It should be borne in mind that in Spain daridorexant was recently approved in September 2023, with not much experience in practice.

**Disclosure of Interest:** None Declared

## EPV1916

## Relationships Between Fatigue, Aggressiveness, Insomnia, and Sleep Quality Among Nurses

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**Introduction:** Nurses often face situations where they must deal with aggression from patients or even coworkers. This challenge can have negative consequences for both medical staff and patients.
**Objectives:** The aim of this study is to examine the relationship between the level of aggression, the severity of fatigue, and the occurrence of sleep disorders among nursing staff.
**Methods:** The study was conducted in Szczecin and was survey-based, involving 241 nurses working in surgical wards, medical wards, outpatient clinics, and the emergency department. The following tools were used to collect data: a custom survey, the Fatigue Severity Scale (FSS), the Athens Insomnia Scale (AIS), the Buss-Perry Aggression Questionnaire (BPAQ), and the Pittsburgh Sleep Quality Index (PSQI).
**Results:** It was found that a greater tendency toward overall aggression, verbal aggression, and higher levels of anger and hostility were associated with more severe insomnia problems ($p<0.05$). Data analysis showed statistically significant correlations ($p<0.05$) between overall, physical, and verbal aggression, as well as hostility (based on BPAQ) and sleep quality (based on PSQI). A statistically significant positive correlation ($p<0.05$) was also found between fatigue levels (FSS) and sleep quality (PSQI) — the higher the level of fatigue, the worse the sleep quality.
**Table 1. Comparison of results according to BPAQ and AIS, PSQI**

| Examined Traits | AIS | | PSQI | |
|---|---|---|---|---|
| | r | p | r | p |
| BPAQ: Total Aggression | 0,297 | <0,001 | 0,227 | <0,001 |
| BPAQ: Verbal Aggression | 0,143 | 0,026 | 0,147 | 0,022 |
| BPAQ: Anger | 0,202 | 0,002 | 0,118 | 0,068 |
| BPAQ: Hostility | 0,353 | 0,001 | 0,317 | <0,001 |

**Conclusions:** There is a link between aggression levels, fatigue, and sleep disorders. Individuals with stronger tendencies toward aggression were more likely to experience insomnia and sleep problems. Those with higher levels of fatigue also experienced more frequent insomnia and sleep disturbances. Preventive and therapeutic measures are necessary to improve the health of nursing staff.

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## EPV1917

## Defenestration in the Context of Adult Parasomnia: Diagnostic Challenges and Clinical Considerations

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**Introduction:** Abnormal motor and behavioral phenomena during sleep are part of a broader category of sleep behaviour disorder, which may manifest during different stages—either during sleep, wakefulness, or the transitions between these states. Such occurrences are particularly prevalent during early childhood, affecting approximately 15-20% of pediatric populations, while about 4% of adults experience similar events. These sleep disturbances are generally categorized into simple behaviors or more complex behaviors.
**Objectives:** This case report describes a clinical presentation involving defenestration in the context of parasomnia, with initial concerns about a possible suicide attempt. The objective is to highlight the diagnostic challenges in such cases and emphasize the importance of distinguishing between parasomnia-related behavior and intentional self-harm.
**Methods:** The patient is a 24-year-old male, born in the US, and currently living in Barcelona as part of a study exchange program. He has been consuming 1SCU of cannabis daily since adolescence. He denies any personal or family psychiatric history but reports experiencing episodes of sleepwalking during his childhood and teenage years.
On presentation, the patient sustained multiple traumatic injuries following an accidental fall from a second-floor window. The event was witnessed by neighbors, who alerted emergency services. The patient has no memories of the event and denies suicidal intent. In the hours preceding the incident, the patient consumed approximately 2SDE of alcohol, but he denies the use of any other substances at the time. Additional testing, including CT of the brain and EEG, revealed no significant abnormalities.
**Results:** This case presents a diagnostic dilemma, as initial suspicions pointed toward a possible suicide attempt. However, the patient's history of sleepwalking, especially during childhood, suggests a parasomnia-related etiology. It is crucial to differentiate between childhood-onset sleepwalking, which is often linked to genetic and developmental factors, and sleepwalking that persists or re-emerges in adulthood, which is more strongly associated with psychopathological factors. The persistence of parasomnias in adults may indicate an underlying psychiatric condition.
**Conclusions:** This case underscores the complexities in diagnosing parasomnias, particularly when severe and potentially dangerous behaviors are involved. While the patient's history of sleepwalking and lack of psychiatry history suggest a parasomnia-related etiology, the persistence of such behaviors into adulthood warrants careful evaluation for underlying psychopathological factors. Early recognition and accurate diagnosis are paramount to providing effective care and preventing recurrence of such episodes. This case highlights the importance of a multidisciplinary approach, integrating neurology and psychiatry to offer tailored interventions.

**Disclosure of Interest:** None Declared