

**EPP0940****Ptsd among a sample of french students: A misdiagnosed condition with many implications. preliminary results.**

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**Introduction:** Students often suffer from stress, anxiety and depression (Saleh et al., 2019). However, research on PTSD is scarce among this population.

**Objectives:** We therefore wanted to explore the presence of PTSD and other psychopathological and psychological variables in this population.

**Methods:** We recruited 70 students -150 still planned- (22 years old, 70% women, 84.3% in the third year undergraduate) who filled out questionnaires at the university, after ethic committee's approval.

**Results:** 31.2% show PCL-5 scores in favor of a PTSD. The most frequently mentioned traumatic events (direct exposure) are physical assaults (49.3%), transport accidents (29.4%) and unwanted sexual experiences (23.2%). According to the Mann-Whitney U test, if they do not differ from students without PTSD in the number of traumatic events encountered (LEC 5 ns), they show more stress, anxiety and depression ( $p < .02$ ), more dissociative symptoms ( $p < .04$ ), less social support available ( $p = .048$ ), a gap between the importance given to studies as a value and action directed towards this value ( $p = .002$ ), idem for leisure activities ( $p = .035$ ), and more rumination ( $p < .001$ ) and more experiential avoidance ( $p < .001$ ). These two latter appear to be powerful processes involved in PTSD, as the PCL5 score is 37% explained by avoidance and rumination, according to linear regression.

**Conclusions:** These preliminary results tend to show that PTSD should be investigated in students and seems to be linked to higher emotional difficulties, lower academic and social involvement. Rumination and avoidance could be an important therapeutic target.

**Keywords:** students; ptsd; Experiential Avoidance; rumination

**EPP0937****Post-traumatic stress disorder and professional quality of life among psychiatric staff**

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**Introduction:** Psychiatric staff could be exposed to various types of violence that might have potential consequences on their psychological balance.

**Objectives:** To detect post-traumatic stress disorder (PTSD). To assess the professional quality of life among psychiatric hospital workers.

**Methods:** A descriptive cross-sectional study was conducted in the psychiatric department of the Hedi Chaker University Hospital in Sfax. The questionnaire study had three major components: the baseline participant characteristics, the post-traumatic stress disorder Checklist (PCL-5) for which a total symptom severity score cutoff of 38 was recommended as the cutoff for a positive screening test and the Professional Quality of Life Scale (ProQOL).

**Results:** Thirty-one participants completed the questionnaire. The sex-ratio was 0.93. The mean age was 41.5 years. All participants were exposed to physical or verbal assault. Physical aggression was the most traumatic behavior reported by 39.3% of psychiatric professionals. A feeling of insecurity when performing professional tasks was reported by 93.3% of participants. Among participants, 41.9% expressed the desire to change workplace. The mean score on the PCL-5 was  $21.6 \pm 15.35$ . Five participants (16.7%) had a PCL-5 score  $\geq 38$ . The Compassion Satisfaction mean score was  $37.48 \pm 5.64$ . The burnout mean score was  $26.41 \pm 7.3$  and the mean score at the secondary traumatic stress scale was  $27 \pm 6.7$ .

**Conclusions:** PTSD could result from stressful events encountered in the course of managing patients in mental health departments. Attention to post-traumatic event interventions may be useful both to reduce the rate of PTSD and to improve the professional quality of life among psychiatric staff.

**Keywords:** post-traumatic stress disorder; professional; psychiatric staff; quality of life

**EPP0940****Exposure to violence and risk of post-traumatic stress disorder in family caregivers of psychotic patients**

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**Introduction:** Family caregivers of psychotic patients are exposed to violence and stress. However, associated psychological outcomes are poorly characterized in this population.

**Objectives:** The aim of this study was to clarify the relationship between violence directed towards caregivers of patients with psychosis and developing post-traumatic stress disorder (PTSD).

**Methods:** Participants were family caregivers of psychotic patients (n=95). They completed a questionnaire assessing sociodemographic characteristics. Sociodemographic and clinical data of patients were collected from medical records. We used the perceptions of prevalence of aggression scale (POPAS) to measure the frequency and severity of aggression directed at the respondent in the past and the Impact of Event Scale-Revised (IES-R) to evaluate PTSD.

**Results:** A rate of 75.8% of caregivers reported experiencing moderate to severe levels of aggression. Decreased contact with patient ( $p=0.00$ ), male gender ( $p=0.00$ ), older age ( $p=0.00$ ) and parent relationship ( $p=0.01$ ) of caregivers, diagnosis of schizophrenia or