

Introduction: Recent events in Tunisia have highlighted the severe challenges faced by young doctors, including high stress levels, burnout, and mental health issues.

Objectives: This study aims to shed light on the often-invisible realities of the medical profession in Tunisia by exploring the impact of working conditions and health policies on the mental health of young doctors.

Methods: This multicentric cross-sectional study collected data from 385 interns and residents working in four main university hospitals in Tunisia. The questionnaire included sections on sociodemographic characteristics, satisfaction with working conditions, burnout symptomatology (MBI), and anxiety and depressive symptomatology (HADS).

Results: Most respondents (82.6%) were aged 25-29, with 73% being women. Most participants (83.1%) were residents. The study revealed widespread dissatisfaction with working conditions, including remuneration (82% dissatisfied), days off and rest periods (73% dissatisfied), and overall working conditions (78% dissatisfied). The average emotional exhaustion score was 31.883 (SD=10.2), indicating a high degree of burnout. Depersonalization scores averaged 10.176 (SD=6.3), and personal accomplishment scores averaged 23.838 (SD=8.7). The mean anxiety score was 8.776 (SD=4.2), and the mean depression score was 7.774 (SD=3.9), indicating moderate levels of anxiety and depressive symptoms.

Image 1:

Table 1: Demographic Characteristics of Participants		
Characteristic	n	% (95 % CI)
Age Group		
25-29	318	82.6 % (78.5 %, 86.7 %)
30-34	50	13.0 % (9.7 %, 16.3 %)
Other	17	4.4 % (2.4 %, 6.4 %)
Gender		
Female	281	73.0 % (68.4 %, 77.6 %)
Male	104	27.0 % (22.4 %, 31.6 %)
Professional Status		
Residents	320	83.1 % (79.1 %, 87.1 %)
Interns	65	16.9 % (12.9 %, 20.9 %)

Table 2: Satisfaction with Working Conditions		
Aspect	Dissatisfied (%)	95 % CI
Remuneration	82.0 %	[78.0 %, 86.0 %]
Days off and rest periods	73.0 %	[68.4 %, 77.6 %]
Social benefits and insurance	82.0 %	[78.0 %, 86.0 %]
Overall working conditions	78.0 %	[73.7 %, 82.3 %]

Conclusions: The results paint a concerning picture of the mental health status of young doctors in Tunisia, with high levels of burnout, anxiety, and depression strongly correlated with poor working conditions and work-life imbalance. These findings highlight the urgent need for comprehensive reforms in the Tunisian healthcare system, including policy changes, organizational support, and improved medical education. Limitations include the cross-sectional nature of the study and potential self-reporting bias. Future longitudinal studies are needed to understand the long-term impacts of poor working conditions on physician mental health and career trajectories.

Disclosure of Interest: None Declared

EPV0933

Impact of Emotional Intelligence on Stress Levels Among Medical Students

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Introduction: The prevalence of stress and emotional disorders among medical students has risen dramatically in recent years. In response, it is essential to develop prevention strategies, such as emotional intelligence (EI), to better manage stress and preserve mental well-being.

Objectives: To evaluate the level of EI among medical students and study its relationship with perceived stress.

Methods: This cross-sectional, analytical study was conducted among medical students at the Faculty of Medicine, Sousse, from March 2023 to February 2024. Participants completed a questionnaire assessing perceived stress using the Perceived Stress Scale (PSS10), emotional intelligence using the Schutte Emotional Intelligence Test, and lifestyle habits including sports participation and psychoactive substance use.

Results: The study included 207 students, with a majority being female (87.7%). Among them, 88.4% had no psychiatric history. Alcohol consumption was noted in 36 students, while 10 participants reported cannabis use. Regular physical activity was observed in 64.3% of cases. Students with lower EI scores generally exhibited higher stress levels, especially in the absence of sports or extracurricular activities. While correlations between EI and stress were evident, univariate analysis did not reveal a statistically significant direct association (p=0.416). Psychiatric symptoms, including anxiety and emotion regulation difficulties, emerged as significant factors in stress modulation, independent of EI levels. emotion regulation appeared to play a major role in stress modulation, independent of EI.

Conclusions: EI emerges as a critical factor in enhancing resilience against stress among medical students. By developing a more profound understanding and effective regulation of emotions, students can significantly elevate their mental and emotional well-being.

Disclosure of Interest: None Declared

EPV0934

Relationship Between Emotional Intelligence and Burnout Among Anesthesia and resuscitation Care Staff

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Introduction: Anesthesia and critical care professionals are particularly vulnerable to burnout due to the demanding nature of their work, including long hours, night shifts, high-stress situations, and the constant risk of medical errors. Emotional intelligence (EI) has emerged as a crucial factor in fostering positive professional relationships and mitigating burnout.

Objectives: To study the association between EI and burnout among healthcare workers in anesthesia and critical care settings.

Methods: This is a cross-sectional descriptive and analytical study conducted over a period of 3 months in 2024. It included 72 healthcare workers in the anesthesia and critical care departments at the Sahloul University Hospital in Sousse. The survey was based on a self-administered questionnaire, including data on socio-demographic and professional characteristics, the Maslach Burnout Inventory (MBI), and the Schutte Self-Report Emotional Intelligence Test (SSEIT).

Results: The majority of participants were female (58.3%) with an average age of 33 years. Most participants (61.1%) were nurses, and 40.3% worked in the surgical critical care unit. The average EI score was 103.26. Among the EI factors, emotion perception was the most affected, with a score of 30.69 ± 9.34 . EI levels were low in 11.1% of cases. Severe burnout was present in 19.4% of participants, and 65.3% had a high emotional exhaustion (EE) score. Additionally, 70.8% had a high depersonalization score, and 58.3% exhibited low personal accomplishment. EI levels were statistically associated with time spent with family and friends ($p = 0.027$). Among the professional factors, job satisfaction was significantly associated with EI level ($p = 0.001$). The factors significantly associated with severe burnout were the absence of alcohol consumption ($p = 0.000$) and the absence of time spent with loved ones ($p = 0.033$). A significant relationship between EI and self-emotion management and EE was reported ($p = 0.040$).

Conclusions: EI is crucial for preventing burnout among healthcare workers in anesthesia and critical care. By enhancing positive attitudes, managing stress, and improving interpersonal skills, EI can improve work life and patient care. Incorporating EI training into health science curricula can equip future providers with essential tools for well-being.

Disclosure of Interest: None Declared

EPV0935

The Impact of Psychosocial Factors on the Work Capacity of Healthcare Workers

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Introduction: Healthcare workers, faced with increasingly demanding professional requirements, are particularly exposed to psychosocial risks. These psychosocial factors have direct repercussions on their work capacity, potentially compromising their professional performance and increasing the risk of medical errors.

Objectives: To study the influence of psychosocial factors on the work capacity of healthcare workers.

Methods: This is an analytical cross-sectional study conducted among healthcare staff at Sahloul University Hospital in Sousse over a 3-month period. Our study was based on a questionnaire that included socio-professional characteristics, Karasek's model, and the Work Ability Index (WAI).

Results: One hundred and thirty-seven staff members were included in this study, with a response rate of 72.4%. The mean age was 48.7 years, with a sex ratio of 0.57. A low work ability (WAI) was reported in 37.1% of cases. A high psychological demand at work was noted in 24.8% of cases. Job strain was reported in 18.1% of cases. Low WAI scores were statistically associated with age ($p < 10^{-3}$), female gender ($p < 10^{-3}$), lack of physical activity ($p = 0.03$), professional seniority ($p < 10^{-3}$), and high psychological demand at work ($p < 10^{-3}$). No association was found between low decision latitude, low social support, and WAI scores.

Conclusions: The results of this study highlight the significant impact of psychosocial factors on the work capacity of healthcare staff. Preventive measures in healthcare settings to improve working conditions and preserve the mental health of caregivers are essential.

Disclosure of Interest: None Declared

EPV0936

Attitudes of Psychiatric Hospital Staff Toward Restraint and Influencing Factors

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Introduction: There has been an increasing socio-medical discourse on the humanitarian approach to the use of restraint in psychiatric inpatient units.

Objectives: It is necessary to investigate the attitudes of psychiatric hospital staff toward the use of restraint in psychiatric inpatient units and to identify the factors influencing these attitudes.

Methods: This study examined the attitudes of psychiatric hospital staff toward the use of restraint in situations involving physical violence toward other patients, verbal violence toward other patients, physical violence toward staff, verbal violence toward staff, and disruption of the treatment environment. The study also investigated factors related to the considerations and perceived burdens (both legal and medical) associated with the use of restraint, comparing