

The Clinical Assessment Interview for Negative Symptoms (CAINS) was conducted. We aimed to elicit descriptions of the subjective experience while ensuring our approach remained non-suggestive.

**Results:** In addition to describing potential akathisia and lethargy at higher doses, the subject reported a significant lack of motivation and a notably reduced willingness to exert effort towards achieving specific goals or engaging in activities that he still found rewarding or pleasurable. Furthermore, he consistently noted gradual improvements across various psycho-social aspects following the discontinuation of the medication. These adverse and unpleasant experiences were presented as the primary reason for wanting to discontinue pharmacological treatment.

**Conclusions:** Certain adverse effects of antipsychotic medications can only be elucidated by the clinician through the examination of the patient's subjective experiences. Medication induced dysphoria and volitional deficits have the potential to profoundly impact treatment adherence, leading to unrecommended discontinuation of neuroleptics, and can cause important functional impairment.

**Disclosure of Interest:** None Declared

## EPV1182

### Association of prosocial personality traits with symptoms of depression, anxiety and stress in psychiatric nurses; Single-centre cross-sectional study in Croatia

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**Introduction:** Symptoms of depression, anxiety and stress are more common in the population of nurses working in psychiatric hospitals than in many other segments of the health care system. These three elements of psychological distress (depression, anxiety, stress) may reduce the nurse's ability to establish quality therapeutic relationships with patients, which are very important in the treatment of mental disorders. Some studies suggest that prosocial personality traits may have a protective role. Other research suggests that high levels of empathy, for example, may increase secondary traumatization and lead to more pronounced symptoms of distress.

**Objectives:** The main objective of the study was to examine the association of prosocial personality traits with symptoms of depression, anxiety and stress in nurses employed in a psychiatric clinic. The hypothesis was that more pronounced prosocial personality traits are associated with a lower expression of symptoms of depression, anxiety and stress.

**Methods:** The target population were nurses employed in a psychiatric hospital working directly with patients. No sample was selected, but the whole available population was invited to participate. The independent variable was prosocial personality traits measured by the Prosocial Personality Battery (PSB). The outcome was symptoms of distress (depression, anxiety and stress) measured

using the Depression, Anxiety, Stress Scale-21 (DASS-21). The hypothesis was tested using three linear regression analyses.

**Results:** Total of 63 MST were included with a median (interquartile range) age of 34 (24-42) years. Prosocial personality traits were statistically significantly associated with scores on the DASS-21 subscale measuring depression: personal distress (PD) ( $r = 0.32$ ;  $P = 0.01$ ) and self-reported altruism ( $r = 0.30$ ;  $P = 0.02$ ). Only the subscale measuring the specific personality trait of personal distress (PD) was statistically significantly correlated with the scores of the other two DASS-21 subscales, anxiety and stress (anxiety:  $r = 0.54$ ;  $P < 0.001$ ; stress:  $0.46$ ;  $P < 0.001$ ). Helpfulness was negatively related to anxiety ( $b = -0.29$ ;  $P = 0.03$ ).

**Conclusions:** This research partially confirmed the hypothesis that stronger prosocial personality traits are associated with a lower prevalence of symptoms of depression, anxiety and stress in the MST of employees in a psychiatric clinic.

**Disclosure of Interest:** None Declared

## EPV1184

### Factors Driving the Emigration Intentions of Young Tunisian Medical Professionals

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**Introduction:** Emigration has a substantial impact on Tunisia's healthcare sector. Graduates, including medical students at different educational levels, as well as general practitioners and specialists, often choose to emigrate. Some do so to pursue further studies abroad, while others seek careers and settlement primarily in Europe. This phenomenon exerts a significant influence on the quality of healthcare systems in their home countries.

**Objectives:** To evaluate the inclination to emigrate among medical residents employed in Tunisian healthcare institutions and to identify the factors associated with this intention.

**Methods:** This is a descriptive cross-sectional study conducted among medical residents undergoing their training in various healthcare facilities in Tunisia. The study employed an online questionnaire to assess the degree of satisfaction with various aspects of their professional life and the socio-economic situation in the country, as well as their intention to emigrate. Satisfaction levels were measured using a 4-point Likert scale, ranging from "very dissatisfied" to "very satisfied".

**Results:** A total of 50 physicians participated in the survey. Among them, 72% were female, 80% were single, with an average age of 27.72 years at the time of the study. Regarding their professional status, 84% worked in university hospitals, 16% specialized in surgery, 40% specialized in medicine, and 44% were family physicians. The majority were students from the Faculty of Medicine in Sfax (56%), with 30% in Monastir, 8% in Tunis, and 6% in Sousse. The study found that 68% of medical residents expressed an intention to emigrate. Among the participants, 74% were dissatisfied with their working conditions, and 68% were dissatisfied with workplace safety. Additionally, 84% were dissatisfied with their

salaries, 40% with their workload, 54% with supervision, and the quality of training provided in their hospitals. The political situation in the country and social security were considered unsatisfactory by 92% and 90% of the participants, respectively. Among the potential reasons studied to explain this emigration phenomenon, working conditions were a factor in 54% of cases, salary in 56%, training in 36%, and quality of life in 56%.

**Conclusions:** The emigration of young Tunisian medical professionals is driven by a range of factors, including working conditions, salaries, training opportunities, and quality of life. To counteract this phenomenon, it is crucial to enhance these aspects in order to retain these talented individuals in the country and thereby bolster the Tunisian healthcare system.

**Disclosure of Interest:** None Declared

### EPV1185

#### Prevalence and Risk Factors of Burnout Among Medical Residents in Tunisia: A Cross-Sectional Study

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**Introduction:** The burnout syndrome is a blend of physical exhaustion and emotional fatigue that impairs an individual's performance at work. In Tunisia, factors like working hours, the frequency of monthly shifts, and the physical and emotional abuse that physicians face from patients have collectively led to a significant incidence of burnout among medical professionals.

**Objectives:** To evaluate the prevalence of burnout syndrome among medical residents working in healthcare facilities in Tunisia and to pinpoint the contributing factors.

**Methods:** This study is a descriptive cross-sectional survey conducted among medical residents completing their training in various healthcare facilities in Tunisia. The study employed an online self-administered questionnaire and assessed burnout across three dimensions: personal burnout, professional burnout, and relational burnout, using the Copenhagen Burnout Inventory (CBI).

**Results:** A total of 50 physicians took part in the survey. Among them, 72% were female, 80% were single, and the average age at the time of the study was 27.72 years. Concerning their professional status, 84% worked in university hospitals, 16% specialized in surgery, 40% specialized in medicine, and 44% were family physicians. The majority were students from the Faculty of Medicine in Sfax (56%), with 30% in Monastir, 8% in Tunis, and 6% in Sousse. Regarding their work hours, more than 40 hours per week were reported by 32% of participants. According to the CBI scale, 12% of participants had scores indicating severe personal burnout, while 20% had scores indicating moderate personal burnout. Additionally, 16% reported severe professional burnout, and 12% had scores suggesting severe relational burnout. In contrast, only 8% had scores indicating moderate relational burnout. The socio-demographic and professional factors that were studied, such as weekly working hours, monthly shifts, specialty, and workplace, did

not show a significant correlation with the presence of burnout syndrome.

**Conclusions:** Burnout syndrome among medical resident physicians not only impacts their physical and mental well-being but also reduces their effectiveness and motivation at work. It is essential to introduce stress management strategies within hospitals to foster a healthier work-life balance.

**Disclosure of Interest:** None Declared

### EPV1186

#### Women's Attitude Toward Fertility And Childbearing in Saudi Arabia

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**Introduction:** The decline in fertility is one of the major problems worldwide that could affect family structure. Many studies have been conducted to assess attitudes toward fertility and childbearing around the world, but there's a lack of research about that in Saudi Arabia (SA). The study aims to assess women's attitudes toward fertility and childbearing in SA and to investigate its association with sociodemographic, medical, and psychological factors.

**Objectives:** Aim of the Study: The purpose of the study is to assess women's attitudes toward fertility and childbearing in Saudi Arabia and to investigate its association with sociodemographic, medical and psychological variables.

Specific Objectives:

1. To assess women's attitudes toward fertility and childbearing in Saudi Arabia.
2. To investigate association between attitudes toward childbearing with sociodemographic characteristics in Saudi Arabia.
3. To investigate association between attitudes toward childbearing with medical and psychiatric history in Saudi Arabia.
4. To investigate association between attitudes toward childbearing with the childbearing preferences in Saudi Arabia.

**Methods:** This cross-sectional study of a convenient sample of 2172 women in SA in Dec 2022 and Jan 2023. Data were collected through a survey link that contains: 1) Sociodemographic data, 2) medical and psychiatric history, 3) childbearing preference and 4) the Arabic version of the Attitudes toward Fertility and Childbearing Scale (AFCS). Data were analyzed by SPSS 25 ; We described the variables in means  $\pm$  SD or percentage as appropriate. Student's t-test and ANOVA were performed to analyze differences between the components and background characteristics.

**Results:** Individuals in the age group of 18-25 years ( $25.54 \pm 9.08$ ,  $p < 0.001$ ), unmarried ( $25.23 \pm 8.87$ ,  $p < 0.001$ ), and diagnosed with a psychiatric disorder ( $24.76 \pm 9.51$ ,  $p < 0.002$ ) scored lower in importance of future of childbearing. In terms of hindrance at present and childbearing preparation, individuals in the age group of 18-25 years ( $25.66 \pm 8.66$ ,  $p < 0.001$ ) ( $18.53 \pm 5.08$ ,  $p < 0.001$ ) respectively,