

was 30 (15,60) minutes. The subjective total sleep time was 356.5 (60.3) minutes. The mean PSQI score was 4(2,6). The mean FSFI score was 26 (3.2). More than 50 percent of the females reported mild sexual problems and 10 percent reported mild to moderate problems. Most of the females didn't have any symptoms suggestive of depression. Only two females reported moderate depression.

Conclusions: Depression and anxiety have more effect on sexual functioning.

Disclosure of Interest: None Declared

EPV1014

The Impact of Psychotropics on Sexuality: A Literature Review

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Introduction: Sexual dysfunctions related to psychotropic drugs are among the most distressing adverse effects and can lead to non-adherence to treatment.

Objectives: To elucidate the mechanisms of psychotropic-induced sexual dysfunctions and to suggest strategies for their management.

Methods: Literature review based on the keywords "psychotropics," "sexuality," and "sexual dysfunction".

Results: Psychotropic medications can impact sexuality either directly or indirectly. The direct effect is primarily due to a decrease in the mesocortical dopaminergic atmosphere, either by blocking D2 receptors or by stimulating 5HT2A receptors. D2 receptor blockade in the tubero-infundibular pathway triggers an increase in prolactin secretion, which can subsequently lead to erection problems, decreased libido, and difficulties achieving orgasm. Action in the nigrostriatal pathway may result in an extrapyramidal syndrome, which can, in turn, hinder intimate physical relations. The indirect effect can also be caused by metabolic complications, which are significant risk factors for sexual dysfunction, as they can lead to male hypogonadism and a negative self-image.

Therapeutic strategies suggest either reducing doses (if the patient's condition allows), changing the drug, or adding an adjunctive medication. Aripiprazole, being a partial agonist of D2 and 5-HT1A receptors and an antagonist of D3 and 5-HT2A receptors, appears to cause fewer sexual dysfunctions and can reduce hyperprolactinemia when added to other antipsychotics.

Conclusions: Healthcare professionals must proactively gather information on sexuality given its impact on quality of life and treatment adherence. Prioritizing this dimension of well-being demonstrates a respectful approach toward the patient and establishes the foundation for a strong therapeutic alliance.

Disclosure of Interest: None Declared

EPV1015

Perspectives on Sexual Health Management among Tunisian Primary Care Physicians

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Introduction: Sexual health significantly influences individual well-being. It is thus crucial for primary care physicians to address these concerns effectively.

Objectives: To evaluate the perspectives and approaches of primary care practitioners towards sexual health.

Methods: A descriptive survey was disseminated to 350 primary care physicians via Google Forms in August 2022.

Results: Of the respondents, 53.1% were female. The majority (71.4%) were affiliated with the public health sector, and over 75% were based in urban areas. All acknowledged the importance of addressing sexuality in their patients' health. In this context, 62% spontaneously initiated discussions on the subject with their patients. Also, 72% noted that patients anticipate a regular dialogue about sexual health with their primary care provider. Over 90% believed in the value of addressing sexual dysfunctions more proactively, with 56% comfortable in leading such discussions. Additionally, 64% were inclined to include targeted questions on sexual health in their consultations. Notably, 77.6% expressed interest in creating specialized sexual health consultations in their practice. However, 54% felt unease in discussing sexual health with opposite-gender patients, and 82% lacked referrals to sexologists.

Conclusions: Sexual health issues are not uncommon in general practice. Primary care providers play a vital role in counseling, screening, and educating patients on these concerns, necessitating specialized training to enhance patient management.

Disclosure of Interest: None Declared

EPV1016

Knowledge, perceptions and attitudes of medical doctors toward elderly sexuality in Tunisia

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Introduction: The sexual health of the elderly presents certain particularities to be taken into consideration in the doctor-patient rapport. The aim of our study was to assess physicians' knowledge and attitudes towards sexuality in the elderly in Tunisia and to determine variables associated with the level of knowledge and the nature of attitudes in this population.

Objectives: The aim of our study was to assess physicians' knowledge and attitudes towards sexuality in the elderly in Tunisia and to determine variables associated with the level of knowledge and the nature of attitudes in this population.

Methods: A descriptive and analytical study was conducted among specialists and medical residents of all specialties, practicing in Tunisia and recruited anonymously online. We included questions on socio-demographic data, medical specialty and medical training of physicians as well as a French translation of the Aging Sexual Knowledge and Attitudes Scale (ASKAS). We determined correlations between the socio-demographic and medical training variables and the ASKAS score among participants.

Results: We included 74 physicians in the study. Sixty-two percent of the doctors surveyed sometimes asked elderly patients about their sexuality (N=46) and the rest of the doctors never mentioned the subject during a medical consultation (N=28). The major obstacles reported when discussing sexuality with the elderly were: a feeling discomfort related to sexuality considered a taboo subject (77%), lack of information and skills (51%) and the duration and setting of the medical consultation considered inadequate (45%). The mean score for the knowledge subcategory of the Aging Sexual Knowledge and Attitudes Scale (ASKAS) was 68.49 ± 5.5 and for the attitudes subcategory was 83.74 ± 4.2 . These results indicated a moderate level of knowledge and moderate to negative attitudes. There was a significant and negative correlation between age and the ASKAS knowledge subcategory score ($r = -0.75$, $p = 0.026$), as well as a significant positive correlation between the knowledge and attitudes subcategories scores and sexology training ($p < 0.001$).

The correlation between the knowledge score and the attitudes score was significant, positive, and good ($r = 0.788$, $p < 0.001$); the lower the level of knowledge, the more negative the attitudes regarding elderly sexuality.

Conclusions: There are several gaps in the knowledge and perceptions of Tunisian physicians regarding the sexuality of older subjects. Theoretical teaching and practical anti-ageing training for health professionals are needed.

Disclosure of Interest: None Declared

Sleep Disorders and Stress

EPV1018

Beyond Rest: Exploring the Sleep-Exercise Connection

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Introduction: The bidirectional relationship between the effects of sleep and exercise is often underappreciated. We aim to explore the bidirectional relationship of sleep and exercise. We further discuss the prominence of poor sleep in both the athletic and general population and understand the underlying mechanisms of interdependencies between the two. The goal is to illuminate practical implications to improve both areas and optimize physical and mental health.

Objectives:

- To explore the bidirectional relationship between sleep and exercise

- To understand how exercise can counterbalance the adverse metabolic consequences of sleep deprivation.

Methods: We conducted a systemic literature review from Pubmed, Scopus, and PsychINFO using the search terms: "(exercise) and (sleep)," "(exercise performance) and (sleep)," "(sleep quality) and (exercise)." We included original studies in English conducted on age groups 18 years and older.

Results: Data from 31 studies shows that a significant number of athletes experience poor sleep quality and daytime sleepiness. 68.5% of Qatar Stars League soccer players and 61% of collegiate athletes in NCAA institutions report daytime fatigue several times a week. Most common causes include overtraining, hectic travel schedules, and sleeping in unfamiliar settings. Studies confirm athletes often sleep less before intense training or competitions. Sleep deficiency may lead to reduced muscular strength and endurance, mood changes, increased perceived effort, impaired cognitive processing, and diminished motor skills. Athletes averaging less than 8 hours of sleep nightly were 1.7 times more prone to injuries. Physiologically, sleep loss alters ventilation, plasma lactate concentration, hormone secretion, and inflammatory responses, hinders muscle glycogen restoration. Extended sleep restriction decreases testosterone levels, which influence muscle mass, energy, bone strength, and more. On the contrary, exercise may counter adverse metabolic impacts of sleep deprivation. High-intensity interval exercise (HIIE) has shown to nullify negative metabolic effects of sleep deprivation, suggesting exercise's protective potential.

Conclusions: Sleep and exercise are fundamental to maintaining physical, mental, emotional, and spiritual health. The bidirectional, interdependent relationship can be best utilized by the providers to optimize overall well being. The critical impact of adequate sleep, particularly among athletes, is frequently underestimated. Poor sleep can detrimentally affect performance, amplify injury risks, and disrupt physiological functions, yet contemporary lifestyles often downplay its significance. It is important for healthcare professionals to emphasize a balanced approach to optimize these vital aspects. Continued research can offer strategies that benefit athletes and the broader populace, aiming to uplift daily life functionality.

Disclosure of Interest: None Declared

EPV1019

Sleeping Problems or Emerging Psychosis? A Review of Emerging Literature

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Introduction: Sleep disturbance, particularly insomnia, is prevalent across various mental health disorders. While it is a common sign in mood disorders, emerging evidence suggests that insomnia might act as a precursor or an early sign of psychosis. Our case report and literature review emphasize the importance of evaluating sleep disturbances in the diagnosis and management of mental disorders.