

submitted to the Department of Mining, Production, and Technology and the Coal Research Department of the Mineral Oil Department in 2018, a human resource survey of the industry was conducted. There are 56,635 registered workers in the mining sector, 96% of whom are Mongolian and 4% are foreign experts. 90% of all employees working in the mining industry are men, and 10% are women. In our country, there is a lack of research on the psychological health of mine workers and the factors affecting it, so this study is the reason for conducting this research.

Objectives: To identify the anxiety of mine workers and to study some correlations and effects.

Methods: The survey was conducted from March 26, 2024, to April 5, 2024, by the employees of “TiTiGiViSiOu LLC,” located in Tsogtsetsii Sum, Umnugobi Province, according to GAD7, SRQ20, issued by WHO for doctors of primary health care institutions. Survey data were collected from mining workers using the PHQ9, 18 sleep disturbance questionnaires, and 10 general information questionnaires. IBM SPSS-26 software was used to analyze the research.

Results: 66.0% of the study participants had no anxiety, 23.3% had mild anxiety, 6.8% had moderate anxiety, and 3.9% had severe anxiety. Also, 70.9% work in the night shift, while 24.3% do not work in the night shift. However, 4.8% answered that they sometimes work the night shift. The majority of night shift workers are male workers. 66.0% of the respondents had no anxiety, 23.3% had mild anxiety, 6.8% had moderate anxiety, and 3.9% had severe anxiety. Anxiety has a strong direct correlation with stress ($r = 0.7^{**}$, $p = 0.00$), depression ($r = 0.87^{**}$, $p = 0.00$), and sleep disturbance ($r = 0.58^{**}$, $p = 0.00$). degree was directly related. In univariate regression analysis, a one-point increase in stress score was associated with a 71% increase in anxiety. The depression score increased by 80% per unit increase, and the sleep disturbance score increased by 87% per unit increase. Multivariate linear regression analysis revealed that anxiety increased by 18.6% when the stress score increased by one and depression increased by 66.2% when the depression score increased by one.

Conclusions: Anxiety is strongly associated with stress, depression and sleep disturbances. An increase in stress, depression, and sleep disturbance scores leads to an increase in anxiety. Multivariate linear regression analysis reveals these relationships.

Disclosure of Interest: None Declared

EPV0182

The Effect Of Pet Therapy On Anxiety In Anxiety Disorders: A Systematic Review

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Introduction: Observation of the potential benefits of human-animal interaction is evident. Pet therapy is used to treat anxiety as it significantly reduces self-reported anxiety in many age groups. Most studies of pet therapy involve dogs, but cats and horses have also been studied. Pet therapy is becoming increasingly popular and is used in a variety of diverse ways, from promoting communication in older adults to improving the wellbeing of those with serious mental illness. Studies have also found mental health inpatients

with mood and psychotic disorders to display significant reductions in anxiety on the State-Trait Anxiety Inventory.

Objectives: This study aims to measure the effect of pet therapy (especially therapy with pets such as dogs or cats) in individuals with anxiety disorders. It is aimed to examine how pet therapy affects anxiety levels, whether it reduces anxiety symptoms and its contribution to overall quality of life.

Methods: The study will be conducted between November 2024 and January 2025 in 3 databases (PubMed, Cochrane Library, Science Direct) using the keywords “anxiety disorders”, “anxiety”, “pet therapy”. These databases were preferred because they contain a significant amount of evidence-based literature in biomedical sciences and psychology. Studies conducted between 2015 and 2024, whose full texts were accessed and written in Turkish and English were included in the study.

Results: There are 20 national and international research articles on the subject and the literature review is ongoing. When the literature review is completed, all study results will be presented together.

Conclusions: This study provides an overview of the positive effects of pet therapy in reducing anxiety symptoms and improving quality of life in individuals with anxiety disorders. In the studies reviewed, it was found that therapy with pets, especially dogs and cats, led to significant reductions in anxiety levels and improved individuals' overall mental health. Many of the participants felt calmer, less stressed and had higher levels of satisfaction with the therapy. The findings suggest that pet therapy not only reduces anxiety levels, but also increases social communication, reduces feelings of loneliness and improves functioning in daily life. Pet therapies can be considered as a complementary method for anxiety reduction.

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EPV0184

Insomnia in the third trimester and its association with postpartum anxiety

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Introduction: Postnatal anxiety (PNA) in recent years, has become increasingly recognized as an important issue, as it affects a substantial number of women. Data from non-perinatal populations indicate that insomnia has a bidirectional association with anxiety.

Objectives: Here we aimed to explore the association between insomnia in third trimester and PNA.

Methods: We analyzed data from the hospital's birth records and questionnaire responses from pregnancy week 32 and postnatal week 4 ($n=225$). Postnatal anxiety symptoms were measured using the Beck Anxiety Inventory (BAI). Anxiety disorder measurements were based on questions from the Mini-International Neuropsychiatric Interview. Insomnia was measured using the Insomnia Severity Index.

Results: Among postnatal women, 8.7 % reported symptoms of at least one anxiety disorder. The observed prevalence of obsessive-compulsive disorder after delivery was 3.7%, and for social anxiety disorder 2%. Multiple regression analysis, with adjustment for several psychosocial and reproductive variables, indicated that insomnia in third trimester was significantly associated with postpartum anxiety symptoms.