

**Introduction:** Becoming a psychiatrist, clinical psychologist or psychotherapist involves a complex set of skills that require extensive training. Clinical practice development and professional and personal identity formation are closely intertwined and continue throughout one's career. Individual and environmental factors influence dropout. The beginning stages of training are incredibly challenging for trainees and can be a time of vulnerability as they face early professional hurdles. We propose that certain educational factors, such as inadequate practical training and insufficient emotional support during professional dilemmas, play a crucial role in manifesting burnout or other symptoms, potentially leading to stagnation in one's career.

**Objectives:** The main objective of our study is to identify causes of disruption and/or discontinuation of the training/residency programs in psychiatry, clinical psychology, and psychotherapy. Our study also aims to highlight the causes of chronic exhaustion among trainees in mental health professions.

**Methods:** The research team has developed a comprehensive questionnaire including two validated psychometric scales, the Effort-Reward Imbalance Questionnaire (ERI, Siegrist *et al.* Soc Sci Med 2004; 58 1483-99, Salavecz *et al.* J Men Psychosom 2006; 7 231-246) and the Mental Health Test (MHT, Vargha *et al.* J Men Psychosom 2020; 21 281-322). A quantitative analysis (Braun *et al.* Qual. Res. Psychol. 2006; 3 77-101) will be performed on the responses, following which interviews will be conducted with previous volunteers who participated in the study. The interviews will be evaluated through content analysis. Our survey is prepared with the involvement of all significant training centers in Hungary. The study was approved by the United Ethical Review Committee for Research in Psychology (EPKEB, approval numbers: 2021-109, 2023-101).

**Results:** The participants' main characteristics and the questionnaires' results will be summarized with standard statistical methods, while the interviews will be analyzed with the help of qualitative methods.

**Conclusions:** Based on the results of the described study, we aim to investigate the educational system's impact on the career development and commitment of psychiatrists, psychologists, and psychotherapists in Hungary. Additionally, the research will yield valuable perspectives on how these factors affect the mental well-being of these professionals. Ultimately, the results could help address areas of concern and improve mental health professionals' training.

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**Disclosure of Interest:** None Declared

## EPV1090

### Perceived stigma evaluation among residents in psychiatry

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**Introduction:** The nature of psychiatry as a specialty dealing with mental health and emotional well-being may contribute to the

perceived stigma. These misconceptions and biases can impact the way psychiatry residents perceive their profession, their own self-esteem, job satisfaction, and overall well-being.

**Objectives:** Our goal was to evaluate the experience of stigma among psychiatry residents.

**Methods:** A descriptive cross-sectional online survey was conducted in January 2022 among psychiatry residents at Hedi Chaker University Hospital in Sfax, Tunisia.

The Clinician Associative Stigma Scale (CASS) was used to assess stigmatization experiences.

**Results:** A total of 34 residents participated in this survey. Their average age was 27.94 years  $\pm$  2.43, with 91.2% being female. Of the participants, 61.8% were adult psychiatry residents, and 39.2% were child psychiatry residents. Additionally, the choice of adult psychiatry or child psychiatry specialty was self-determined in 91.2% of cases. The participants had an average of 2 years of experience in psychiatry. They reported a personal medical or surgical history, a personal psychiatric history, and a family history of psychiatric disorders in 32.4%, 8.8%, and 50%, respectively. The average CASS score was 47.09  $\pm$  8.32.

The mean scores for the "discomfort with disclosure" factor, the "stereotypes about mental health professionals" factor, the "negative stereotypes about individuals with serious mental illness" factor, and the "negative stereotypes about effectiveness" factor were respectively 8  $\pm$  3, 9.44  $\pm$  2.57, 15.62  $\pm$  5.7, and 11.35  $\pm$  3.33.

**Conclusions:** Our study highlighted that residents in psychiatry suffered stigma. Special attention should be given to reducing this phenomenon in this population.

**Disclosure of Interest:** None Declared

## EPV1091

### Professional quality life of psychiatry residents in Tunisia

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**Introduction:** The professional quality of life for psychiatry residents is a complex and multifaceted aspect of their careers. However, the demanding nature of their work can place significant stress on their own psychological well-being. Balancing the need to care for patients while also managing personal and professional responsibilities can be challenging. Nevertheless, psychiatry residents have the opportunity to make a profound impact on the lives of their patients and find fulfillment in their work.

**Objectives:** To assess the prevalence of burnout (BO) and secondary traumatic stress (STS) among psychiatry residents.

**Methods:** We conducted a descriptive online cross-sectional survey in January 2022 among psychiatry residents practicing at Hedi Chaker University Hospital in the Sfax region in Tunisia. Professional life quality was evaluated using The Professional Quality of Life Scale - 5 "ProQOL-5".

**Results:** The total number of residents was 34, of which 91.2% were female. Their mean age was 27.94 years  $\pm$  2.43. They were single in 67.6%. They were residents in adult psychiatry in 61.8% and in child