

and the coping strategies used could provide insight into the quality of work life.

**Disclosure:** No significant relationships.

**Keywords:** resident; medical; resilience; intern

## EPV0846

### Evaluation of treatment adherence in patients with mental illness

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**Introduction:** Treatment adherence, is defined as “the extent to which a person’s behavior — taking medication, following a diet, and/or executing lifestyle changes — corresponds with the agreed recommendations from a healthcare provider.” The course of patients with mental health is habitually chronic and based on an indefinite continuation of treatment to sustain remission and prevent relapses. Treatment adherence issues are the main obstacles in the management of these patients

**Objectives:** The aim of the present study was to evaluate treatment adherence in patients with mental health and the demographic and clinical factors associated with it.

**Methods:** It was a cross-sectional study conducted at the department of Psychiatry A at Razi Hospital. The validated arabic version of Morisky-Green test was used to assess medication adherence. The patients were considered as adherent if they answered ‘No’ to all questions

**Results:** 60 patients were included, with a sex ratio M / F of 0.47. Patients were treated for bipolar disorder type1 in 45% of cases, schizophrenia in 28.3% of cases, schizoaffective disorder in 10% of cases and depressive disorder in 6.7% of cases. 50% of included patients had Moderate level of adherence, 35% were considered as non-adherent and only 13.3% had high adherence. The reported reasons for treatment discontinuation were insight (50%), financial problems (26.9%), side effects (15.4%) and unavailability of drugs (7.7%). The Morisky-Green test score were not correlated neither to the nature of the psychiatric disorder nor to multiple medication.

**Conclusions:** We found a high proportion of nonadherence in patients with mental illness.

**Disclosure:** No significant relationships.

**Keywords:** Adherence; patient; Treatment; mental disorder

## EPV0849

### Investigating the relationship between mental health, resilience and self-compassion among Greek unemployed people

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**Introduction:** Unemployment is considered to be one of the most stressful life events that a person may experience. There are a plethora of studies that highlighted the negative effects of unemployment on people’s overall mental health and well-being. Yet, psychological resilience and self-compassion contribute positively in coping with stressful situations and seem to be particularly supportive mechanisms when one is confronted with unemployment.

**Objectives:** This study intended to investigate the relationships between resilience, self-compassion and mental health in Greek unemployed people and the contribution of specific sociodemographic characteristics in this ‘equation’.

**Methods:** The study followed a survey design where a sample of 345 Greek unemployed participants completed an online questionnaire, examining the variables under study.

**Results:** According to the findings, people who reported being unemployed for more than six months showed decreased levels of mental health. Also, the unemployed with higher levels of resilience and self-compassion reported statistically significant higher levels of mental health and vice versa. Finally, self-compassion and psychological resilience were found to be statistically positive related to each other and are predictive factors of mental health with which they are statistically negative related.

**Conclusions:** The results of this study may contribute to the implementation of interventions aiming at improving mental health and the overall well-being of people affected by long-term unemployment.

**Disclosure:** No significant relationships.

**Keywords:** self-compassion; resilience; mental health; unemployment

## EPV0850

### The Relationship between Friendship and Social Life of Patients With Type 2 Diabetes with Depression

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**Introduction:** INTRODUCTION: Several studies have shown that the relationship between Diabetes and Depression is significant, but few have evaluated the relationship between this depression and patients’ social life.

**Objectives:** OBJECTIVE: Exploring the friendships and social life of patients with type 2 diabetes with levels of depression.

**Methods:** METHODS: The sample consisted of 130 Greek patients with type 2 diabetes and a mean age of 63.28 (SD = 13.89), who