

Methods: This cross-sectional quantitative study will involve all health professionals working on the 10306 Support Line, using survey methods to evaluate psychosocial and physical impacts. The following validated psychometric tools were used:

- Copenhagen Burnout Inventory (CBI): measuring burnout levels and the emotional toll associated with support line work.
- Sense of Coherence Scale (SOC): assessing individuals' capacity to manage stress and maintain well-being.

Results: The study results indicate burnout levels among "10306 Support Line" workers. CBI scores reveal that 55.3% of participants experience personal burnout, 47.4% report work-related burnout, and 39.5% face burnout related to caller interactions. A strong negative correlation was found between burnout and the Sense of Coherence (SOC) scores, suggesting that a higher SOC is associated with reduced burnout. Additionally, younger participants reported higher personal and work-related burnout levels than their older counterparts, highlighting age as a potential risk factor for increased burnout symptoms among support line professionals.

Conclusions: The high prevalence of burnout among 10306 Support Line employees highlights a critical need for ongoing mental health support and targeted stress management. Strengthening the Sense of Coherence (SOC) and addressing age-related risk factors may enhance resilience and well-being among support line professionals, supporting both their health and the quality of psychosocial care provided to those in need.

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EPV1016

Late Autism Spectrum Disorder (ASD) Diagnosis: A New Perspective on Life

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Introduction: Autism Spectrum Disorder is usually diagnosed in early childhood, but an increasing number of adults are identified as autistic later in life (Huang et al., 2020). Many experience frustration due to missed early intervention opportunities. The lack of recognition of their condition during childhood or adolescence may have contributed to secondary mental health issues, such as anxiety, depression or low self-esteem, complicating the adjustment process after diagnosis (Bargiela et al., 2019). However, providing appropriate support can enhance their quality of life and promote better mental health outcomes.

Objectives: To assess the patient's clinical case to identify autism spectrum disorder in older adulthood.

Methods: A 23-year-old male patient complained of an inability to concentrate, stress and fear when around people, and difficulties in social situations. Objectively observed: stereotyped movements, noticeable anxiety, avoidance of eye contact, non-compliance with social rules, specific language use and slow thinking. The patient had no history of diagnosed psychiatric illness. Since childhood, he has disliked the feeling of clothes touching his body, physical contact with others, making eye contact. The patient also exhibited impaired social development, being unable to initiate and maintain relationships with peers. Stereotypical, repetitive movements,

sensory processing deviations have been observed since childhood. The patient has various phobias from a young age. Psychological examination revealed insufficient attention with observed fluctuations, impaired attention-shifting ability. The pace is very slow, the thinking is characterized by an average level of generalization, concreteness, and stereotypy. Personality traits included rigidity, depression, compulsiveness, internal tension. Based on the clinical picture and psychological tests, the patient was diagnosed with F84.0 Autistic Disorder, according to the International Classification of Diseases, 10 th Revision. In this case, the following methods were used in the assessment: Kraepelin's and Schulte's methods, pictograms, the 4-1 method, the Childhood Autism Rating Scale.

Results: The literature highlights that ASD involves difficulties in social interaction, repetitive behaviors, sensory sensitivities, and distinct thinking patterns. Up to 90% of individuals with ASD experience sensory irregularities, which is consistent with this case, as the patient shows social challenges, repetitive movements, slow thinking, and sensory issues. Diagnosing autism in adulthood can improve quality of life by fostering understanding and access to support. In this case, the patient's past social and workplace difficulties may be attributed to autism, guiding the development of effective support strategies.

Conclusions: In conclusion, while a late autism diagnosis can be life-changing, it also comes with unique challenges that must be addressed through appropriate support.

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EPV1017

Empathy toward others' distress and its determinants among psychiatry trainees in Tunisia

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Introduction: Empathy, a key component of an effective physician-patient relationship, is understood as a multifaceted socio-cognitive ability influenced by various cognitive, emotional, social factors. While it has been extensively studied in medical students and healthcare professionals overall, there is limited research on empathy skills among psychiatrists, whose profession especially demands a strong capacity for empathy in their practice.

Objectives: This study aimed to explore the different facets of empathy among Tunisian psychiatry trainees and assess their connections with demographic, occupational, emotional, and social variables.

Methods: A cross-sectional study was conducted. An online survey was proposed to 120 Tunisian psychiatry trainees. In addition to sociodemographic and work-related variables, it comprised the Davis's Interpersonal Reactivity Index, a 28-item tool used for a multidimensional assessment of empathy with four distinct subscales: Perspective taking (PT), Empathic concern (EC), Personal distress (PD) and Fantasy scale (FS). The survey also included the Difficulties in Emotion Regulation Scale (DERS), the Perceived Stress Scale (PSS), the Social Support Questionnaire (SSQ) and the General Self-Efficacy Scale (SE). Factors associated with empathy were evaluated using t test/ANOVA for categorical variables and correlation for continuous predictors.