

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 ± 14.09 , with 26.3% of participants displaying low resilience. The mean self-esteem score was 29.38 ± 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

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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 ± 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 ± 14.09 , with 26.3% of participants exhibiting low resilience. Mean scores for personality traits were as follows: agreeableness: 6.8 ± 1.86 , extraversion: 6.1 ± 1.79 , neuroticism: 6.33 ± 2.01 , conscientiousness: 7.16 ± 1.94 , and openness to experience: 8.03 ± 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.

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EPV0977

Resilience in Tunisian women: The critical role of social support

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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 ± 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 ± 14.09 , with 26.3% exhibiting low resilience. Social support scores were as follows: familial support

(20.06 ± 6.38), friend support (18.17 ± 6.47), significant other support (21.2 ± 6.22), and overall social support (59.42 ± 15.26). Significant associations were found between resilience and marital status ($p = 0.019$), with married women showing lower rates of low resilience (21.3%) than single women (31.9%). Women with children also demonstrated higher resilience ($p = 0.002$), while employment status had a notable impact ($p = 0.005$), with low resilience rates highest among unemployed women (36.3%) and lowest among public sector workers (19.6%). Resilience positively correlated with social support across all sources: familial ($p < 0.001$, $r = 0.269$), friend ($p < 0.001$, $r = 0.260$), significant other ($p < 0.001$, $r = 0.289$), and overall social support ($p < 0.001$, $r = 0.338$).

Conclusions: Our findings underscore the crucial role of social support and family connections in enhancing the psychological resilience of Tunisian women. Therefore, targeted social interventions are needed to support women experiencing loneliness or lacking social networks, aiming to strengthen their resilience and overall well-being.

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EPV0978

Resilience among Tunisian women: Exploring the impact of coping Strategies and sociodemographic influences

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Introduction: Tunisian women, seen as symbols of freedom, have achieved social equality despite various challenges. This study examines the role of sociodemographic factors and coping strategies in shaping psychological resilience among Tunisian women.

Objectives: To investigate how sociodemographic factors and coping styles influence resilience in Tunisian women.

Methods: This cross-sectional study targeted Tunisian women aged 18 and above through an online survey between June and August 2024. Sociodemographic data were collected, coping styles were measured using the Brief COPE inventory, and resilience was assessed via the 25-item Connor-Davidson Resilience Scale (CD-RISC 25).

Results: Data from 695 women (mean age = 36.72 ± 12.23) showed that 90.9% had university education and 34.1% were unemployed. Personal income was the main income source for 61.7%. The mean resilience score was 68.26 ± 14.09, with 26.3% exhibiting low resilience. Higher resilience was significantly associated with university education ($p < 0.001$) and higher economic status; 34.3% of those in lower brackets showed low resilience ($p = 0.007$). Personal income also predicted resilience ($p < 0.001$). Regarding coping, resilience positively correlated with problem-focused ($r = 0.496$, $p < 0.001$) and emotion-focused coping ($r = 0.271$, $p < 0.001$), but was negatively associated with avoidance coping ($r = -0.093$, $p < 0.05$).

Conclusions: This study reveals that resilience among Tunisian women is linked to education, economic status, and income, with effective coping strategies (problem- and emotion-focused) enhancing resilience. Findings underscore the importance of economic

empowerment and effective coping skills in strengthening resilience among women.

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EPV0980

Factor Models as an Important Tool in Creating the Effective Quality Management System in Psychiatric Institutions

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Introduction: Medical staff is one of the main participants in psychiatric care quality management system. At the same time, it is not enough to ensure high level of staff qualifications only. It is also necessary to determine staff satisfaction with their professional activities, levels of staff well-being and of professional burden. That's why, using factor analysis in the process of identification of factors affecting these parameters of psychiatric staff is an important task.

Objectives: To work out factor models determining the main components affecting psychiatric staff professional burden and satisfaction of staff with provided psychiatric care; to justify proposals for improving medical staff professional activities and quality of care.

Methods: Adapted questionnaire «Assessment of the burden of psychiatric staff working in psychiatric institution» (WHO, 1994); Questionnaire «Assessing the satisfaction with quality of care by medical staff of psychiatric institution» (Solokhina et al., 2014). Factor analysis (principal component analysis with quadrimax rotation and factor selection according to the Cattell criterion) was used in the IBM SPSS Statistics 27 software environment. The study involved 73 nurses (age 44,55±11,56) of Moscow psychiatric hospitals № 1 and № 4. The nurses were included in the analyses as the most representative staff category closely contacting with patients.

Results: Using factor analysis, a model identifying the most significant components affecting of the professional burden of the nurses and reflecting 50.9% of the sample variance was worked out. The parameters include: “physical and emotional problems”, “interpersonal problems”, “intrapersonal problems”, “stigmatization”, “experiencing difficult situations related to patients” (16.86%, 11.67%, 9.52%, 6.61%, 6.34 of the sample variances correspondingly).

The factor model of nurse's satisfaction with psychiatric institutions activities includes “organizational” (33.66%), “procedural” (7.44%), “logistical” (6.92%), “support” (5.14%), “alternative forms of assistance” (5.05%) factors, which in total make up 58.8% of the sample variance.

Conclusions: Factor models are a powerful tool which permits to analyze complex information and to identify factors affecting important indicators in a quality management system. Therefore, factor analysis should be carried out regularly in order to prevent different risks of care quality violation. It is also important to introduce psychological support to medical staff and to improve team methods of work.

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