

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  $68.26 \pm 14.09$ , with 26.3% of participants displaying low resilience. The mean self-esteem score was  $29.38 \pm 5.64$ , 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<sup>1\*</sup>, I. Chaari<sup>1</sup>, I. Mannoubi<sup>1</sup>, N. Boussaid<sup>1</sup>, F. Charfeddine<sup>1</sup>, L. Aribi<sup>1</sup>, N. Messedi<sup>1</sup> and J. Aloulou<sup>1</sup>

<sup>1</sup>Psychiatric department "B", Hedi Chaker University Hospital, Sfax, Tunisia

\*Corresponding author.

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**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  $36.72 \pm 12.23$  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  $68.26 \pm 14.09$ , with 26.3% of participants exhibiting low resilience. Mean scores for personality traits were as follows: agreeableness:  $6.8 \pm 1.86$ , extraversion:  $6.1 \pm 1.79$ , neuroticism:  $6.33 \pm 2.01$ , conscientiousness:  $7.16 \pm 1.94$ , and openness to experience:  $8.03 \pm 1.71$ . 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<sup>1\*</sup>, I. Chaari<sup>1</sup>, I. Mannoubi<sup>1</sup>, N. Boussaid<sup>1</sup>, F. Charfeddine<sup>1</sup>, L. Aribi<sup>1</sup>, N. Messedi<sup>1</sup> and J. Aloulou<sup>1</sup>

<sup>1</sup>Psychiatric department "B", Hedi Chaker University Hospital, Sfax, Tunisia

\*Corresponding author.

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**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 =  $36.72 \pm 12.23$  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  $68.26 \pm 14.09$ , with 26.3% exhibiting low resilience. Social support scores were as follows: familial support