CPF (B:-0.066[95%CI:-0.104;-0.027]), CPF on ADHD (B:-0.074 [95%CI:-0.113;-0.035]), BD on DF (B:0.038[95%CI:0.026;0.050]), SZ on DF (B:0.022[95%CI:0.016;0.029]), IF on CUD (B:0.764[95% CI:0.130;1.40]), and IF on SZ (B:-0.504[95%CI:-0.802;-0.206]).
Conclusions: This study provide evidence that mental disorders negatively affect sleep quality rather than vice versa. These findings highlight the need to improve detection of sleep problems in mental health care settings and support efforts to identify intervention targets to improve sleep health among individuals with mental disorders.

Disclosure of Interest: None Declared

EPV1929

Sleep quality and academic performance among medical students

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Introduction: Medical studies place significant academic pressure and high stress levels on students resulting in changes in their sleep patterns.and their academic performance, which are two keys of professional success. A hypothesis regarding a potential link between these two entitities could be proposed.
Objectives: The objective of our study was to assess sleep quality and academic performance in a sample of students from the Faculty of Medicine of Sfax, Tunisia, as well as the link between these two entities.
Methods: It was a cross-sectional, descriptive and analytical study, conducted using GOOGLE FORMS during February and March 2024, involving a sample of students from the Faculty of Medicine in Sfax, Tunisia. We used a questionnaire including an information sheet and two psychometric tests : the Pittsburgh Sleep Quality Index (PSQI) aiming to assess sleep quality over the past month and the Study Management and Academic Results Test (SMART) allowing the assessment of students' attitudes towards their studies and academic performance based on four dimensions : "Academic Competence", "Test Competence", "Time Management" and "Strategic Studying".
Results: Our study involved 154 participants with a sex ratio (M/F) of 0.54 and a median age of 22 years (IQR = [20 – 23 years]).
The median PSQI score was 6 (IQR = [3 – 9]). Using a threshold value of 5, we found that 86 students had poor sleep, resulting in a prevalence of 55.8%.
Median scores of the four dimensions were 3.4 (IQR = [3 – 3.8]) for the "Academic Competence", 2.8 (IQR = [2.2 – 3.2]) for the "Test Competence", 2.4 (IQR = [2 – 3]) for the "Time Management" and 3.2 (IQR = [2 .8 – 3.6]) for the "Strategic Studying".
By conducting a bivariate analysis, we found that "Academic Competence" and "Time Management" dimensions were significantly better among students with good sleep quality. In contrast, the dimensions "Test Competence" and "Strategic Studying" were not statistically associated with sleep quality (Table 1).

Table 1: Associations between the sleep quality and the Study Management and Academic Results Test dimensions

	Academic Competence	Test Competence	Time Management	Strategic Studying
Sleep quality				
Good	3.6 (3.2 – 4)	2.8 (2.4 – 3.3)	2.6 (2.2 – 3)	3.2 (2.8 – 3.6)
Poor	3.4 (2.8 – 3.6)	2.8 (2.2 – 3.2)	2.4 (1.8 – 2.8)	3.2 (2.8 – 3.6)
p	**0.01**	0.5	**0.02**	0.7

Conclusions: Our study revealed that more than half of the medical students suffer from poor sleep quality. The analysis of academic performance revealed that the most affected dimensions were the test competence and the time managemement. The lack of sleep among these students had detrimental consequences on their academic performance. Therefore, it is important to encourage good sleep hygiene to enhance both well-being and academic performance in medical students. Additionally, providing balanced study resources, offering therapy and counseling services, and promoting stress management strategies are key to optimizing academic success.

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EPV1930

Investigating the Relationship Between Sleep Quality and Sociodemographic, Lifestyle, and Psychological Factors in Bosnian Young Adults

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Introduction: Sleep quality is a critical component of overall well-being, yet it is influenced by a variety of factors, including sociodemographic characteristics, lifestyle habits, and psychological conditions. Despite its importance, research on sleep quality among Bosnian young adults is scarce, making this study particularly valuable in filling that gap.
Objectives: This study aimed to investigate the relationship between sleep quality, as measured by the Pittsburgh Sleep Quality Index (PSQI), and a range of sociodemographic, lifestyle, and psychological factors in a sample of Bosnian young adults.
Methods: A total of 283 Bosnian young adults were enrolled in the study through convenience sampling. The study assessed sociodemographic factors (age, gender, education level, religion, employment, residential area, marital status, income level), lifestyle factors (use of electronic devices before bedtime, daytime napping habits, exercise level, smoking, alcohol consumption, drug abuse, caffeine intake, diet, exposure to natural light, consistent sleep schedule), and psychological factors (mindfulness measured by the Five Facet Mindfulness Questionnaire (FFMQ), and stress,