

Results: The study findings indicate that the sample had moderate levels of stress measured by the Perceived Stress Scale (PSS) and struggled with managing stress in diverse situations. Physical activity was common among 87% of the participants, as indicated by the Ricci-Gagnon questionnaire. In addition, a statistically significant correlation was found between stress levels and family situation ($p = 0.05$). The Perceived Stress Scale and the Ricci-Gagnon questionnaire exhibited high internal consistency, with Cronbach's alpha values of 0.79 and 0.64, respectively.

Conclusions: The study results have raised significant concerns regarding the effectiveness of different coping strategies in managing stress. In particular, the results indicate that engagement in physical activity and sports does not significantly affect stress levels. Thus, stress management training is recommended as the best strategy for stress prevention.

Disclosure of Interest: None Declared

EPV0584

Exploring psychological distress among psychiatric nurses in Tunisia

H. Khiari^{1*}, A. Hakiri¹, M. Bouchendira² and R. Ghachem¹

¹Psychiatry B and ²Psychiatry G, Razi hospital, Mannouba, Tunisia

*Corresponding author.

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Introduction: Nurses working in psychiatric departments regularly encounter intricate, stress-inducing, and emotionally challenging situations. The mental well-being of these nurses directly influences the quality of care they deliver.

Objectives: To assess the prevalence of psychological distress among psychiatric nurses and to identify the socio-demographic and clinical factors associated with it.

Methods: Cross-sectional, descriptive, and analytical study conducted over the course of one month from October 11th to November 8th 2023. Participants included were psychiatric nurses working in Razi Hospital, Tunisia. We collected data using pre-established questionnaire which included socio-demographic and clinical data of the participants. The assessment of psychological distress was conducted using the Depression, Anxiety and Stress Scale (DASS-21), validated in Arabic. Statistical analysis was performed using the Statistical Package for Social Sciences (SPSS) in its 25th version

Results: We collected data from 55 nurses working in Razi psychiatry hospital during the time of the study. Among them, 80% ($n=44$) were female. Their median age was 35 (Min=25, Max=62). Most of participants were married (81.8%, $n=45$) and 70.9 ($n=39$) had kids. In our sample, 5.5% ($n=3$) and 23.6% ($n=13$) had respectively personal psychiatric and somatic history. Some addictive behaviors were identified among our participants, especially smoking (14.5%, $n=379$) and alcohol use (3.6%, $n=2$). Regarding working conditions, 81.8% ($n=45$) were assigned shift work. They worked in the men's ward (43.6%, $n=24$), the women's ward (34.5%, $n=19$), or in both (21.8%, $n=12$). Furthermore, 45.5% ($n=25$) reported witnessing a suicide attempt during their work, and 74.5% ($n=41$) were victims of aggression, primarily by patients (82.5%, $n=33$). Sixty percent ($n=33$) said expressed a desire to transfer.

Moderate to extremely severe depression, anxiety and stress was observed in respectively 34.5% ($n=19$), 61.8% ($n=34$) and 36.4% ($n=20$) of cases.

A significant association was found between stress among psychiatry nurses and personal somatic history ($p < 10^{-3}$). No further links were found between depression, anxiety, stress and other clinical factors.

Conclusions: These results emphasize the difficult working environment within psychiatric settings, emphasizing the critical requirement for specific interventions aimed at improving the mental health and well-being of psychiatric nurses.

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Demographic Factors, Cumulative Stressors, and Psychological Well-being

M. THEODORATOU^{1,2*}, A. PETROU¹ and A. KALAITZAKI³

¹Social Sciences, Hellenic Open University, Patras, Greece; ²Health Sciences, Neapolis University Pafos, Pafos, Cyprus and ³Social Work, Hellenic Mediterranean University, Heraklio, Greece

*Corresponding author.

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Introduction: The COVID-19 pandemic and the Ukrainian war appear to have adverse mental health effects. These global crises have raised concerns about the long-term psychological well-being of individuals across different demographic groups.

Objectives: The objective of this study was to evaluate the cumulative mental health effects of the COVID-19 pandemic and the Ukrainian war, emphasizing the relationship between demographic factors and mental health outcomes.

Methods: This was a cross-sectional online survey using convenience and snowballing methods of recruitment. A sample of 170 participants completed demographic questions and Likert-scale assessments using a range of psychometric scales for measuring general psychological distress, perceived stress, personal resilience, traumatic life events, emotional and social effects of trauma, and potential growth after trauma. Participants were requested to respond to the traumatic experiences of the COVID-19 pandemic and the Ukraine war.

Results: Gender differences were evident, with women reporting higher levels of psychological distress and post-traumatic growth. Family size had a negative correlation with psychological disturbance. Family status exhibited a positive correlation with traumatic event recall. Specifically, individuals who were either unmarried or divorced demonstrated increased memory recall for such events and levels of psychological distress. Conversely, participants in married or cohabiting relationships displayed diminished recall and lower psychological distress levels. Financial strain strongly correlated with compromised psychological well-being.

Conclusions: These findings highlight the association of demographic factors with cumulative stressors, underscoring the importance of personalized psychosocial interventions. Such interventions can enhance mental well-being and resilience in adversity, ultimately promoting improved psychological health.

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