

were recruited from the maternity wards of one medical centre in northern Taiwan between January 2013 and April 2015. The control group received routine nursing care. The experimental group received support interventions, which included an interview, distraction methods and assistance with daily living needs. Groups were evaluated with the Beck anxiety inventory, Edinburgh Postnatal Depression Scale and at admission and 2 weeks of hospitalization.

Results There were no significant differences between groups for demographics, obstetric characteristics, or birth outcomes. For the control group, anxiety and depression scores increased significantly decreased 2 weeks after hospitalization. The intervention group had a small, but significant, increase in anxiety and no significant change in depression at 2 weeks. Participants who received 2 weeks of support intervention had significantly lower anxiety and depression scores than the control group.

Conclusions Providing interventional support could reduce anxiety and depression for women with preterm labour during hospitalization.

Disclosure of interest The authors have not supplied their declaration of competing interest.

<http://dx.doi.org/10.1016/j.eurpsy.2017.01.1352>

EV1023

The relationship between job satisfaction with marital satisfaction and mental health: The specific case of female employees

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Introduction As a component of personal characteristics, mental health has always been associated with marital satisfaction. Mental disorders associated with depression and anxiety are common in the workplace. Many studies have found a close link between job satisfaction and these two factors.

Objectives The present study investigated the relationship of the level of job satisfaction, with mental health indicators and marital satisfaction in women.

Aims This study aimed to explain the relationships of job satisfaction (as an organizational key factor) with mental health and marital satisfaction of women at the workplace considering the practical implications for promoting mental health.

Methods To achieve the goal of research, a sample of 100 married women who worked at least for 5 years were selected by randomized sampling method in an organizational setting in Iran. Enrich Marital Inventory, Brayfield and Rothe's job satisfaction scale, and General Health Questionnaire were used for data gathering. Data was analyzed by utilizing hierarchical regression.

Results Findings indicated that most respondents were satisfied with their jobs. In general, subjects with more severe psychological distress and lower level of marital satisfaction reported lower levels of job satisfaction.

Conclusions Factors related to organizational attitudes such as job satisfaction were especially important in overall mental health and severity of psychological distress. Improving job attitudes is a key factor for promoting marital satisfaction and mental health in women.

Keywords Marital satisfaction; Mental health; Job satisfaction

Disclosure of interest The authors have not supplied their declaration of competing interest.

<http://dx.doi.org/10.1016/j.eurpsy.2017.01.1353>

EV1024

Effectiveness of stress and burnout management training for employees of an industrial company

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Introduction Burnout is a state of physical and emotional exhaustion. It can occur when people experience long-term stress in job, or when they have worked in a physically or emotionally draining role for a long time. There have been numerous studies done showing the results of stress and burnout in the employee's profession across many areas of health care.

Objectives The purpose of this study was to investigate the effectiveness of stress and burnout management training on employees using experimental method to help employees to understand available resources and help them find better ways to manage stress in the workplace.

Aims This study aims to discuss how organizations can assist in combating stress in ways that benefit both the employees involved and the organization itself.

Method A curriculum-based intervention was developed to provide education in a classroom setting. The sample included 14 nurses with various nursing backgrounds who were selected randomly and were assigned randomly in two experimental and control groups, which contained 7 employees in each group. The experimental group received the training while the control group was in waiting list. The instruments were the General Health Questionnaire and Burnout Checklist, and demographic questionnaire. Data was analyzed by covariance analysis method.

Results Result indicated that stress and burnout management training was efficient on reducing stress and burnout symptoms in employee.

Conclusion It is concluded that stress and burnout management training is an effective group intervening method for reducing the dysfunctional effects of stress and job burnout in employees.

Keywords Stress; Job burnout management

Disclosure of interest The authors have not supplied their declaration of competing interest.

<http://dx.doi.org/10.1016/j.eurpsy.2017.01.1354>

EV1025

Promotion mental health: Healthy habits program in patients with severe mental illness in the north Almeria mental health unit (Activarte)

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Introduction Promoting healthy lifestyles in patients with severe mental illness (balance diet, physical activity, smoking withdraw, adequate oral hygiene, optimal self-esteem and healthy sexuality) help patients to rely on their recovery.

Aims – avoid social isolation and stigma.

– encourage the recovery process, considering as well as the manage of symptoms together the functioning and quality of life of the patients.

– improve the progress and illness prognosis.

Methods – The program is introduced in the North Health Area of Almeria (Hospital Huerca-Overa) and FAISEM-Andalusia foundation to the social inclusion of mental illness patients;

– patients included in the program has been previously assess and informed-therapeutical contract;