

Introduction: Binge-eating behavior and anxiety disorders pose a significant public health issue worldwide, as it has severe implications for both the physical and mental health of the adolescent population. The present study evaluated the prevalence of binge-eating behavior, anxiety disorders, and associated factors among the northern Saudi adolescent population.

Objectives: assessed the correlation between binge eating and anxiety.

Methods: The present population-based cross-sectional study was carried out among adolescents in the Aljouf region of Saudi Arabia from June 2023 to December 2023. A total of 384 eligible participants were selected using the convenience sampling method. The present study used a pretested Arabic version of the binge eating scale (BES) and Hamilton Anxiety Scale (HAM-A) to assess the binge-eating behavior and anxiety disorders among the target population. The Spearman correlation test determined the strength and direction of the correlation between BES and HAM-A scores. Furthermore, logistic regression analysis was applied to find the associated factors for binge-eating behavior among the study participants.

Results: Of the 384 participants, moderate and severe binge-eating behaviors were found among 11.2% and 8.3% of the respondents, respectively. Regarding the severity of anxiety as assessed by the HAM-A scale, mild, moderate, and severe anxiety were shown among 12.8%, 9.6%, and 7.5% of the participants, respectively. Also, the study found a positive correlation between binge eating and anxiety scores, with a correlation coefficient of 0.26 and a p-value of 0.001. Furthermore, being female ($p = 0.001$), moderate ($p = 0.004$), and severe anxiety ($P = 0.001$) were significantly associated with binge-eating behavior.

Conclusions: The present research findings advocate for the implementation of targeted interventions and support services aimed at decreasing binge-eating behavior and anxiety, thereby promoting the overall well-being of adolescents and building stronger future generations. Moreover, it is recommended that optional courses about binge eating be incorporated into the curricula of schools and universities.

Disclosure of Interest: None Declared

EPV0136

Social Anxiety Disorder in The Visually Impaired Versus Healthy Control: Saudi Arabian Samples

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Introduction: While the relationship between social anxiety disorder SAD and various sociodemographic factors has been explored, there is a notable gap in research examining the prevalence of SAD in visually impaired individuals. Vision loss could influence social interactions and thus may alter the typical presentation or severity of social anxiety.

Objectives: This study aims to compare self-esteem and social anxiety disorder (SAD) levels between visually impaired and sighted individuals and to explore the relationship between social anxiety and various sociodemographic factors.

Methods: A case-control study was conducted from March to June 2017 in Riyadh, Saudi Arabia, involving 62 participants (24 visually impaired and 38 sighted). Participants completed a demographic

form, the Liebowitz Social Anxiety Scale (LSAS), and the Rosenberg Self-Esteem Scale (RSES). Data analysis included descriptive statistics, t-tests, and ANOVA to compare psychological outcomes between groups.

Results: The mean age of visually impaired participants was significantly higher than that of sighted participants (24 ± 2.8 vs. 22.4 ± 2.2 years, $p = 0.013$). No significant differences were observed between the two groups in terms of gender, marital status, or education level. The RSES scores indicated no significant difference in self-esteem between visually impaired and sighted individuals (18.13 ± 2.66 vs. 17.42 ± 2.04 , $p = 0.244$). Similarly, LSAS scores did not significantly differ between the two groups (32.63 ± 24.19 vs. 36.68 ± 22.68 , $p = 0.506$).

Conclusions: The findings suggest that visually impaired individuals do not have significantly different levels of self-esteem or social anxiety compared to their sighted peers, indicating that visual impairment may not directly contribute to lower self-esteem or higher social anxiety. Future research should involve larger, more diverse samples and longitudinal studies to further explore these relationships.

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Vicarious trauma in Child and adolescent psychiatry residents in Tunisia

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Introduction: Vicarious trauma can significantly affect the physical and mental health of mental health professionals, as well as their ability to provide quality of care, particularly in the population of child and adolescent psychiatry residents who frequently encounter traumatic narratives.

Objectives: This study aims to determine the prevalence of vicarious trauma in child and adolescent psychiatry residents.

Methods: This is a cross-sectional study conducted from 19 August to 16 September 2024. An anonymous Google Forms questionnaire was sent to child psychiatry residents via the college email and private groups. We used the Compassion Fatigue Questionnaire to measure levels of vicarious trauma.

Results: A total of 48 child psychiatry residents out of 70 participated in the study. The sex ratio was 1:8.6. The mean age was 28.8 years. The residents were married in 33.4% of cases, in a romantic relationship in 29.1% and single in 37.5%. We found that 54.1% of residents practiced a leisure activity, 22.9% had history of psychiatric disorder and 14.5% had addictive behaviours. We found that 74% of the residents exhibited a high to very high risk of vicarious trauma. The mean score of Compassion Fatigue Questionnaire was 44.18.

Conclusions: This study underscores the need to recognize and address vicarious trauma among child and adolescent psychiatry residents in Tunisia, as its effects can detrimentally influence both clinician well-being and patient care. By fostering an awareness of this often-overlooked issue and integrating supportive measures into residency training, it can help residents develop healthier coping strategies and resilience.

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