78.8% identified intimate partners as the primary perpetrators of violence. Regarding reporting procedures for suspected gender-based violence cases, 60% of residents believed local authorities should be alerted. However, 48.2% were unaware of Organic Law No. 58 of August 11, 2017, concerning the elimination of violence against women.

Regarding management, only 7.1% of residents felt confident in their ability to handle cases of GBV. The main obstacles identified were a lack of specific training (84.7%), absence of institutional support (67.1%), and lack of time (18.8%). The need for ongoing training in managing GBV was expressed by 64.7% of residents, highlighting the urgent need for improved awareness and skill enhancement in this area.

Conclusions: This study reveals significant gaps in the training and knowledge of medical residents in Tunisia regarding GBV. The lack of awareness of relevant legislation and resources, along with insecurity in case management, underscores the urgent need for targeted training and institutional support to improve medical responses to this critical issue.

Disclosure of Interest: None Declared

EPV2012

Reaching the Unreachable: Effectiveness of Psycho-Education for Improving Mental Health Awareness in Women with Gynecological/Obstetrical Issues in A Low Middle-Income Country

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Introduction: This research addresses the significant mental health challenges faced by women in Pakistan, where gynecological/obstetrical issues are prevalent, and mental health awareness is often lacking due to cultural stigmatization and misconceptions. Women with conditions such as infertility, and breast and ovarian cancer are at higher risk of psychiatric disorders, and there is a clear correlation between infertility and psychological comorbidity. Cultural beliefs and regional variations further complicate the perception and understanding of mental health in Pakistan.

Objectives: The primary objective of this research is to dispel myths and misconceptions surrounding mental health by providing group psychoeducation on major psychiatric illnesses. The goal is to raise awareness and promote psychiatric and psychological help-seeking behavior among women with gynecological issues.

Methods: This study employs a quantitative approach with a quasi-experimental design. A sample of 55 married female participants from the Gynecology Department of Services Hospital Lahore, underwent pre- and post- psychoeducation assessments. Only married females seeking treatment for gynecological conditions were included, while those already diagnosed or seeking treatment for mental disorders before the onset of gynecological issues were excluded. To assess the participants' knowledge and beliefs regarding mental illnesses, a self-developed Women Mental Health Checklist was used for pre-and post-assessment. A panel of mental health experts validated the content for the checklist. Psychoeducation

material was developed based on established resources, and a panel of experts examined its content validity. A pre-psychoeducation assessment was conducted, followed by psychoeducation sessions that included information about mental disorders associated with gynecological issues. Post-assessment was conducted at a one-month follow-up. SPSS 21 was used to analyze the data.

Results: The repeated measure t-test analysis revealed a statistically significant difference in post-assessment ($t (49) = 14.6$, $p = 0.00$) which indicated a strong impact of psychoeducation on post-assessment.

Conclusions: These findings highlight the importance of psychoeducation in promoting help-seeking behavior. However, it is important to understand the study limitations and that future research should explore psychoeducation's role on a broader level. This research aims to bridge the gap in mental health awareness and help-seeking behavior among women in Pakistan facing gynecological and obstetrical issues, ultimately contributing to improved mental well-being and overall quality of life.

Disclosure of Interest: None Declared

EPV2014

Depression in military wives: the particularities of an understudied population

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Introduction: Military spouses often experience separation from their husbands and the risks associated with their deployment in difficult environments. Multiple studies have focused on depression in service members, but little has been done to understand how demographic and military-specific factors affect their wives.

Objectives: The goal of our study is to describe the demographic and military characteristics specific to women with a depressive disorder diagnosis, and are or were married to service men. We also aim to identify possible correlations between the beginning and evolution of the spousal depression and those characteristics.

Methods: This was a retrospective descriptive study. Data was obtained from the medical files of military spouses followed at the psychiatry department of the military hospital in Marrakech between May 2022 and August 2023. Demographic and military-specific information unavailable in the files was collected through phone calls. Inclusion criteria were: a DSM-5 depressive disorder diagnosis, presence at follow-ups, being or having been married to a service man, an available functioning phone number. The statistical analysis was done on the software tool Jamovi® version 2.3.28.

Results: All of the 25 women who were included in our study were diagnosed with major depressive disorder (MDD). Demographic factors related to MDD were noted in most spouses: 64% had a low educational level, 84% were housewives. Concerning the military factors related to service men: we observed that in the 24% of cases where the husband was deployed or lived apart from his family, there was either no or little improvement of depressive symptoms under treatment for the wife. Only 4% of service men had been diagnosed with a psychiatric disorder (MDD) at the time of our study. 44% of our patients reported conflicts with their husbands, out of these men 54% were still active in military forces. 54% of the

patients with marital conflicts reported little to no improvement of their symptoms. 20% of women were victims of domestic violence.

Conclusions: Our findings were able to show a high percentage of demographic risk factors for MDD in the studied population. They also imply a correlation between the husband's deployment and the higher family responsibility reported by the wife in these cases, and a lack of improvement of the depressive symptoms under treatment. Although previous studies reported a correlation between the husband's history of psychiatric disorder and the wife's depression, we didn't reach the same conclusion, this could be limited by the size of our study sample, as well as possibly underdiagnosed disorders in service men. These findings suggest the need for a specific approach for this population, as well as additional support services to help prevent and improve the treatment of depressive disorders in military wives.

Disclosure of Interest: None Declared

EPV2015

The burden of birth control: a narrative review on the mood-related side effects of hormonal contraception

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Introduction: Hormonal contraception (HC) is widely used by females worldwide. Sex hormones – oestrogen and progesterone – affect the central nervous system's function, structure, and neurotransmission, modulating emotional and behavioural responses. The use of HC, by introducing exogenous hormones and modulating the internal production of sex hormones, may be associated with mood changes and depressive symptoms. These symptoms are commonly reported by females taking HC and are one of the most frequent reasons for its discontinuation.

Objectives: To explore the relationship between HC and depressive symptoms in females of reproductive age, with a focus on clinical implications.

Methods: A narrative literature review was conducted using the *PubMed*® database with the search query: "(Hormonal Contraception) AND ((Mood) OR (depression))". Studies published in the last 20 years were included.

Results: Recent studies have shown an association between HC use and depression. The relationship between HC and mood changes is complex and influenced by various factors, including the type of HC, dosage, patients' psychiatric history, and psychosocial factors. The link between HC and depression seems to be related to the dosage and type of progestogen. Also, the use of progestins with androgenic activity, such as levonorgestrel, may carry a higher risk of deleterious mood changes. Adolescent females, those with a personal or family history of mood disorders, females with premenstrual dysphoric disorder or premenstrual syndrome, and those who have experienced adverse mood effects with previous use of HC are more predisposed to developing depressive symptoms related to HC. HC is also associated with sexual dysfunction and an increased risk of suicide and suicide attempt. On the other hand, continuous use of HC may provide relief from depressive symptoms in females with premenstrual dysphoric disorder by stabilising fluctuations in hormone levels. Limited evidence suggests that HC use among females with depressive or bipolar

disorders is not associated with a worse clinical course compared to the use of non-hormonal methods.

Conclusions: The mechanism underlying how HC influences mood remains poorly understood. In clinical practice, the effects of HC on mood seem to be most relevant in selected subsets of females. Most females using HC demonstrate no effect or a beneficial effect on mood, with a low incidence of adverse effects. The risk of adverse mood effects should not preclude the prescription of HC. Mental health risk factors, as well as any newly present or ongoing mental health symptoms, should be considered when initiating and reviewing HC in the management and treatment of female patients.

Disclosure of Interest: None Declared

EPV2016

The self-image of a mother in women with experience of miscarriage

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Introduction: In the modern world, the problem of infertility is becoming more significant. In particular, the number of women with experience of miscarriage is increasing. Problems with pregnancy, frustration of the desire to become a mother influence the formation of a woman's motherhood and self-image as a mother, which can lead to intrapersonal problems of a woman and to a distortion of care practices and child-parent relations in relation to the future child.

Objectives: To study the features of the self-image as a mother in women with experience of miscarriage.

Methods: A pilot study was conducted. Two methods were used in this study: "Unfinished sentences" (Sachs-Levy, mod. A.G. Dolgikh, 2018), method of semantic differential (spaces proposed by A.G. Dolgikh, 2018).

The study sample consists of 3 groups: 30 women with experience of miscarriage for medical reasons aged 25 to 35 years; 30 women aged 25 to 30 years who have no experience of pregnancy; 30 women raising children under the age of five.

Results: The results of attitudes peculiarities psychodiagnostic study towards motherhood in women using the "Unfinished Sentences" technique demonstrate that generally more expressed positive attitude towards motherhood in general and attitude towards themselves as a future mother for the group of women with experience of miscarriage compared to other groups of women.

The self-image as a mother using the semantic differential method showed that the semantic universals of this image for both the entire sample and for a group of women with miscarriage experience are adjectives "reliability", "caring", "tenderness".

The self-image as a mother semantic profiles comparative analysis revealed significant differences in the indicators of this image among the study groups. Women with the experience of miscarriage characterized themselves as more warm, more soft, more caring and more harmonious (p<0.05) compared with women from other groups. They also perceive the image of themselves as a future