

In this study, we did not find a statistically significant association between disease activity and depression or anxiety scores ( $p=0.6$  and  $p=0.1$  respectively).

The mean Rosenberg scale score was  $27 \pm 3$ . Sixty-eight per cent of patients had low self-esteem, twenty-one per cent had moderate self-esteem and eleven per cent very low self-esteem. Disease activity was associated with low self-esteem.

**Conclusions:** RA is a chronic inflammatory disease that has a significant impact on the mental health and quality of life of patients. The detection and treatment of psychiatric disorders such as anxiety, depression and low self-esteem; improve the care of patients with RA.

**Disclosure of Interest:** None Declared

### EPP0635

#### Association between perceived workload and mental health among electricians

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**Introduction:** The work conditions of electricians have been associated with heavy physical and psychological workloads. It is essential to know the impact of this perceived workload on the mental health of workers.

**Objectives:** This study aimed to assess the relationship between perceived workload on the mental health of workers.

**Methods:** The study was conducted among a group of electricians. Data were gathered between January-June 2022 using a self-administered questionnaire including socio-professional characteristics and Kessler Psychological Distress Scale (K6). To assess the perceived workload, we choose the National Aeronautics and Space Administration Task Load Index (NASA-TLX). In this study, we evaluated raw NASA-TLX scores.

**Results:** Seventy-four workers participated in the study. They were married in 67,6% of cases. The mean age was  $39,3 \pm 10,5$  years. The average job tenure was  $15,5 \pm 11,2$  years. The mean score of K6 was  $5,4 \pm 4,8$ . The proportion of respondents with high levels of psychological distress (K6 score of 13 or greater) was 9.5 %. The mean score of mental demand, physical demand, performance, effort, frustration level and temporal demand were respectively  $88.8 \pm 14$ ,  $60.8 \pm 23.6$ ,  $85.2 \pm 13.1$ ,  $82.7 \pm 15.4$ ,  $34.3 \pm 29.3$  and  $61.8 \pm 29.2$ . The frustration level was correlated with high levels of K6 ( $p = 0.002$ ,  $r = 0.36$ ).

**Conclusions:** A high perceived workload was correlated with the altered mental health of workers. Hence, practices and policies should focus on improving working conditions to enhance the mental health of the employees.

**Disclosure of Interest:** None Declared

### EPP0636

#### The impact of low back pain on mental health among healthcare workers

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**Introduction:** Low back pain (LBP) is common among healthcare workers (HCWs) caused by providing patient care by bending forward for long durations. Even when symptoms are short-term and not medically serious, LBP can be associated with psychological distress.

**Objectives:** This study aimed to assess the impact of low back pain on mental health among HCWs.

**Methods:** The study was conducted in a group of HCWs from Hedi Chaker hospital in Sfax, Tunisia. Data were gathered between March-August 2022 using a self-administered questionnaire including socio-professional characteristics, the Nordic musculoskeletal questionnaire and Kessler Psychological Distress Scale (K6).

**Results:** Our study included 74 HCWs. The mean age was  $39,3 \pm 10,5$  years. The average job tenure was  $15,5 \pm 11,2$  years. According to the Nordic musculoskeletal questionnaire, 29.7% of participants had low back pain during the last 12 months. Thirty participants (17.6%) had low back pain during the last 7 days. The mean score of K6 was  $5,4 \pm 4,8$  (range = 0–22). The proportion of respondents with high levels of psychological distress (K6 score of 13 or greater) was 9.5 %. The presence of low back pain during the last 12 months and the last 7 days was significantly associated with a high score of K6 ( $p = 0.008$  and  $p = 0.01$  respectively).

**Conclusions:** Low back pain was associated with psychological distress. Occupational health and safety programs should focus on building ergonomically safe working conditions to enhance the mental health of the HCWs.

**Disclosure of Interest:** None Declared

### EPP0637

#### Professional Quality of Life among healthcare workers in a Covid-19 unit

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**Introduction:** The pandemic of Covid-19 has overwhelmed healthcare systems including healthcare workers(HCWs) imposing additional physical and mental workloads.

**Objectives:** We aimed to evaluate the impact of the pandemic on the professional quality of life of HCWs.