

physical conditions. Notably, current clinical trials are exploring the use of psychedelics in therapy to improve PTSD symptoms (Krediet et al. IJNP 2020; 23 (6), 385-400).

Conclusions: PTSD is a relatively common mental disorder, affecting up to 11% of war victims. Early detection of symptoms is crucial to start an appropriate psychotherapeutic treatment. Although psychopharmacological interventions are recommended as a second-line treatment, they may sometimes be the only feasible option, as demonstrated in these two clinical cases.

Disclosure of Interest: None Declared

EPV1437

Evaluation of the post-traumatic stress disorder in midwives

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Introduction: In addition to the typical risks associated with healthcare professions, being a midwife carries a significant psychological and emotional burden. This responsibility extends not only to the mother's well-being but also to the newborn's, making the role particularly vulnerable to psychosocial risks, often driven by high-stress situations.

Objectives: To assess the post-traumatic stress disorder (PTSD) experienced by midwives.

Methods: We conducted a cross-sectional study using a self-administered questionnaire distributed to midwives in the Sfax region. The questionnaire consisted of a first part relating to socio-demographic and professional data and a second part relating to the evaluation of the PTSD in midwives using the Impact of Event Scale (IES).

Results: Our population comprised 74 midwives with an average age of 45.6 ± 10.3 years. Only 21.6% reported engaging in regular physical activity. The midwives worked in both public and private health facilities, with a mean of job tenure of 20.3 ± 10.6 years. A stressful event in their professional life was reported by 68.8% of midwives. The PTSD was detected in 30 midwives (40.5% of the midwifery population surveyed), 8 of whom had severe symptoms. The traumatic events reported by the midwives were related to injury to the newborn, injury to the parturient or working conditions.

We found that the factors related to the PTSD were the number of dependent parents, a history of anxiety, depression or hypothyroidism, and working fixed hours. Physical activity was a protective factor against post-traumatic stress. A statistically significant link was found between severe forms of PTSD and taking leave in the last three months. Binary logistic regression confirmed that while physical activity was protective, anxiety, depression, and hypothyroidism were independent risk factors for PTSD.

Conclusions: PTSD is a common issue among midwives. It should be studied and identified early in at-risk populations to prevent lasting consequences.

Disclosure of Interest: None Declared

EPV1441

Investigating the effect of the South African Adolescence Sleep Intervention (SAASI) on adolescent sleep and PTSD: A pilot randomized control study

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Introduction: South African adolescents are exposed to significant levels of trauma exposure, resulting in high levels post-traumatic stress disorder (PTSD). Sleep disturbances are among the most frequently reported difficulties faced by those dealing with PTSD.

Objectives: The current study aimed to determine the feasibility and preliminary efficacy of the SAASI on PTSD symptom severity and sleep disturbance when delivered in group format to South African adolescents with PTSD.

Methods: Sixty-one adolescents with PTSD diagnoses and sleep disturbance were randomly assigned to either one individual and four group sessions of the sleep intervention (SAASI) or a control group. At baseline, post- and 1-month follow-up participants completed the Child PTSD symptom scale for DSM5 (CPSS-5) and the Pittsburgh Sleep Quality Index (PSQI) among other sleep and psychiatric measures. The trial was registered on the Pan African Trial Registry (PACTR202208559723690).

Results: There was a significant but similar decrease in PSQI scores in both groups over time indicating no overall intervention effect. Interaction between groups on the CPSS-5 was also not significant. Despite this overall finding, the mean difference in CPSS-SR-5 scores increased over time, with the difference between groups post-treatment and at the 1-month follow-up suggesting that PTSD symptom severity decreased more in the intervention group than the control group. The dropout rate was higher than expected for both the intervention and control groups. Reasons provided for dropout were mostly school commitments or travel related.

Conclusions: Conclusions: Early findings suggest a trend towards dual improvement in sleep quality and PTSD symptom severity in adolescents with a sleep disturbance and PTSD receiving a group sleep intervention (SAASI). Further investigation in a properly powered RCT with detailed retention planning is indicated.

Disclosure of Interest: None Declared

EPV1442

Mental Health interventions on a group of Trafficked females, in Egypt

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Introduction: Background: The United Nations defines Human Trafficking as "the recruitment, transportation, transfer, harbouring, or receipt of people through force, fraud or deception, with the aim of exploiting them for profit," and says it is practiced everywhere in the world. Studies show that women who have been