

Psychotherapy

EPP592

Psychotherapy of women victims of domestic violence: Ukrainian practice

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Introduction: According to the press service of the National Police of Ukraine, the number of domestic violence complaints in 2023 amounted to 291,000 statements from victims, which is almost 2 times more than in 2022. This trend determines the relevance of improving the model of comprehensive assistance to victims of domestic violence in Ukraine.

Objectives: To develop and study the effectiveness of a comprehensive system of psychotherapy for women victims of domestic violence.

Methods: We have been examined 85 women victims of domestic violence during 2022-2023; 59 % of them were suffered from physical violence, 100 % – psychological violence, 6 % - economic violence. The following methods were used: Spielberger-Y.L.Khannin scale of reactive and personal anxiety (STAI), Eysenck Personality Questionnaire (EPQ) to determine the level of neuroticism, The Thomas–Kilmann Conflict Mode Instrument (TKI), The Hamilton Depression Rating Scale (HDRS).

Results: The most common form of psychological violence against women was manipulation of the child's interests during divorce proceedings, when men tried to insult and humiliate the authority of their wives, displaying aggressive forms of behavior. Most aggressors are characterized by emotional instability, irritability and cruelty. An aggravating psychological factor in conflicts in such families was the abuse of alcohol by men.

Women who suffered from domestic violence showed psychopathological personality changes not only in the form of victim character traits, but also in the form of aggression. Other women, on the contrary, were passive, conformist, and could not protect themselves. We used the following methods of psychotherapy: telephone and online counseling, psychological counseling, behavioral psychotherapy, systemic family psychotherapy, and rational psychotherapy. Psychological counseling solved the problems of resolving the difficulties of women victims by creating conditions for expressing strong emotions and helping them gain a sense of control over themselves. The comprehensive system of psychotherapy was aimed at assessing the psychotraumatic situation of a case of violence and forming new ideas about family life and developing new reactions and forms of behavior, forming victim personality traits in women.

Conclusions: The comprehensive system of psychotherapy for women victims of domestic violence was developed. As a result, 82% of women who received the indicated therapy experienced a decrease in manifestations of neurotic and somatoform syndromes, an increase in self-esteem, self-confidence, an improvement in the well-being of women, and an improvement in the psychological climate in these families.

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Quality Management

EPV1694

The Impact of Sedentary Lifestyle on the Psychological Well-being of Hospital Administrative Staff

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Introduction: Sedentary behavior, a leading cause of preventable mortality in developed nations, has been linked to a range of health problems, including cardiovascular disease and depression. While the benefits of leisure-time physical activity are well-established, the impact of sedentary behavior within the workplace, particularly in the healthcare sector, remains under-explored.

Objectives: To study the relationship between sedentary behavior and mental health among.

Methods: A cross-sectional study was conducted among administrative staff at Farhat Hached University Hospital, Sousse, from March 2024 to June 2024. Data were collected through an anonymous, self-administered questionnaire written in French and distributed to the administrative staff of Farhat Hached University Hospital. It included six sections covering sociodemographic characteristics, lifestyle habits, medical data, physical activity. Mental health, was assessed using the Hospital Anxiety and Depression Scale (HAD) and the Perceived Stress Scale (PSS).

Results: A total of 85 questionnaires were completed by administrative staff at Farhat Hached University Hospital. The majority of participants were female (sex ratio of 0.42), with an average age of 47.1 ± 8.2 years. Higher education levels were represented by 66 participants, and only 24 engaged in professional physical activity (<30 minutes per day). The average seniority at the institution was 19.91 ± 9.2 years. Administrative managers (25.9%) and administrative staff (20%) were the main professional categories. A significant proportion of participants exhibited signs of anxiety (25.8%) and depression (32.9%). The average perceived stress score was 17.75 ± 4.95 . A significant association was found between anxiety and low levels of physical activity at work ($p < 0.001$). However, no significant association was observed between perceived stress and physical activity at work.

Conclusions: Sedentary behavior at work is associated with a high prevalence of anxiety and depressive disorders among hospital administrative staff, highlighting the importance of promoting physical activity to improve mental health.

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EPV1696

Can a modified resuscitation course in a national psychiatric hospital improve medical provider confidence in medical emergency response

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