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Work-Related Quality of Life in Tunisian Medical Interns: Key Influencing Factors

M. Hajji^{1*}, N. Rmadi², A. Hrairi², N. Kotti², M. Hajjaji² and K. Jmal Hammami²

¹Family medicine department, university of Sfax and ²Occupational Medicine department, Hedi Chaker university hospital, University of Sfax, Sfax, Tunisia

*Corresponding author.

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Introduction: Work-related quality of life (WRQoL) is a crucial aspect of overall well-being, particularly for medical interns who face unique challenges in their demanding environment.

Objectives: This study aims to assess factors associated to work-related quality of life in a population of Tunisian Medical Interns.

Methods: A cross-sectional study was conducted from July to September 2024 among Tunisian medical interns using a Google Form's questionnaire. They were asked about their sociodemographic characteristics and their working conditions such as number of working hours per day, number of night shifts per month, and number of patients seen per day. Quality of working life was measured using the the Work-Related Quality of Life (WRQoL) Scale which covered six domains: General Well-Being (GWB), Home-Work Interface (HWI), Job and Career Satisfaction (JCS), Control at Work (CAW), Working Conditions (WCS) and Stress at Work (SAW).

Results: Our study included 141 interns with a mean age of 27.28 ± 2.42 years. Among them, 31 (22.1%) were married. The average working hours per day was 6.42 hours, and the average number of patients seen per day was 12 patients. The average nightshifts done per month was 6. Age was statistically positively associated with all WRQoL domains. However, GWB and HWI were negatively associated with number of working hours per day ($p=0.022$ and 0.026 respectively) and number of night shifts per month ($p=0.001$ and 0.000 respectively). Moreover, JCS, CAW and WCS were negatively associated with number of night shifts per month ($p=0.007$, 0.002 and 0.000 respectively).

Conclusions: This study highlights the significant factors influencing work-related quality of life among Tunisian medical interns such as working conditions. By addressing these factors, it is possible to enhance the overall quality of life for medical interns, thereby promoting their well-being and improving their capacity to provide quality patient care.

Disclosure of Interest: None Declared

EPV0947

Job satisfaction among family medicine residents: A cross-sectional study

M. Hajji^{1*}, N. Rmadi², A. Hrairi², F. Dhouib², I. Ben Hnia², M. Hajjaji² and K. Jmal Hammami²

¹Family medicine department, University of Sfax and ²Occupational medicine department, Hedi chaker university hospital, University of Sfax, Sfax, Tunisia

*Corresponding author.

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Introduction: Job satisfaction reflects on overall life quality involving social relationship, family connection and a feeling of enjoyment or fulfillment specially for family medicine residents' contentedness with their job.

Objectives: This study aims to assess factors associated to job satisfaction in a population of Tunisian family medicine residents.

Methods: We conducted a cross-sectional study from January to July 2024. Family medicine residents participated in the survey through a Google Forms questionnaire. They were queried about their sociodemographic information and work conditions, including daily working hours, the number of night shifts per month, and the average number of patients seen each day. To assess participants' job satisfaction, we used the validated physician's job satisfaction scale which covered five domains: patient care, burden, income-prestige, personal reward, and professional relations.

Results: We enrolled 108 family medicine residents (65 women and 43 men) with an average age of 26 ± 2 years [22-37 years]. The average daily working hours were 6.62 hours, with an average of 15 patients seen each day. Additionally, the average number of night shifts completed per month was 5. Positive correlations were found between age and satisfaction with time spent with family friends or leisure activities ($p=0.001$, $r=0.3$), burden's average mean ($p=0.01$, $r=0.2$) and opportunities for continuing medical education ($p=0.03$, $r=0.1$). However, a negative correlation was found between satisfaction with professional relations and the number of night shifts per month ($p=0.01$, $r=-0.2$).

Conclusions: This research highlights the critical factors influencing job satisfaction among family medicine residents in Tunisia, with a particular focus on their working conditions. Addressing these issues is essential for enhancing the overall satisfaction of these residents. By creating a supportive work environment, we can ultimately improve patient care and treatment outcomes.

Disclosure of Interest: None Declared

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Mental health status of nurses working in private and public sectors

N. Rmadi¹, A. Hrairi¹, M. Hajji^{2*}, F. Dhouib¹, F. Ben Atia³, I. Ben Hnia¹, M. Hajjaji¹ and K. Jmal Hammami¹

¹Occupational medicine department, Hedi chaker university hospital, University of Sfax; ²Family medicine department and ³Higher Institute of Nursing Sciences of Sfax, university of Sfax, Sfax, Tunisia

*Corresponding author.

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Introduction: Nurses are at the forefront of patient care and are often exposed to various stressors that can impact their mental health. The mental health of nurses working in both the private and public sectors is a significant issue that requires attention.

Objectives: In this study, we propose to compare psychological distress of nurses working in private and public sectors.

Methods: It was a cross sectional study conducted among 200 nurses (100 from each of the private and public sector). We used the 6-item Kessler scale (K6) to measure symptoms of psychological distress.

Results: The average age of nurses working in the public sector was 33.24 ± 9.34 years versus 31.93 ± 7.68 years in the private sector. Most staff (33.5%), whether in the public or private sector, had