

## EPV0782

### Variables Predicting Psychological Help Seeking Attitudes: Self-Stigma, Mental Health Literacy, and Depression/Anxiety

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**Introduction:** Psychological help-seeking attitudes are influenced by various factors, including self-stigma, mental health literacy, and levels of depression and anxiety. Several studies have examined the relationships between these variables and help-seeking attitudes, shedding light on the predictors of seeking psychological help. Self-stigma, or the internalization of negative attitudes towards seeking psychological help, has been found to significantly impact help-seeking attitudes. Individuals who experience higher levels of self-stigma are more likely to hold negative attitudes towards seeking help. Additionally, mental health literacy, which refers to knowledge and understanding of mental health issues, has been identified as another important predictor of help-seeking attitudes. Individuals with higher mental health literacy are more likely to have positive attitudes towards seeking psychological help. Depression and anxiety, two common mental health concerns, have also been found to influence help-seeking attitudes. Research has shown that individuals with higher levels of depression and anxiety symptoms are more likely to express intentions to seek counseling for psychological and interpersonal concerns. These mental health concerns can serve as motivators for individuals to seek professional help. Furthermore, cultural and demographic factors can also play a role in shaping help-seeking attitudes.

**Objectives:** This study was planned to examine the variables predicting psychological help seeking attitudes: self-stigma, mental health literacy, and depression/anxiety

**Methods:** The sample of the study was determined by purposive sampling method. The study was conducted with individuals who willing to participate the study and above 18 years age.

Individuals who saw the online advertisement and click on the study's link were brought to the study's home page on Online Surveys. Should they wish to proceed, they will be brought to an information page detailing the purpose of the study, how their confidentiality and anonymity will be preserved and how their data will be treated.

Socio-Demographic Data Form, Mental Health Literacy Scale, Self-Stigma of Seeking Psychological Help Scale and Attitudes Towards Seeking Psychological Help Scale were used. Data analyses was planned to run via Statistical Package for the Social Sciences version, 27.0.

**Results:** The analysis of the data is still ongoing in detail by the researchers. The findings and relational implications of the study will be presented.

**Conclusions:** In conclusion, self-stigma, mental health literacy, and levels of depression and anxiety are important variables that predict psychological help-seeking attitudes. Understanding these factors can inform the development of interventions and strategies to promote help-seeking behaviors and reduce barriers to seeking psychological help.

**Disclosure of Interest:** None Declared

## EPV0781

### Teacher well-being: Perceived stress, psychosocial risks, and burnout in Morocco

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**Introduction:** Teachers encounter various challenges that can significantly affect their professional well-being. This issue stands as of paramount importance, for it not only wields influence over job satisfaction but also carries weighty implications for the quality of education provided.

**Objectives:** This study aims to investigate the factors that affect teachers' well-being, specifically examining the relationship between perceived stress, psychosocial risks, and burnout among public high school teachers in Tetouan, Morocco.

**Methods:** A questionnaire survey was conducted among 258 teachers, resulting in a response rate of 57%. Three distinct instruments were used to collect data: The Perceived Stress Scale (PSS) to evaluate perceived stress levels, the Job Content Questionnaire (JCQ) to assess psychosocial risks at work, and the Maslach Burnout Inventory (MBI) for burnout measurement. We examined the bivariate correlations among these three concepts.

**Results:** The results demonstrate significant associations among the studied factors. Perceived stress has a positive correlation with emotional exhaustion ( $r=0.51$ ;  $p<0.01$ ) and depersonalization ( $r=0.56$ ;  $p<0.01$ ), and a negative correlation with personal accomplishment ( $r=-0.31$ ;  $p<0.01$ ). Additionally, emotional exhaustion has a positive correlation with psychological demand ( $r=0.38$ ;  $p<0.01$ ). Depersonalization shows a positive correlation with psychological demand ( $r=0.18$ ;  $p<0.05$ ), but a negative correlation with decision latitude ( $r=-0.30$ ;  $p<0.01$ ) and social assistance ( $r=-0.24$ ;  $p<0.01$ ). Conversely, personal accomplishment presents a positive correlation with decision latitude ( $r=0.58$ ;  $p<0.01$ ) and social assistance ( $r=0.50$ ;  $p<0.01$ ).

**Conclusions:** This study underscores the importance of decision latitude and social assistance in promoting personal accomplishment and mitigating burnout among teachers. Nonetheless, further research is required to substantiate these results and determine the fundamental cause and effect relationships.

**Disclosure of Interest:** None Declared

## EPV0782

### The relationship between burnout, somatic symptoms and work stress among hospital medic staff.

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**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.

**Disclosure of Interest:** None Declared

## EPV0784

### 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.