

Introduction: The mental health for workers in the healthcare industry have been put through challenges. The first evaluation happened during the first wave of the pandemic, the second one, with grater sample size, have been conducted in Spring 2022. The healthcare system makes it less plausible to release stress adequately. The attitude of repression by the people makes the rise in stress-levels less knowledgeable. This time the somatic symptoms makes the stress-levels steady shown. Our goal, to make visible, to categorise and recognise the somatic symptoms and the psychological symptoms, thus predicting the burn-out phase.

Objectives: The attitude of repression by the people makes the rise in stress-levels less knowledgeable. This time the somatic symptoms makes the stress-levels steady shown. Our goal, to make visible, to categorise and recognise the somatic symptoms and the psychological symptoms, thus predicting the burn-out phase.

Methods: Methods:

Participants: 497 medic workers

- PPS - Perceived Stress Scale - Type d personality scale -
- Workplace Stress Questionnaire and Symptom List (Hungarian Hypertonia Society)
- Beck Depression Questionnaire (9-item)
- Oldenburg Burn-Out Questionnaire Results: From the questionnaire answers we counted
- WHO Well-being Scale (5-item)

Results: 12% of the people reached levels above the significant stress-level and 26% reached the mild-depression level. The burn-out levels have been significantly higher in the region of disappointment. Regarding the results of the somatic symptoms, depression and stress levels it had a leading factor, which was exhaustion.

The most frequent co-occurrences of the 20 somatic and psychological symptoms of the Hungarian Hypertension Society Symptom List were also used in this study to refine the analysis. The factor analysis highlighted 3 symptom clusters out of the 20 symptoms with the following co-occurrences (fatigue, concentration disturbance, headache, feeling of tension, palpitation, dizziness, inner tremor, distressing thoughts, sweating and nausea) The symptoms formed a total of 6 factors, of which 2 were found to be predictive of burnout and depression. The factors of muscle tension, fatigue, lack of concentration, feeling tense showed the strongest correlation with the measured variables (burnout $r=0,447$, depression $r=0,343$, D-scale, negative mood $r=0,369$, $p=0,000$ at significance levels.)

Conclusions: The attention for the somatic complaints have a high attention between the workers, it's part of the work culture to give more and more sacrifices, to hide the psychological effects, and deem them as weaknesses. Regarding the health of the worker it's necessary to be more informative, to show more bearable physical symptoms to define and prevent the burn-out periods.

Disclosure of Interest: None Declared

EPV0783

Physical activity and self-esteem in domestic and foreign medical students

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Introduction: It is a well-known fact that regular physical activity (PA) has a positive effect on a person's somatic health. Does PA have similar correlations with self-esteem in medical students of different cultural backgrounds?

Objectives: To determine the intensity and correlations of PA and self-esteem in domestic and foreign undergraduate medical students

Methods: We carried out a survey of 305 domestic and 241 international medical students of both genders at Ulianov Chuvash State University. For this aim we used the Sociocultural Health Questionnaire (E. Nikolaev)

Results: We have established that with the same duration of the sessions the average frequency of physical activity (PA) of foreign medical students is higher than that of domestic students ($p=.001$). The latter more often exercise in gyms ($p=.001$) and consume bodybuilding supplements ($p=.01$). Foreign medical students' self-assessment of their health ($p=.001$) and sportiness ($p=.001$) is higher than that of domestic students (7.90 vs 6.98 и 6.72 vs 5.82 correspondingly). Higher frequency of PA correlates in domestic medical students with higher self-assessment of their successfulness ($r=.47$), attractiveness ($r=.46$), and confidence ($r=.43$); while in foreign students – of their sportiness ($r=.49$), confidence ($r=.25$), sociability ($r=.23$). Longer sessions of PA by domestic medical students are interrelated with higher self-assessment of their intellect ($r=.35$), confidence ($r=.34$), happiness ($r=.34$); while in foreign students – of sportiness ($r=.47$), health ($r=.36$), and successfulness ($r=.36$).

Conclusions: The revealed data testify to the fact that PA of both domestic and foreign medical students closely correlates with positive assessment of their own personality.

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Assessment of the methylome and the cognition in urban dwellers

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Introduction: The epigenome involving chemical modifications of DNA and chromatin that modulates gene expression in response to external and environmental conditions is characterized by great plasticity and reacts by epigenetic marks such as methylation signatures that can be inherited across generations.

Objectives: Urban dwellers likely adapt to the level and growth of urbanization and resulting environmental changes through epigenetic changes. The aim of this study is to present what is currently known about the DNA methylome (the information of DNA methylation of all cytosines in a genome) and cognition when humans are exposed to changing urban environments.