

of the presence of psychosis. In the ongoing effort to find real-world solutions in mental health, integrating shared decision-making practices into psychiatric care can be a fundamental strategy to empower and satisfy patients suffering from mental disorders.

**Disclosure of Interest:** None Declared

## EPV0962

### Self-Compassion and Forgiveness Among Individuals in Opioid Substitution Treatment in Greece

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**Introduction:** The work of original research on opioid and heroin dependence is of great interest as it has a serious medical and social impact on society.

Self Compassion and forgiveness are important factors in helping psychosocial support and improving mental health that contributes to the development of person's character.

**Objectives:** The purpose of this study is to explore the relationship between self compassion and forgiveness in people who are receiving treatment for opioid dependence.

**Methods:** An incidental sample of 153 opioid users has been selected for the study.

Data were collected using:

- The Self Compassion Scale.
- the Heartland Forgiveness Scale.

Demographic and social background information was also gathered to complement the primary data.

**Results:** It has been established that there is a positive relationship between self compassion and the ability to forgive oneself or others among people with opiate addiction.

Participants reported appropriate levels of self compassion and forgiveness. Some of the important findings include:

- There is a notable relationship age of first use illicit drugs and the level of forgiveness afforded to others.
- In substance dependency, an inverse relationship is noted between the level of triazolobenzodiazepine abuse and self forgiveness and self compassion.

**Conclusions:** There is a chance of improving self kindness and forgiveness even among opioid addicts if these factors may be effective in combating the addictions.

Suggestions for future investigation include:

- Further evaluation of the age in which a person engages in illicit substances and the level of forgiveness extended to these individuals.

Assessing if the use of benzodiazepine that are not prescribed affects self forgiveness and self compassion.

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## EPV0963

### Balancing motherhood and career: The psychological effects of post-maternity leave return among Tunisian women

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**Introduction:** Tunisia is considered one of the countries where women occupy an important place in the working society. Given the fundamental role played by women in the family, they would have to balance their family responsibilities with professional duties, especially after returning from maternity leave. In many cases, the return to work can be particularly difficult which could affect their physical and mental health and even the relationship with their child.

**Objectives:** Assessing the effects of returning to work on the perception of stress after maternity leave among Tunisian women.

**Methods:** A cross-sectional study was conducted over a two-month period, from February to April 2024, in the department B of gynaecology and obstetrics in Charles Nicoles hospital (Tunis). Women who were in labor before delivery, who had fully responded to the questionnaire before and after returning to work and willing to take part in the study were included. A questionnaire including socio-demographic, pregnancy and delivery and labor characteristics was filled in by the participants. The effects of returning to work on the perception of stress after maternity leave were assessed using the Perceived Stress Scale (PSS-10). Women were assessed one month and three months after the delivery corresponding to one month after the return to work (maternity leave in Tunisia lasts two months).

**Results:** A total of 62 women were included. The mean age was  $32.45 \pm 6.41$ . Pregnancy was planned in 56.4 % of cases, well supervised in 83.8 % of cases, and complicated by gestational diabetes in 24.1 % of participants. Most deliveries were at full term (92 %) and vaginal (66.1 %). Complications were post-partum hemorrhage (11.2 %), eclampsia (3.2 %) and puerperal infections (3.2 %). Most women worked in the public sector (69.3 %) with a salary between 500 and 1000 Tunisian dinars (42%). The mean PSS-10 before returning to work was  $12.36 \pm 4.79$  and  $19.41 \pm 4.31$  after. After returning to work, the PSS-10 was significantly higher among women with more than two children, whose deliveries were with complications and working in the private sector.

**Conclusions:** Several factors have been found to be involved in the increase of stress after post-maternity leave return. Focus on the psychological aspect and on supporting young mothers throughout the perinatal period seem highly needed.

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