

with patients, are uniquely positioned to provide psychological support. Therefore, understanding public perceptions of mental health and the role of nurses is crucial for developing effective care strategies and improving health outcomes.

Objectives: With our research we aimed to examine public attitudes towards mental health and assess how the general population perceives nurses' roles in psychological support. The study also sought to identify demographic influences on these attitudes and highlight potential improvements in nursing education.

Methods: The study utilized a cross-sectional survey design to collect quantitative data on public perceptions of mental health and the roles of nursing professionals. An anonymous online questionnaire was distributed, reaching a diverse sample of 270 participants from various demographic backgrounds. The survey included items assessing demographic information (gender, age, educational level, and residential location), as well as specific questions on mental health perceptions, experiences with psychological challenges, and also attitudes toward nursing empathy and support. Descriptive and inferential statistics - including Mann-Whitney U tests and chi-square tests - were used to analyze responses. Significance was set at $p < 0.05$.

Results: Of the respondents, 73% were female, 63.3% resided in urban areas, and 54% had completed secondary education. The majority (65%) were over 35 years old. Regarding self-assessed mental health, 48.9% rated it as "good," and 48.5% reported occasional mental health challenges. Significant gender differences were observed in perceptions of empathy among nursing professionals, with female respondents reporting more positive views compared to male respondents ($U=83.37$, $p=0.01$). The study also revealed that 53% of participants believed nurses "sometimes" showed empathy toward patients' mental health needs. A significant association was found between educational level and the perception that nurses need additional training to support mental health challenges ($U=147.00$, $p=0.01$).

Conclusions: This study highlights the vital role of nurses in mental health support and suggests that additional training on psychological support could enhance care quality, especially in the eyes of well-educated patients. While many respondents see nursing professionals as empathetic, there is room to further improve nurses' mental health literacy and communication skills to reduce stigma and improve patient outcomes.

Disclosure of Interest: None Declared

EPV0974

Cultural values as determinants of psychological resilience in Tunisian women

H. Mhiri^{1*}, I. Chaari¹, I. Mannoubi¹, N. Boussaid¹, F. Charfeddine¹, L. Aribi¹, N. Messedi¹ and J. Aloulou¹

¹Psychiatric department "B", Hedi Chaker University Hospital, Sfax, Tunisia

*Corresponding author.

doi: 10.1192/j.eurpsy.2025.1612

Introduction: Resilience, the ability to adapt and thrive amid adversity, is particularly prominent in Tunisian women, who are recognized for their strength and adaptability despite societal pressures. Their resilience appears closely linked to cultural heritage, indicating a significant connection between resilience and cultural values. This study explores how cultural values shape the psychological resilience of Tunisian women.

Objectives: To examine the influence of cultural values on resilience among Tunisian women.

Methods: A cross-sectional survey was conducted with Tunisian women aged 18 and above, from June to August 2024. Sociodemographic data were gathered, while cultural values were assessed using the Individual Cultural Values Scale (CVScale) and the Centrality of Religion Scale (CRS-5). Resilience was measured with the 25-item Connor-Davidson Resilience Scale (CD-RISC 25).

Results: We collected 695 responses in our survey. Participants had a mean age of 36.72 ± 12.23 years, with 90.9% holding university degrees, 56.5% employed, 49.2% married, and 50.6% with children. The mean resilience score was 68.26 ± 14.09 , with 26.3% showing low resilience. Average scores for cultural values were "power distance" (9.13 ± 3.46), "uncertainty avoidance" (20.84 ± 2.95), "masculinity" (9.55 ± 3.99), "collectivism" (21.64 ± 5.07), "long-term orientation" (25.89 ± 2.94), and "centrality of religion" (3.95 ± 0.77).

Resilience correlated positively with "uncertainty avoidance" ($p < 10^{-3}$, $r = 0.145$), "collectivism" ($p < 10^{-3}$, $r = 0.208$), "long-term orientation" ($p < 10^{-3}$, $r = 0.267$), and "centrality of religion" ($p < 10^{-3}$, $r = 0.186$). Conversely, resilience was negatively correlated with "power distance" ($p < 10^{-3}$, $r = -0.104$), and no significant correlation was observed with masculinity.

Conclusions: The findings reveal that cultural values significantly shape resilience in Tunisian women. Higher resilience was associated with uncertainty avoidance, collectivism, long-term orientation, and religious centrality, while power distance negatively impacted resilience. This emphasizes the need to incorporate cultural dimensions when designing initiatives to support resilience among women in Tunisia.

Disclosure of Interest: None Declared

EPV0975

Resilience and self-esteem in Tunisian women: A study on psychological strength

H. Mhiri^{1*}, I. Chaari¹, I. Mannoubi¹, N. Boussaid¹, F. Charfeddine¹, L. Aribi¹, N. Messedi¹ and J. Aloulou¹

¹Psychiatric department "B", Hedi Chaker University Hospital, Sfax, Tunisia

*Corresponding author.

doi: 10.1192/j.eurpsy.2025.1613

Introduction: Self-esteem, defined as an individual's overall sense of self-worth and confidence, plays a crucial role in shaping how people interact with their environment. It has been strongly linked in the literature to both mental health and resilience. Tunisian women, known for their achievements despite numerous challenges, provide a compelling population for exploring the dynamics between self-esteem and resilience.

Objectives: To assess the impact of self-esteem on resilience among Tunisian women.

Methods: This cross-sectional study surveyed Tunisian women aged 18 and above, between June and August 2024, using an online questionnaire. General health information was gathered through a structured survey. Self-esteem levels were evaluated using the Rosenberg Self-Esteem Scale, while resilience was measured with the 25-item Connor-Davidson Resilience Scale (CD-RISC 25).

Results: Data were collected from 695 Tunisian women, with participants having a mean age of 36.72 ± 12.23 years. Of the respondents,

22.3% reported using psychoactive substances: 20.4% smoked, 9.4% consumed alcohol, and 2.5% used cannabis. Additionally, 22.2% had somatic conditions, 24.5% reported a personal psychiatric illness, 28.2% had a family psychiatric history, 39.3% had seen a psychiatrist at least once, and 15% were using psychotropic medications. The average resilience score was 68.26 ± 14.09 , with 26.3% of participants displaying low resilience. The mean self-esteem score was 29.38 ± 5.64 , with 55.8% of participants exhibiting low self-esteem. No significant correlation was found between resilience and substance use. However, resilience was significantly associated with personal psychiatric illness ($p < 10^{-3}$), family psychiatric history ($p < 10^{-3}$), psychotropic medication use ($p < 10^{-3}$), and psychiatrist visits ($p < 10^{-3}$). In contrast, there was no correlation between resilience and somatic conditions. A strong association was found between resilience and self-esteem: only 6.8% of participants with normal to high self-esteem exhibited low resilience, compared to 41.8% of those with low self-esteem showing low resilience.

Conclusions: This study demonstrates a significant relationship between self-esteem and resilience among Tunisian women, indicating that higher self-esteem is linked to greater resilience. These findings suggest that interventions aimed at enhancing self-esteem could improve resilience, particularly for women facing psychological difficulties. Future research could explore targeted strategies to boost self-esteem as a pathway to strengthen resilience and overall mental well-being in this population.

Disclosure of Interest: None Declared

EPV0976

Psychological traits as determinants of resilience: Insights from Tunisian women

H. Mhiri^{1*}, I. Chaari¹, I. Mannoubi¹, N. Boussaid¹, F. Charfeddine¹, L. Aribi¹, N. Messedi¹ and J. Aloulou¹

¹Psychiatric department "B", Hedi Chaker University Hospital, Sfax, Tunisia

*Corresponding author.

doi: 10.1192/j.eurpsy.2025.1614

Introduction: Personality encompasses stable traits, behaviors, thoughts, and emotions that shape how individuals interact with their environment. It stands to reason that personality can influence how a person responds to life's challenges, essentially defining their level of resilience. Tunisian women, who frequently face a range of daily struggles, represent a significant group for exploring the dynamics of resilience. Understanding how their personality traits impact their ability to adapt and thrive amidst adversity provides valuable insights, making this an important area of study.

Objectives: To examine the relationship between personality traits and resilience among Tunisian women.

Methods: This cross-sectional study surveyed Tunisian women aged 18 and above using an online questionnaire between June and August 2024. Personality traits were assessed using the 10-item Big Five Inventory (BFI-10), while psychological resilience was measured using the 25-item Connor-Davidson Resilience Scale (CD-RISC 25).

Results: Data were collected from 695 Tunisian women, with a mean age of 36.72 ± 12.23 years. Among participants, 24.7% were students, 56.5% were employed, 49.2% were married, and 50.6% had children. Regarding sexual orientation, 93.4% identified as heterosexual, 0.4% as homosexual, 3.3% as bisexual, and 2.9% as

undefined. The average resilience score was 68.26 ± 14.09 , with 26.3% of participants exhibiting low resilience. Mean scores for personality traits were as follows: agreeableness: 6.8 ± 1.86 , extraversion: 6.1 ± 1.79 , neuroticism: 6.33 ± 2.01 , conscientiousness: 7.16 ± 1.94 , and openness to experience: 8.03 ± 1.71 . Resilience was positively associated with age ($p < 10^{-3}$, $r = 0.143$), marital status ($p = 0.022$), sexual orientation ($p = 0.001$), and education level ($p < 10^{-3}$), with 80% of those with only primary education showing low resilience compared to 24.2% of those with a university education. Personality traits showed significant correlations with resilience: agreeableness ($p < 10^{-3}$, $r = 0.165$), extraversion ($p < 10^{-3}$, $r = 0.207$), conscientiousness ($p < 10^{-3}$, $r = 0.367$), and openness to experience ($p < 10^{-3}$, $r = 0.278$) were positively correlated, while neuroticism was negatively correlated ($p < 10^{-3}$, $r = -0.482$).

Conclusions: Personality traits are significant determinants of resilience in Tunisian women. Positive traits like agreeableness, openness, extraversion, and conscientiousness enhance resilience, while neuroticism has the opposite effect. Considering that personality is influenced by factors such as early childhood experiences and parenting styles, future interventions could focus on fostering these positive traits to strengthen resilience.

Disclosure of Interest: None Declared

EPV0977

Resilience in Tunisian women: The critical role of social support

H. Mhiri^{1*}, I. Chaari¹, I. Mannoubi¹, N. Boussaid¹, F. Charfeddine¹, L. Aribi¹, N. Messedi¹ and J. Aloulou¹

¹Psychiatric department "B", Hedi Chaker University Hospital, Sfax, Tunisia

*Corresponding author.

doi: 10.1192/j.eurpsy.2025.1615

Introduction: Resilience is the capacity to bounce back from adversity, and this concept has been extensively studied across various populations, especially those facing significant stress. In this context, Tunisian women have recently encountered multiple challenges related to balancing professional and family responsibilities, which require them to demonstrate strong resilience. Recent literature has highlighted a strong link between social support and resilience.

Objectives: This study aims to explore the impact of social support on the psychological resilience of Tunisian women.

Methods: This cross-sectional study surveyed Tunisian women aged 18 and above using an online questionnaire between June and August 2024. Familial and professional characteristics were collected through a structured survey. Social support was measured using the Multidimensional Scale of Perceived Social Support (MSPSS), and psychological resilience was assessed with the 25-item Connor-Davidson Resilience Scale (CD-RISC 25).

Results: Data from 695 Tunisian women (mean age = 36.72 ± 12.23 years) revealed diverse backgrounds: 24.7% were students, 35.3% worked in the public sector, 21.2% were self-employed, and 14.7% were unemployed. In terms of marital status, 42.9% were single, 49.2% married, and 5.6% divorced, with 8.5% living alone, 75.7% in nuclear families, 10.4% in extended families, and 5.5% in shared housing; additionally, 50.6% had children. The average resilience score was 68.26 ± 14.09 , with 26.3% exhibiting low resilience. Social support scores were as follows: familial support