

## EV0627

### Mental health of college students: Five-year experience of the university psychiatric outpatient clinic of São João hospital centre

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**Introduction** The clinic of psychiatry and mental health of São João hospital centre (Oporto, Portugal) has implemented a psychiatric consultation to support college students since 2007. This consultation is open to all of the universities in the metropolitan area of Oporto.

**Aims/objectives** This specific consultation aims to detect and intervene early in the treatment of psychiatric illness and to promote mental health in this specific population.

**Methods** Retrospective study conducted in the São João hospital centre, Oporto, Portugal. Patients attending university student's specific consultation between January 1st 2011 and March 31st 2016 were included. Data collection included sociodemographic variables, clinical diagnosis (ICD-10, WHO, 1992) and psychological scales (WAIS-III, BSI, HADS, SF-36 and NEO-PI-R). SPSS® software (v. 20.0, 2011) was used for statistical analysis.

**Results** In this study, 139 patients were included (66.2% female, medium age 23.1 years old). The majority of patients were medical, engineering or nursing students (respectively 20.9%, 18.0% and 17.9%). The most frequent diagnosis was adjustment disorders, anxiety disorders, mood disorders and personality disorders. 54.6% completed all the psychological scales.

**Conclusions** The number of students with mental health issues is increasing. Early detection and treatment of these pathologies may allow improvements on the educational, economic and social levels, as well as in the quality of life.

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

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## EV0628

### Burnout of caregivers in geriatric Institution: "Coping" strategies

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**Introduction** The health sector has long been recognized to be a very stressful work environment for teams that can lead to "burnout". Geriatric institutions are no exception to this observation; this state has deleterious effects on health care as on the quality of care.

**Objectives** Measure the burnout rate among caregivers in geriatric institutions and identify associated factors and coping strategies specific to this population in order to provide the necessary preventive measures.

**Subjects and method** A cross-sectional study, conducted among caregivers exercising at the shelter for aged subjects of Manouba, Tunisia. We used a pre-survey exploring the socio-demographic data associated with two validated scales: the Maslach Burnout Inventory assessing the level of burnout and the Brief COPE assessing coping strategies.

**Results** Thirty-one subjects were recruited. The prevalence of burnout was 45.16%. Respectively 32.26%, 25.80% and 45.16% of the respondents had high scores in dimensions emotional exhaustion, depersonalization and personal accomplishment at work. The analytical study revealed that seniority in work increased the risk of

burnout. The coping strategies of caregivers in geriatric institution facing burnout were mainly centered on emotion. The number of years of experience has been associated with burnout in our study.  
**Conclusion** This work reaffirms that the population of caregivers in geriatric institution is at risk of burnout and allows to identify predictors. The establishment of individual and collective measures is essential for appropriate treatment references (In the body text, a publication should be referred to by a consecutive number between bracket)

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

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## EV0629

### The relationship between happiness, general health and life expectancy of cancer patients

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**Introduction** Cancer is a disease that all human beings are afraid of it and anyone, of any age may be affected.

**Objective** The objectives of this research are relationship between well-being and life expectancy in patients with cancer in Noshahr Shahid Beheshti hospital is the general purpose of this research.

**Aim** Studying the relationship between happiness, general health and life expectancy of cancer patients.

**Method** The method used in this research is descriptive and correlation. Statistical population contains all the patients who were diagnosed with cancer in Shahid Beheshti hospital Noshahr. The panel sampling used as sampling method and the sample size was limited to 50 people.

In order to collect the data, we used Oxford's happiness questionnaire containing 29 multiple-choice phrases, Life expectancy questionnaire by Schneider (1991) and general health questionnaire (GHQ-28). In descriptive review of the collected data the mean, standard deviation and frequency tables were used and in inferentially section in order to determine and compare the obtained scores in these 3 tests, according to the findings, parametric methods were used.

**Result** The results show that the correlation between mental health, happiness and life expectancy was significant.

**Conclusion** As life expectancy increases accountability; Happiness and mental health in patients with cancer increases by the same amount.

**Keywords** Happiness; General health; Life expectancy; Cancer  
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## EV0630

### Does the use of psychotropic medication go up during focused efforts to bring coercion and restraint down?

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**Introduction** Antipsychotic or anxiolytic medicine is widely used in agitated patients in risk of coercion. However this medication is