

**Purpose:** To estimate the effect of psychosocial distress on diabetes mortality rate at the aggregate level.

**Method:** Trends in age-adjusted, sex-specific suicide (as an integral indicator for psychosocial distress) and diabetes mortality rate in Russia from 1956 to 2005 were analyzed employing an ARIMA analysis in order to assess bivariate relationship between the two time series.

**Results:** Time series analysis indicate the presence of statistically significant association between the two time series for male ( $r = 0.45$ ;  $SE = 0.16$ ). The association between the two time series for female also positive, however, statistically not significant ( $r = 0.25$ ;  $SE = 0.14$ ).

**Conclusion:** The results of present study suggest a positive association between male suicide and diabetes mortality rate at the aggregate level and support the hypothesis that psychosocial distress is a risk factor for diabetes at the individual level. This paper presents new epidemiological evidence that supports psychosomatic concept of diabetes mellitus.

## P0025

Burnout, coping and job satisfaction in service staff treating opioid addicts – from Athens to Zurich

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The aim of this study is the description and comparison of burnout, coping-styles and job satisfaction in drug service workers from six European regions.

**Methods:** The Maslach Burnout Inventory, Brief COPE, General Self-Efficacy questionnaire and a job satisfaction scale were filled in by 383 health care workers for opioid addicted patients from Athens, Essen, London, Padua, Stockholm and Zürich. As the study is part of a project examining European drug treatment systems and institutions the individual's results were related to organizational features.

**Results:** One third (29%) of the European staff under survey suffer from severe burnout. Employees from London and Stockholm are significantly more burdened than Zurich personnel where job satisfaction is highest. Males are more prone to burnout. Active strategies to cope with occupational stress were preferred. Some organizational characteristics such as setting and threshold of the treatment program seem to be relevant for the choice of coping strategies and job satisfaction.

**Discussion:** In comparison to health care services in other medical fields burnout is a severe problem for drug service workers. The results of the study hint at the necessity to further investigate stress in health care personnel caring for drug addicts and establish effective counteractive measures.

## P0026

Acculturative stress and psychopathology in an immigrant population in primary care

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**Introduction:** The migratory process can be a considerable source of stress. High levels of acculturative stress would appear to moderate the appearance of mental disorders. Some of the stressors experienced by immigrants are related to homesickness, culture shock, and perceived discrimination, elements not shared with autochthonous individuals. The objective of this study is to analyze the association between acculturative stress and the presence of psychopathology in an immigrant sample in primary care.

**Methodology:** Cross-sectional study in which a sample of 300 immigrant primary care patients were evaluated with the Barcelona Immigration Stress Scale and the Mini International Neuropsychiatric Interview. The results were analyzed with the statistical package SPSS 15.

**Results:** Preliminary results indicate that higher levels of acculturative stress are associated with the presence of psychiatric pathology. The most frequent diagnosis is major depressive episode. Acculturative stress varied with demographic factors such as legal status, economic status and length of time in Spain.

**Conclusions:** Immigrants with higher levels of acculturative stress are more likely to suffer from psychiatric pathology at the time of evaluation with depressive symptomatology occurring most frequently. More research that studies the relationship between acculturative stress and mental health in primary care is needed. In addition, those factors of acculturative stress that best predict psychiatric pathology should be identified.

## P0027

Stress, mental health and satisfaction among women doctors in England

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**Background:** With the increasing numbers of women in medicine it is important to study this group separately as gender may affect stress, mental health and satisfaction level.

**Objectives:** The aim of this study was to identify the sources of stress in women doctors that are predictive of mental ill-health job and dissatisfaction.

**Methods:** Both qualitative and quantitative methods were used in this study. Twenty five doctors were interviewed of which 15 were women. In the second stage questionnaires assessing levels of mental health, job satisfaction and sources of stress were distributed to a random sample of doctors in the North West of England. Of the 249 doctors, 85 were women. This study is based on the women doctors only in order to avoid confounding the women sample with male subjects.

**Results:** Multivariate analysis disclosed two job stressors that are predictive of mental ill-health; these were: communication and co-operation at work and demands of the job on family and social life. Two coping factors were predictive of job dissatisfaction, these were problem focused coping and wishful thinking. In addition, majority of women doctors showed high type A behaviour scores.