

EPV0946

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

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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

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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

EPV0948

Mental health status of nurses working in private and public sectors

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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

professional seniority of between 6 and 10 years. The average K6 score was significantly higher in the public sector (9.01) compared to the private sector (7.35) (p -value = 0.01). The likelihood of experiencing psychological distress was lower in the private sector compared to the public sector (p = 0.034; OR= 0.37; 95% CI [0.14-0.95]).

Conclusions: These findings highlighted potential implications for the mental health of nurses based on their employment sector, showing that prolonged daily stress could have a negative impact on their psychological well-being.

Disclosure of Interest: None Declared

EPV0949

Screening for psychological distress among workaholic engineers

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Introduction: Several factors can threaten the mental health of engineers and seem to lead to anxiety and depressive disorders. Workaholism is an emerging phenomenon that has been the topic of much debate on its impact on workers' mental health.

Objectives: Determining the prevalence of workaholism among women and men engineers and screening for psychological distress among the workaholic engineers with a focus on gender differences.

Methods: This study is a descriptive-cross sectional analysis conducted on active engineers for one month. Data were collected through an online questionnaire, including socio-professional data, the WART (Work Addiction Risk Test) and the Hospital Anxiety and Depression scale.

Results: Our population consisted of 45 women and 62 men engineers with an average age of 28.62 ± 4.3 years and 29.61 ± 4.5 years respectively. A high risk of workaholism was present among 42.2% and 41.9% of women and men respectively.

Among workaholic engineers, anxiety and depression were present in 73.1% and 46.2% of cases respectively among men and in 78.9% and 42.1% of cases respectively among women.

Workaholic engineers women were likely to have anxiety ($p=0.000$) and reproach from their families for excessive professional commitment ($p=0.007$).

Among engineers men, associations were found between workaholism and anxiety ($p=0.000$), depression ($p=0.024$), the use of psychotropic medication ($p=0.013$), a job satisfaction less than 4/10 ($p=0.024$) and facing reproach from their families for excessive professional commitment ($p=0.032$).

Workaholism among both women and men engineers was negatively correlated with sports activities ($p=0.006$, $p=0.042$).

Conclusions: Workaholism is a significant phenomenon among engineers that can lead to anxiety and depression disorders. Therefore, the detection of early signs of workaholism and its associated symptoms seems essential among this vulnerable population in order to prevent its psychological impact.

Disclosure of Interest: None Declared

EPV0950

Impact of social support on the outcomes of upper limb occupational injuries

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Introduction: Upper limb occupational injuries constitute an important health problem affecting workers in their most productive years. The professional environment influences the outcomes of these injuries. The impact of social support among this vulnerable population may explain the difference in terms of outcomes of occupational injury.

Objectives: Evaluating the impact of social support in upper limb occupational injuries' outcomes.

Methods: A cross-sectional analysis was conducted during 9 months among workers victims of upper limb occupational injuries consulting for an Impairment Rating Evaluation. Socio-professional data and the accident' outcomes were collected. Social support was evaluated by the Social Support Scale. The pain was evaluated by a Visual Analogue Scale. Anxiety and depression were evaluated by the Arabic version of Hospital Anxiety and Depression scale. Unsuccessful return to work comprises all situations other than a satisfactory return to the same position held before the accident.

Results: Out of 90 injured workers, 78.9% were male. Hand and wrist injuries represented 63% of injured sites. The mean age was 43.10 ± 9.87 years. The mean pain scale was 5.75 ± 2.78 . The mean length of absence was 180.73 ± 245.14 days. A proportion of 12.2 % had low social support. Unsuccessful return to work was found among 37.8% of participants. The prevalence of anxiety and depression were 31.1% and 20% respectively. Sleep disorders were mentioned by 56.7% of subjects. Low social support was associated with unsuccessful return to work ($p=0.000$), negative outlook of the professional future ($p=0.000$) and depression ($p=0.002$). No association was found with pain, length of absence and sleep disorders.

Conclusions: Social support may influence the outcomes of upper limbs occupational injuries. This finding highlights the need for further examination of social factors among this vulnerable population.

Disclosure of Interest: None Declared

EPV0951

Efficacy of a modified remotivational program for persons with Schizophrenia in community mental health center

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Introduction: Patients with schizophrenia often experience deficits in motivation, which can significantly impact their functional