to investigate the relationship between coping behaviors and stress levels among lady doctors, assess the role of coping behaviors in shaping life satisfaction, explore the connections between coping behaviors, life satisfaction, and stress, and analyze the influence of demographic factors such as age and marital status on coping life satisfaction, and stress perception.

Methods: This study utilizes a quantitative research design and a purposive sample of lady doctors from government hospitals in Pakistan. Key measures include the COPE Inventory to assess coping behaviors, the Satisfaction with Life Scale to gauge life satisfaction, and the Perceived Stress Scale to measure stress levels. These tools allow for a comprehensive examination of the intricate interplay between these variables. SPSS 21 was used to analyze the data.

Results: Results indicated that Coping is negatively correlated with Stress ($r = -.29$, $n = 100$, $p = 0.05$) meaning that higher coping strategies are associated with lower stress levels. Similarly, Coping is positively correlated with Life Satisfaction ($r = .36$, $n = 100$, $p = 0.05$) indicating that higher coping strategies are associated with higher life satisfaction. Likewise, Stress is negatively correlated with Life Satisfaction ($r = -.22$, $n = 100$, $p = 0.05$), suggesting that higher stress levels are associated with lower life satisfaction. Also, there is a statistically significant difference in coping between Single and Married individuals ($t = 2.2$, $df = 36.6$, $p = 0.03$), with Single individuals showing higher coping scores.

Conclusions: The findings of this study provide valuable insights into the psychological well-being of female medical professionals in Pakistan. This research contributes to the broader discourse on the well-being of healthcare professionals, shedding light on the unique experiences of female doctors in a challenging healthcare environment. Ultimately, it aims to inform policies and practices that support the psychological resilience and job satisfaction of female

doctors, ensuring they can continue providing high-quality health-care services to their communities.

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EPP338

Impact of early menarche on increased anxiety levels in female patients

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Introduction: Previous studies show contradictory results about the relationship between the age of menarche and the intensity of anxiety symptoms. Some studies found that anxiety symptoms were significantly higher in patients with earlier age of onset of menarche. Recent studies show that early puberty and menarche are associated with greater rates of morbidity of anxiety and other psychiatric illnesses than relatively late menarche. It is presumed that girls who achieve menarche earlier are less prepared for puberty and tend to have more negative emotions associated with menstruation.

Objectives: The purpose of this research was to determine the correlation between onset of menarche and intensity symptoms of anxiety in female patient with affective and anxiety disorders.

Methods: The research is prospective and includes female patients with established diagnoses of depressive disorder, anxiety-depressive disorder, bipolar disorder (depressive episode) aged 18-65. The patients had their laboratory parameters determined, including sex hormones (estrogen, progesterone, testosterone, FSH, LH and prolactin), filled out a demographic questionnaire and questionnaires: The Suicide Behaviors Questionnaire-Revised (SBQ-R), Generalised Anxiety Disorder Assessment (GAD-7), Patient Health Questionnaire (PHQ-9), Beck Depression Inventory (BDI-II), Beck Anxiety Inventory (BAI), Matthey Generic Mood Question, Montgomery-Asberg Depression Rating Scale (MADRS), Hamilton Anxiety Rating Scale (HAMA) i Hamilton Depression Rating Scale (HAMD).

Results: The preliminary data of the prospective study showed that there was a statistically significant proportion of patients in whom a correlation was found between the age of onset of menarche and the intensity of anxiety.

Conclusions: Age of menarche could be an influence on intensity of anxiety symptoms in female patients.

Disclosure of Interest: None Declared

EPP340

Affective temperaments as potential predictors of medication adherence and infertility treatment outcomes: results from a prospective longitudinal study

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