

**Conclusions:** Stress and burnout can have a negative impact on teachers and, very often, on the students they teach. Implementing suitable school-based interventions are necessary to improve teachers' stress-coping ability, reduce the likelihood of burnout and improve general well-being. Policymakers, governments, school boards and administrators should prioritize the implementation of school-based awareness and intervention programs to mitigate teacher stress and burnout.

**Disclosure of Interest:** None Declared

## EPP0256

### Associations between Health-Related Quality of Life, Illness Perception, Stigmatization and Optimism among Hematology Patients: a Path Analysis

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**Introduction:** Hematological diseases represent a diverse disease group ranging from benign to life-threatening conditions, with hematological malignancies being a major cause of mortality in the population worldwide. Although most hematological diseases require ongoing medical care making these conditions even more difficult for patients to endure. Since these diseases can pose many challenges by causing symptoms and limitations in various aspects of daily life, health-related quality of life (HRQoL) is a crucial aspect of their healthcare. Different dimensions of health-related quality of life are influenced by several psychological factors, including illness perception, stigmatization, and optimism: a more positive illness perception, along with optimism and reduced stigmatization, can contribute to a better HRQoL among hematology patients.

**Objectives:** Since hematological diseases often cause serious life changes, the current study aimed to explore the direct and indirect effects of illness perception on health-related quality of life among hematology patients in Hungary, including stigmatization and optimism as possible contributors.

**Methods:** In this cross-sectional study, 96 hematology patients (mean age = 56.45 years; SD = 15.55 years; 43.8% female) completed a self-administered survey including the following instruments: EORTC Quality of Life Scale, Brief Illness Perception Questionnaire, Stigma Scale for Chronic Illness, Revised Life Orientation Test.

**Results:** By creating two pathway models, illness perception had significant indirect effects on physical functioning ( $\beta = -.205$ ,  $p < .05$ ) through role and cognitive functioning while emotional functioning had significant indirect effects on social functioning ( $\beta = .369$ ,  $p < .01$ ) through illness perception and stigmatization, both effects moderated by optimism. After controlling for other factors, both illness perception and emotional functioning directly influenced physical and social functioning, respectively.

**Conclusions:** Our study supports previous research on the direct and indirect effects of illness perception on HRQoL. Based on our data, more optimistic illness perceptions and greater emotional functioning improve hematology patients' health-related quality

of life by facilitating an unbiased understanding of the disease. Optimism serves as a potential moderating mechanism by positively altering indirect effects. Healthcare professionals need to optimize patients' illness perception to improve physical and social functioning.

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## EPP0257

### Factors Influencing the Mental Health of Caregivers of Children with Cerebral Palsy

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**Introduction:** Cerebral palsy refers to a heterogeneous group of non-progressive neurodevelopmental disorders manifesting in infancy or childhood and varying in severity. It is characterized by impaired motor function, sensation, and depressed intellectual abilities. Functional limitations in patients with cerebral palsy may result in chronic dependency, thereby compromising caregivers' mental health and interfering with the integrity of the family structure.

**Objectives:** This study aimed to determine the different factors affecting the mental health of caregivers of children with cerebral palsy and to raise awareness among healthcare providers.

**Methods:** A cross-sectional study was conducted among caregivers of children with cerebral palsy in National Guard Health Affairs-Jeddah, Saudi Arabia, using the Depression Anxiety Stress Scale-21, a validated questionnaire assessing depression, anxiety, and stress. This questionnaire was used to assess the mental health of the caregivers. In addition, factors reflecting child's health condition, such as visual impairment, number of emergency department visits, and number of Pediatric Intensive Care Unit admissions were reported to investigate the impact on the caregiver's mental health.

**Results:** The sample included 40 caregivers, of which 72.5% were mothers. According to the Depression Anxiety Stress Scale-21 score, 12.5% ( $n = 5$ ) of the caregivers had moderate depression scores, 10% ( $n = 4$ ) revealed extremely severe depression, and 10% ( $n = 4$ ) showed moderate anxiety. Furthermore, 12.5% ( $n = 5$ ), 15% ( $n = 6$ ), and 7.5% ( $n = 3$ ) of the caregivers have scored as moderate, severe, and extremely severe stress levels, respectively. Caregivers' depression, anxiety, and stress scores were significantly ( $p \leq 0.05$ ) associated with the impact of vision of their dependent children, frequent hospital admissions, and frequent emergency department visits. Increased Pediatric Intensive Care Unit admissions in the past year were also significantly associated with higher caregiver anxiety scores.

**Conclusions:** To the best of our knowledge, the dimension of caregivers' stress and anxiety and their association with the children's dependency level is not well documented in our region. Caregivers of children with cerebral palsy reported having mental