

these findings with data from a survey conducted 10 years ago. Attitudes toward restraint were not significantly associated with gender, age, or years of service. However, staffs who exhibited less prejudice toward mental illness-related crime were less likely to find restraint necessary. Compared to 10 years ago, there was little change in the need for restraint in cases of physical violence (both toward patients and staff), but the need for restraint in response to verbal violence (toward both patients and staff) had decreased. The perceived burden, both legal and medical, associated with the use of restraint had increased.

Results: Attitudes toward restraint were not significantly associated with gender, age, or years of service. However, staff who exhibited less prejudice toward mental illness-related crime were less likely to find restraint necessary. Compared to 10 years ago, there was little change in the need for restraint in cases of physical violence (both toward patients and staff), but the need for restraint in response to verbal violence (toward both patients and staff) had decreased. The perceived burden, both legal and medical, associated with the use of restraint had increased.

Conclusions: Psychiatric hospital staffs with less prejudice toward mental illness-related crime were less likely to perceive a need for the use of restraint. Compared to 10 years ago, the necessity of restraint in cases of verbal violence has decreased, which may be attributed to ongoing human rights education and increased legal and medical concerns. These findings provide important insights for future policy development aimed at promoting humanitarian approaches, such as non-restraint treatments.

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EPV0937

The Impact of Night Shift Work on Mental Health Outcomes in a Tunisian Industrial Setting

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Introduction: The increasing prevalence of shift work, particularly night shifts, in modern industrial settings has raised concerns about its potential detrimental effects on workers' health. Disruptions to circadian rhythms, sleep deprivation, and social isolation associated with night shift work have been linked to a range of physical and mental health problems.

Objectives: This study aims to investigate the specific impact of night shift work on the mental health outcomes of Tunisian industrial workers.

Methods: This is a cross-sectional study carried out during 3 years among active workers working in the inter-company occupational

health services of Sousse. All participants had a fixed night work schedule. Data collection was based on a pre-established anonymous questionnaire. Job strain was assessed with Karazek questionnaire.

Results: A total of 453 employees were included in our study. Mean age was 32.12 ± 7.68 years. Half of the participants were women (52%). Sixty percent of participants were not married. Tobacco consumption was identified among 26% of the participants. The most affected sector of activity was the electronic one (63%). The average occupational seniority was 7.78 ± 6.407 . Job strain was revealed in 23.4% of employees. High psychological demand was noted among 46.5% of cases. Low job control was identified among 57.4% of participants. Low social support was noted among 68% of participants.

Conclusions: These results underscore the need for targeted interventions to protect the health and well-being of night shift workers. Future research should explore the effectiveness of various strategies, such as scheduling modifications, workplace accommodations, and health promotion programs, in mitigating the negative impacts of night shift work.

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EPV0938

Mental well-being of medical students and the need for mental health care in the dynamics of 2020-2024 years

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Introduction: Research has consistently highlighted the vulnerability of medical students to poor mental health and wellbeing. The COVID-19 pandemic has further exacerbated this issue. However, there is limited understanding of medical students' mental well-being dynamics after the pandemic.

Objectives: The aim of the study was to comparatively analyse the mental wellbeing and mental health needs of medical students in comparison with those during the COVID-19 pandemic.

Methods: An anonymous structured online survey was conducted among students of a medical institute in St. Petersburg, Russia. The sample included responses from 152 students (76.3% women) of all courses of study. The results were compared with the data of a survey conducted at the same institute in 2020 (Chumakov *et al.* Middle East Curr Psychiatry 2021;28, 38).

Results: The majority of respondents (n=145; 95.4%) reported experiencing significant stress in their lives (95.8% in 2020). The main sources of stress included education-related factors (83.6%), uncertainty about the future (72.4%), financial problems (48.0%), intimate/family relationships (46.7%), work (27.6%), and housing problems (19.1%). Thirteen students (8.6%) reported that they had been diagnosed with a mental health disorder prior to enrolling in the institute (6.1% in 2020; p=0.393). Twice as much students (n=27; 17.8%) were diagnosed with mental disorders during institute studies (15.2% in 2020; p=0.53). The mental disorders reported by the respondents were dominated by depressive disorders (n=7), anxiety disorders (5), mixed anxiety and depressive disorder (5), ADHD (5), bipolar disorder and cyclothymia (3). At the time of the study, 26 students (17.1%) were being seen by a mental health