

## P02-127 - PROBING STRESS AND DEPRESSION IN MENTAL HEALTH PROFESSIONALS AT THE GENERAL HOSPITAL IN GREECE

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**Aim:** Of this project was to study the characteristics of stress and depression in mental health professionals and the degree at which they are affected by demographic factors.

**Material - method:** The sample of the study includes 62 mental health professionals. An anonymous closed questionnaire by Bedford & Foulds was used. The data analysis was made with the use of SPSS 16.0.

**Results:** Two factors were found statistically essential; the age [ $F(5,41)=0,52$   $p=0,004$ ] and the marital statue [ $F(5,41)=0.49$   $p=0.008$ ]. The married people seem to statistically develop higher anxiety ( $p=0,001$ ), higher tension ( $p=0,002$ ) and higher insomnia ( $p=0,001$ ) in comparison to the singles, the divorced and the widows/widowers. The singles seem to keep more calm ( $p=0.014$ ) in comparison to the married and the divorced ( $p=0.001$ ). Working people aged 35-49 experience more intense sorrow than the other age groups ( $p=0,003$ ), more intense feelings of panic ( $p=0,018$ ) and tension ( $p=0,049$ ). The age groups in stressful or depression situations diversify their needs as regards smoking, with the 35-49 age group being the heaviest smokers ( $p=0,029$ ).

**Conclusions:** It is discovered that a different defense mechanism is used by mental health professionals as regards their marital statue and their age, developing sleeping disorders, increase in smoking and sadness elements indifference for the future, more often.