

number of B-lymphocytes and activated T-lymphocytes HLADR+($p < 0,05$), level of circulating immune complexes ($p < 0,01$).

Revealed differences of indices of immune status between examined groups of combat-ants, presence of clinical signs of immune deficiency and accompanying somatic pathology allow considering complex of these factors as predictors of prolonged course of post-traumatic stress disorders.

P0021

Is psychiatry such a stressful profession?

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Background and Aims: The burnout syndrome is a state of physical, emotional and mental exhaustion caused by long term exposure to demanding work situations. It has been suggested that different personal factors, such as gender, age and daily number of patients have influence on the development of this syndrome. The objectives of this study were the following: 1) to assess and compare expressiveness of the dimensions of burnout in psychiatrists; 2) to assess correlation with potential etiological factors (gender, age, number of patients).

Methods: The sample consisted of 50 psychiatrists working in health care institutions on the territory of Belgrade. Assessment has been carried out by the Maslach Burnout Inventory and sociodemographic questionnaire.

Results: The score of the burnout syndrome was different between the three dimensions. i.e. dimension of emotional exhaustion was the most prominent, but moderately increased. Dimension of depersonalization was very low and the lack of personal accomplishment was also moderate but with lower values. We could not find significant correlation with gender, age, nor with number of patients.

Conclusions: Some of potential causative factors associated with the burnout syndrome were investigated. It is important to further explore the correlation between this syndrome and various variables, such personality characteristics, coping strategies and organizational characteristics.

References

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P0022

Burnout among physicians

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Objective: High rates of occupational burnout syndrome have been found among health service professionals. Our objective was to measure the prevalence of burnout and explore its social demographics and occupational predictors among physicians in Bosnia and Herzegovina.

Methods: Answers to the Occupational stress questionnaire (OSQ) were used to assess predictors for burnout and the Maslach burnout inventory were used to categorize respondents into low, moderate and high level of burnout.

Results: 534 physicians responded to the survey (76% response rate) and 511 questionnaires could be analyzed. 27.0% of respondents had a high score for emotional exhaustion, 23% had a high score for depersonalization/ cynicism and 23% had a low score for personal accomplishment was found in 29% of physicians. Female physicians were reported more likely than male high level of work related stress and burnout. The predictor of personal accomplishment was only marital status (to be single vs not single; $\beta_2 = -1,02$, $P = 0,01$). The main predictors of emotional exhaustion were: work is mentally strenuous and low level of friendly communication at work. High feeling of stress, loss of control over the working ambient and possibility to use knowledge at work were associated with high score of depersonalization.

Conclusion: Intervention program in health care organization to prevent stress at workplace and promotion of staff and patient health should be implemented.

P0023

Suicidal behavior and stress related disorders

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In retrospective study we characterize the suicidal behavior in 413 patients with stress related disorders as assessed by psychiatrists in Psychiatric Emergency Clinic at University Psychiatric Hospital. These patients were compared with 482 patients with anxiety disorders attending the same institution. We observed that 76 patients (18,4%) with stress related disorders had suicidal thoughts at the time of their evaluation and 21 patients (5,1%) had documented suicide attempts just before the evaluation. In the group of patients with anxiety disorders we observed that 50 patients (10,4%) had suicidal thoughts at the time of their evaluation and only 4 patients (0,8%) had been referred to UPOC after suicide attempt. Difference was significant ($p < 0,05$). The aim of our next study was to evaluate negative life of suicide victims in a month before suicide. On the other hand aggression and impulsivity of suicide victims was evaluated. In the three-year period 90 suicide victims (28 women and 62 men) in the central region of Slovenia were examined using the method of psychological autopsy. We compared subgroups of suicide victims with or without previous aggressive behaviour. We observed that suicide victims with previous aggressive behaviour have higher number of negative life events in a month before suicide and have expresses higher impulsivity than others. We also observed that suicide victims with previous aggressive behaviour directed toward others have more often previous suicide attempts than suicide victims without previous aggressive behaviour. These data support the hypothesis that suicidal behaviour is also influenced by previous stress events.

P0024

Psychosocial distress as a risk factor for diabetes mortality

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Background: Diabetes melitus has become an epidemic from a global perspective. Diabetes is a classical example of the biopsychosocial model of disease and like most diseases, it has a multifactorial origin. Several lines of evidence support the role of psychosocial distress in promoting the development of diabetes.

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.