

also known to contribute to cardio-vascular disease and reduced life expectancy. Department of Psychiatry in Aabenraa, Denmark participates in a nation-wide Danish project supporting efforts to reduce coercion and restraint. Our hypothesis is that reduction of coercion might lead to unwanted increase in doses of psychotropic medication.

Objective To document the use of psychotropic medication during the project period, in order to learn more about the impact of interventions to reduce coercion and restraint on psychopharmacological treatment.

Aim To compare type and doses of psychotropic prescriptions during the project period with the time before implementation.

Methods Cohort study of patients in risk of agitation and coercion admitted to the wards during first quarter of 2013 and 2016. Eligible patients were diagnosed as having organic mental disorders, substance abuse, psychotic disorders, mania, bipolar affective disease or personality disorders (ICD-10: F0x, F1x, F2x, F30-31, F60). Primary outcome is the exposure to antipsychotic medication measured as defined daily doses, and secondary outcomes are exposure to benzodiazepines, polypharmacy and compliance with guidelines on agitated patients.

Results Data collection is carried out during autumn of 2016, and the results will be presented at the congress.

Conclusions Results from this study will contribute to our understanding of the implications of the initiative to reduce restraint and coercion in psychiatry. The results will also sharpen our awareness of possible inexpedient practice.

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

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Psychological effects of working night shifts on mental health

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Introduction The medical and scientific communities are continually reporting that night work can increase the risk of certain disorders and have a negative impact on the overall well-being of employees.

Objectives This study wanted to examine the impact of night work on physical and psychological well-being of hospital staff.

Methods We carried out a cross-sectional study about a representative sample of hospital staff. We used validated self-reporting instruments: the Perceived Stress Scale (PSS) and the Subjective Well-being Scale (SWS). Data were analyzed using SPSS-20.

Results Our study concerned 519 hospital staffs. More than half were male (53%) and 83.1% had worked in the same position for more than two years. More than half of the participants (51.3%) considered themselves in very good health. Also 41.5% of participants had a well-being index reduced and 26% of personal had high perceived stress. Correlation analysis had shown that more than one guard at week was associated with high levels of perceived stress ($P=0.004$) and well-being index reduced ($P=0.000$). After adjusting for categories, more than one shift work at week was associated to well-being index reduced with odds ratios of 1.57 (confidence interval 95% [1.07 to 2.30]).

Conclusion There is a clear correlation between night work, perceived stress and subjective well-being of different categories of hospital staff. Shift work interferences on health and well-being are complex and multifaceted in their origins and time manifestations, dealing with several aspects of personal characteristics, and working and living conditions.

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

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A meta-analysis of cognitive training on memory functioning in normal elderly adults

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Introduction The major issues in cognitive literature related to memory and aging concentrate on the different methodological issues in research examining the effectiveness of memory training programs in improving memory performance of older adults along with the clinical implications of this kind of research.

Objectives The review will address how researchers differ within their collection of participants, the various aspects of memory intervention programs by a systematic review on recent researches.

Aims The present study aims to review the cognitive literature related to memory and aging through a meta-analysis in recent years.

Method Meta-analysis was conducted of researches on memory training interventions for cognitively normal/healthy older adults published in 1995–2014. Computerized databases (e.g PsychInfo) were searched using combinations of these key words in English: memory, mnemonic, rehabilitation, older adult, aging, elderly and impairment. All participants must be at least 55 years old at the time of training/intervention. Due to the fact and Studies must have used a non-pharmacological approach toward memory or memory problems. Between-study heterogeneity was quantified using χ^2 and I2 statistics. All analyses were performed utilizing the CMA2.

Results Effect sizes with 95% confidence intervals for each study indicated that the overall pre-post training gain was 0.37 SD (95% CI: 0.18, 0.47) and the mean retest effect among control groups was 0.11 SD (95% CI: -0.11, 0.16) and this difference was statistically significant ($P < 0.001$).

Conclusion The key challenge of memory training studies is that they often don't train abilities that generalize to everyday functioning. These results have numerous clinical and practical implications.

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

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Mental health of management staff in the closed environment of construction

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Introduction it is difficult to overestimate the role of social, cultural and environmental conditions in evaluation of psychological health in hard intellectual work.

Objectives Research of construction staff in far taiga conditions using PHQ и GAD-7.

Aims to investigate the correlation between major depressive disorder, anxiety and somatoform disorders and gender and marital status.

Methods we studied 119 people who live in concentrated social environment and in conditions of hard work and lack of relaxation. In order to study depression, anxiety, and somatoform disorders we used PHQ и GAD-7 rating scale.