

EPV0865

Resilience in Family caregivers of Tunisian patients with psychiatric disorders

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Introduction: Resilience has been described as an individual's ability to adjust or adapt to significant adverse or traumatic circumstances.

Objectives: The aims of this study were to assess the resilience of caregivers of patients with mental disorders and to identify its associated factors.

Methods: We conducted a descriptive and analytical cross-sectional study among caregivers of patients followed in the outpatient psychiatry department at the university hospital of Sfax(Tunisia), during septembre 2021. Resilience was assessed using Connor–Davidson Resilience Scale(CD-RISC).The total scores range from zero to 100. The cut-off scores for this questionnaire is 50, with higher score indicating higher resilience.

Results: Our sample included 34 family caregivers. The mean age was 47.47 years (SD=12.4 years)and the sex ratio (M/F) was 1.42. They were the parents of patients in 35.3% of cases. The mean duration of providing care to patients was 8.62 years. The mean resilience score of caregivers was 42.85 and 26.5% of them were resilient. The Caregivers with low socioeconomic level ($p=0.004$), a history of chronic illness ($p=0.0001$), a long duration of providing care ($p=0.001$), a stressful events (0.002) and those victims of aggressive behaviors committed by patients ($p=0.0001$) were more likely to have a low resilience score.

Conclusions: Our results stated that three out four caregivers have low level of resilience. Interventions targeting stress related to social events and burden of care, and violence committed by patients in their family environment should be integrated to increase the caregivers' resilience.

Disclosure: No significant relationships.

Keywords: resilience-caregivers-psychiatric disorders-patients

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Psychosocial determinants of job satisfaction: the case of employees of a Tunisian electricity and gas company

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Introduction: Over the past decades, a growing body of evidence has demonstrated the impact of the psychosocial work environment on workers' health, safety and wellbeing. These factors may also affect employees' job satisfaction.

Objectives: To explore psychosocial determinants of job satisfaction among workers in a Tunisian electricity and gas company.

Methods: A cross-sectional survey was conducted among male workers in a Tunisian electricity and gas company. The Copenhagen Psychosocial Questionnaire (COPSOQ), the Job Content Questionnaire and the general health questionnaire (GHQ12) were used to assess psychosocial risk factors at work. A principal component analysis (PCA) was used to assess correlations between instruments' scores. Multiple linear regression analysis was applied to explore the specific factors associated with job satisfaction. Data were analysed using R software.

Results: A total of 83 workers participated in the survey (the age range: 21-60 years). Job satisfaction score varied from 0 to 100% with a mean of 73.09 %. In the PCA, job satisfaction had a positive correlation with high social support and a negative one with work-family conflicts, a high psychological demand, stress, burnout and quantitative demands. In multivariate analysis, factors negatively associated with job satisfaction were: age, stress and low social support. In contrast, seniority was positively associated with job satisfaction.

Conclusions: Job satisfaction is deeply influenced by the psychosocial work environment. Therefore, it is necessary to provide supervision, communication, and social support for these workers to increase or maintain a high level of job satisfaction.

Disclosure: No significant relationships.

Keywords: job satisfaction; occupational stress

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Are exercise programs relevant in psychiatric wards?

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Introduction: About 3% of the general population suffers from Severe Mental Illness (SMI), including schizophrenia spectrum, bipolar and major depressive disorders. In this group, the rates of cardiovascular disease, diabetes mellitus and metabolic syndrome are approximately twice as high as the general population and the life expectancy is 13-30 years inferior compared to age and sex matched controls, greatly due to medical comorbidities. Low levels of physical activity (PA) and low fitness are likely to play a role.

Objectives: To review the evidence about the effects of PA on physical health markers and psychiatric clinical symptoms of SMI patients.

Methods: We performed a literature review on the impact of exercise programs in physical and mental health of SMI patients using the PubMed and Google Scholar databases.

Results: Several studies demonstrate that PA improves a variety of physical health markers in SMI patients, such as body weight, body mass index, waist circumference, body fat percentage, cardiorespiratory fitness, systolic blood pressure and HDL cholesterol. In parallel, there is evidence to support the benefit of PA in mental health, especially due to its effect on mood. Furthermore, PA promotes cognitive functioning, sleep quality, quality of life, self-esteem and fosters social interaction. Moreover, in patients with schizophrenia, exercise seems to decrease negative symptoms.

Conclusions: Implementation of regular physical activities in psychiatric wards should be considered whenever possible, due to its positive effects on physical and mental health. The adoption of structured exercise programs in psychiatric wards is feasible, safe, and well-received by patients.

Disclosure: No significant relationships.

Keywords: physical activity; exercise program; exercise; mental health care

EPV0866

Positive education for students' mental health support

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Introduction: There has been obvious in university education the importance of mental health and psychological well-being of students along with academic achievements (Lambert et al., 2019). M. Seligman, one of the founders of positive psychology, characterizes positive education as education aimed at acquiring happiness along with knowledge and skills (Seligman et al., 2009).

Objectives: The current study aims to overview the positive education impact on mental health and psychological well-being.

Methods: Systematic analysis of research publications concerning positive education and its role for maintenance of mental health and psychological well-being.

Results: While university administration collects student's feedback on various aspects of the educational process, it almost never asks students for their opinion on what can be done for their psychological well-being. The promotion of psychological well-being among young people is becoming an increasingly popular topic, and positive education is increasingly emerging within education. Positive education can be seen as a general sphere of positive psychology and advanced practice in education that aims the development of students for both academic achievement and psychological well-being. Special attention in positive education is paid to the use of empirically proven methods and programs aimed at improving well-being, engagement in educational activities, optimism, positive emotions, life satisfaction and other positive experience.

Conclusions: A particularly promising direction for the development of positive education can be the use of information and communication technologies to improve mental health and psychological well-being. The reported study was funded by the Russian Foundation for Basic Research, project number 18-29-22049.

Disclosure: No significant relationships.

Keywords: positive education; psychological well-being; mental health

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Patient safety in community-based mental healthcare: A systematic scoping review

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Introduction: There is limited existing research about patient safety issues in mental healthcare. A lack of evidence is particularly pronounced in relation to safety in community-based mental health services, where the majority of care is provided. To date, reviews of mental health patient safety literature have focused primarily on inpatient care settings.

Objectives: This systematic scoping review will aim to identify and synthesise literature about the types of patient safety problems in adult community-based mental health settings, the causes of these problems, and evaluated safety interventions in this care context.

Methods: A systematic search was conducted on 19th June 2020 and refreshed on 23rd October 2021, across five databases: Medline, Embase, PsycINFO, Health Management Information Consortium, and Cumulative Index to Nursing and Allied Health Literature. The search strategy focused on three key elements: 'mental health', 'patient safety' and 'community-based mental health services'. Retrieved articles were screened at title, abstract and subject heading level, followed by full-text screen of longlisted articles.

Results: In this presentation, the findings of this systematic scoping review will be described, based on synthesised literature about safety incidents, broader care delivery problems, their causes, and evaluated patient safety interventions to address these issues.

Conclusions: This study will offer learning opportunities about the safety problems, contributory factors, and safety interventions in adult community-based mental health services, as described in the evidence base. Review findings will also help to ascertain gaps in existing research, which should be addressed in future studies.

Disclosure: NS is the director of London Safety and Training Solutions Ltd, which offers training in patient safety, implementation solutions and human factors to healthcare organisations and the pharmaceutical industry. The other authors have no competing interests.

Keywords: review; mental health care; Patient safety

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Rural-urban differences in accessing mental health care in Tunisia

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Introduction: Despite improvement of mental health outcomes over the last years in Tunisia, there are still striking rural-urban mental health inequalities.

Objectives: The aim of this study is to evaluate the rural-urban differences in accessing mental health care among patients with psychiatric disorders

Methods: A cross sectional and descriptive survey was conducted between March and April 2021 in the department of psychiatry D of Razi Hospital including 70 patients admitted or treated as out-patients. The sex ratio was 1.