

Results: The total participation rate was 71% and the mean empathy subscores were as follows: 19.04 ± 3.95 for PT, 20.41 ± 3.71 for EC, 12.67 ± 4.41 for PD and 16.40 ± 4.91 for FS. Empathy dimensions' scores were significantly associated with the rank in the siblings, mother's level of education, satisfactory relationship with the mother, extra-professional activities and personal psychiatric history. They also were associated with work-related factors such as the year of residency, the desired choice of specialty, the training in a general hospital with a consultation-liaison psychiatry and the perceived verbal aggression from colleagues.

Empathy dimensions' scores, mainly those of PT and PD, were correlated with emotion regulation difficulties. In fact, PT scores were negatively correlated with five of the six emotion regulation difficulties and PD scores were positively correlated with all the six emotion regulation difficulties of the DERS. EC scores were positively correlated with PSS total score and the number of social supports. PT scores were positively correlated with SE total score and PD scores were negatively correlated with SE total score.

Conclusions: Our findings underscore empathy's complexity, revealing that in psychiatry trainees, it is shaped by contextual, emotional, and social factors. Without assessing these dimensions and mediators, empathy remains a theoretical concept rather than a teachable and improvable skill.

Disclosure of Interest: None Declared

EPV1018

Do difficulties with emotion regulation influence the empathic skills of Tunisian psychiatry trainees?

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Introduction: Empathy is essential in psychiatry, and emotion regulation significantly influences it. This study investigates the link between emotion regulation difficulties and empathic abilities in Tunisian psychiatry trainees.

Objectives: This study aimed to explore the connection between empathic abilities and challenges in emotion regulation among Tunisian psychiatry trainees.

Methods: A cross-sectional study was carried out involving an online survey proposed to 120 Tunisian psychiatry trainees. The survey included the Interpersonal Reactivity Index, which features four subscales: Perspective Taking (PT), Empathic Concern (EC), Personal Distress (PD), and Fantasy Scale (FS). A cut-off score of 14 was set to differentiate between low and high empathy levels for each subscale. Additionally, the survey included the Difficulties in Emotion Regulation Scale (DERS), which evaluates six types of emotion regulation challenges.

Results: The proportion of responses was 71% and the mean empathy subscores were: (19.04 ± 3.95) for PT, (20.41 ± 3.71) for EC, (12.67 ± 4.41) for PD and (16.40 ± 4.91) for FS. Eleven participants showed low levels of PT and 30 showed high scores of PD. Empathy dimensions' scores, mainly those of PT and PD, were correlated with ER difficulties. PT scores were negatively correlated with five ER difficulties and PD scores were positively correlated with six ER difficulties of the DERS.

Lower levels of PT were associated to difficulties engaging in goal-directed behaviors ($p=0.038$) and impulse control difficulties ($p=0.004$) furthermore higher scores of PD were associated to difficulties engaging in goal-directed behaviors ($p=10^{-3}$), impulse control difficulties ($p=10^{-3}$), strategy ($p=0.003$), non-acceptance ($p=0.001$) and clarity ($p=0.001$).

Conclusions: Difficulties with emotion regulation were positively associated with personal distress and negatively associated with perspective-taking abilities. Our findings highlight the significance of emotion regulation processes in improving empathic skills.

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EPV1021

Quality of life: the perspective of neurodivergent university students

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Introduction: Neurodevelopmental disorders are prevalent worldwide, with an increase in diagnoses in recent years (Faraone et al. *Neurosci Biobehav Rev.* 2021; 789-818; Russel et al. *J Child Psychol Psychiatry* 2022; 674-682). Individuals diagnosed with conditions such as Autism Spectrum Disorder (ASD), Attention Deficit Hyperactivity Disorder (ADHD), Specific Learning Disorder (SLD) and Language Development Disorder (DLD) are considered neurodivergent and constitute the so-called neurominorities (Doyle, N. *British medical bulletin* 2020; 108-125). Studies have shown that adults with ADHD and ASD have lower scores when assessed for quality of life, compared to neurotypicals (Pinho et al, *J Atten Disord* 2019; 1736-1745; Sáez-Suanes & Álvarez-Couto, *Rev J Autism Dev Disord* 2022; 307-319).

Objectives: The present study aims to describe the quality of life of neurodivergent students.

Methods: The research was cross-sectional, prospective and quantitative. The project was approved by the Research Ethics Committee. A total of 79 neurodivergent university students from public and private universities in the State of São Paulo participated in the research. The study was carried out remotely through the Google Forms platform with application of the TCLE and WHOQOL-DIS instruments.

Results: It was observed that 30% of the participants had a diagnosis of ASD, while 48% had ADHD, 8% had ADD, 14% had ASD with ADHD and none had a diagnosis of DLD or SLD. It is worth mentioning that in the questions about quality of life and health, 18% were dissatisfied. Regarding the ability to perform tasks, 13% reported that physical pain prevented them and 70% reported needing medical treatment. Regarding levels of personal satisfaction, 37% said they were dissatisfied with their sleep, 20% were not satisfied as a person and 28% scored completely dissatisfied with access to health services. Regarding well-being and neurodivergence, 30% of the participants were completely unhappy and 15% stated that their limitation had a negative effect on their life. Regarding autonomy, belonging, and self-perception, 23% reported total dissatisfaction with their communication skills and 41% stated that they were

completely dissatisfied with their involvement in social activities. Finally, regarding strengths and weaknesses, 32% of the subjects reported not being at all satisfied with their work opportunities, 29% were in the same situation regarding the adaptations of the environment to their limitations, and 14% reported dissatisfaction with study opportunities.

Conclusions: This study was able to analyze the perspective on the quality of life of neurodivergent university students. However, due to the various biases that involve this population, it is necessary to seek broader answers, looking at the national scope to provide a better understanding of quality of life, including in the academic environment.

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EPV1023

Burnout and intent to stay among nurses in a private tertiary hospital

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Introduction: Burnout is an occupational phenomenon that may be a risk factor for several mental health disorders. It is defined by three dimensions namely emotional exhaustion (EE), depersonalization (DP), and personal accomplishment (PA). The nursing workforce experiences high levels of burnout taking a toll not only on their mental state but also their intent to stay leading to issues on shortage.

Objectives: This study aims to assess association of burnout and its dimensions to intent to stay of medical nurses working in a private tertiary hospital in the Philippines.

Methods: Analytical cross-sectional study using secondary data conducted by the Nursing Services Group of the private tertiary hospital last March 2023. A survey was done on nurses' perceptions of their working condition using Maslach Burnout Inventory and McCain's Intent to Stay tools. Variables were assessed through simple and multiple linear regression analyses.

Results: On simple linear regression, burnout, civil status, years of experience, and years of tenure revealed significance in their respective categories. EE and DP dimensions showed negative association to intent to stay. On multiple linear regression, only burnout ($p < 0.000$ and -0.028) and those married with children ($p < 0.000$ and -0.028) had significant association. EE consistently showed negative association however, DP and PA had positive association to intent to stay. In most literatures, DP is associated to lower intent to stay as it is equated to cynicism or detachment in interpersonal relations which can manifest as negative or inappropriate attitudes towards clients, irritability, loss of idealism, and withdrawal (Maslach et al. World Psychiatry 2016; 15 103-11). However, in this study, nurses who were more detached had surprisingly higher intent to stay which may show how cynicism can be protective. It is a cognitive method of creating a protective distance to prevent them from letting their job performance suffer especially when dealing with the physical and emotional exhaustion, and feelings of ineffectiveness caused by excessive and prolonged stress (Akyurt et al. Medical Science and Discover 2023; 10 918-928).

Image 1:

Table 1. Linear Regression Analysis of Each Variable in Association with McCain Scores (Intent to Stay).

	Coeff	P > t
GENDER	0.274	0.675
AGE (GENERATION)		
Gen Z (21 to 26) ^a	-	-
Millennials (27 to 42)	-1.229	0.06
Gen X (43 to 58)	0.957	0.373
Bachelor of Science in Nursing (BSN) ^a	-	-
Ongoing Masters	-1.56	0.354
Masters	1.94	0.219
Single ^a	-	-
Married with children	-2.726	0.013
Married with no children	1.509	0.037
Separated / Widow	-0.491	0.872
< 1 year ^a	-	-
1-2 years	-3.141	0.001
2-5 years	-2.25	0.016
5-7 years	-2.701	0.006
7-10 years	-2.66	0.021
> 10 years	-1.777	0.055
YEARS OF TENURE IN TMC		
<= 3 months ^a	-	-
4 months to 1 year	-3.032	0.001
1 to 2 years	-1.24	0.023
2 to 5 years	-1.702	0.018
5 years to 10 years	-1.77	0.051
> 10 years	-1.768	0.075
BURNOUT (MASLACH)		
Emotional Exhaustion	-0.275	0.000
Personal Accomplishment	-0.130	0.000
Depersonalization	0.061	0.054
	-0.117	0.003

a- Reference group for each category

Image 2:

Table 2. Multivariate Regression Analysis of All Variables in Association with McCain Scores (Intent to Stay).

	Coeff	P > t
Burnout (Maslach)	-0.028	0.000
Emotional Exhaustion	-0.174	0.000
Personal Accomplishment	0.074	0.010
Depersonalization	0.136	0.005
Gender	0.114	0.833
Age (Generation)		
Millennials (27 to 42)	-0.778	0.318
Gen X (43 to 58)	1.782	0.18
Educational Status		
Ongoing Masters	-1.038	0.457
Masters	0.837	0.524
Civil Status		
Married with children	-2.619	0.006
Married with no children	0.646	0.358
Separated / Widow	-0.677	0.794
Years of Experience prior to TMC	-0.118	0.523
Years of Tenure in TMC	-0.17	0.296

Conclusions: Consistent with global studies, burnout is associated to lower intent to stay among nurses. However, it is beneficial to have more research looking further into the comprehensive role of cynicism in burnout. In this study, nurses have built some level of cynicism that is able to preserve themselves in negative situations. However, with no proper management, depersonalization can aggravate ultimately leading to feelings of inadequacy and lower intent to stay. A deeper and more contextualized understanding about this phenomenon may help administrators improve existing operations and policies that can help foster a healthier working environment for the nurses.