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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.