Mental Health Care

EPV0566

Stress sources and coping strategies in medicine students

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Introduction: Medical school can be highly stressful and demanding, and negatively impact the well being of the students. Identifying sources of stress and a better understanding of the ways medical students cope can be helpful towards finding ways to increase the quality of life and efficiency of future physicians.
Objectives: We sought to assess what the main sources of stress and coping strategies are for medical students, as well as how year and socio demographic factors like gender influenced the coping strategies used.
Methods: We have performed a cross-sectional study on 489 medical students from Romania that have been asked to complete a survey which included the most common sources of stress, as well as the COPE inventory to assess what are the strategies that students use for coping with stress. Descriptive and comparative analysis of the data was performed using R software.
Results: Most students have reported stress related to learning and the academic setting. The high volume of material to be learned is by far the greatest source of stress for medical students, followed by weekly schedule and methods of examination. First year students are more preoccupied with accommodation and lack of recreational activities, while, comparatively, sixth year students tend to perceive the academic process itself as more stressful. The coping methods used most by medical students are active coping, planning, and positive reinterpretation of stressful events. Fortunately, the least used way of coping with stress is alcohol / drug use, as well as denial and behavioral disengagement, the latter two being associated with poorer academic performance. Compared to their older colleagues, first year students tend to turn more to religion and denial to cope with stress, while sixth year students show more acceptance and active coping mechanisms. Women are more focused on emotions, and tend to use venting more, as well as using emotional support more often than men, while men turn more to humor and psychoactive substances than women do.
Conclusions: The profile of stress sources and coping strategies of medical students differs by year of medical school and is influenced by socio demographic factors. Certain maladaptive coping strategies may affect an individuals' academic success, yet most students are using active, problem-focused strategies to deal with stress.

Disclosure of Interest: None Declared

EPV0567

Social media's traps affecting mental health among young adults

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Introduction: Due to technological advancements, a growing number of tasks can now be accomplished with the help of a screen. However, there may be repercussions to leading a lifestyle dominated by digital screens. Our study determines an association between problematic social media use and an increase in the incidence of negative mental health outcomes.
Objectives: This paper is a presentation of the mental health issue of young adults related to the use of social media.
Methods: Analysis of user behavior.
Results: The frequency of using these networks, the length of time spent in front of the screens, the way these platforms influence the daily activities of the users, the emotional states felt by them and the possible connection between the use of the Internet and face-to-face communication remain real challenges for mental health specialists.
Conclusions: Preventing the occurrence of mental health disorders among young adults in the context of the development of technology remains a topical issue.

Disclosure of Interest: None Declared

EPV0568

Factors influencing family medicine residents attitudes toward mental illness

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Introduction: Stigmatization of mental illness by health care professionals is notuncommon, and it represents a source of suffering for patients inaddition to the primary illness.
Objectives: To research factors influencing family medicine residents perceptions of psychiatric pathologies.
Methods: This is an analytical cross-sectional study among family medicineresidents enrolled at the Faculty of Medicine in Monastir (Tunisia),conducted over a period of 3 months (July 2022 to October 2022). TheCAMI (Community Attitudes towards the Mentally Ill) scale was usedto assess the attitude towards mental illness. Sociodemographic datawere collected through a pre-established questionnaire. The data wereanalyzed using SPSS

software 26 th version. Percentage comparisonson independent series were performed using the Pearson chi-squaretest.

Results: Our population was made up of 95 family medicine residents, dividedinto 28 males and 67 females. Sex ratio was 2.39. The average of agewas 28 years with extremes 25 and 35 years. 47.4% of residents(n=45) had a positive attitude towards mental illness. The associationbetween this positive attitude and a previous management of apatient with a mental illness was significant (pless than0.05). On the otherhand, there was no significant association neither with the existenceof a personal or family psychiatric history nor with the passagethrough a psychiatric internship of the residents towards mentalillness.

Conclusions: The management of patients with mental illness canreduce the stigmatization of mental illness by health professionals.Measures to raise awareness and create empathetic attitudestowards the mentally ill during physician training are needed toimprove the quality of front-line care.

Disclosure of Interest: None Declared

EPV0569

Family medicine residents' attitudes toward mental illness

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Introduction: The stigma of mental illness is a complex socialphenomenon that is widespread throughout the world, even amonghealth care professionals.

Objectives: Assessing attitudes towards mental illness among familymedicine residents in Tunisia

Methods: This is a descriptive cross-sectional study among of familymedicine residents enrolled at the Faculty of Medicine in Monastir(Tunisia), conducted over a period of 3 months (July 2022 to October2022). The CAMI (Community Attitudes towards the Mentally Ill)scale was used to assess the attitude towards mental illness. Sociodemographic data were collected through a pre-established questionnaire. The data were analyzed using SPSS software 26 thversion.

Results: Our population was made up of 95 family medicineresidents, divided into 28 males and 67 females. Sex ratio was 2.39. The average of age was 28 years with extremes 25 and 35 years.46.3% (n=44) of the residents were enrolled in the first year, 22.1%(n=21) enrolled in the second year and 31.6% (n=30) enrolled in thethird year. 88.4% (n=84) of the residents did a psychiatric rotationduring their training.We found that 47.4% of residents (n=45) had a positive attitudetowards mental illness.

Conclusions: Improving the attitudes of primary care physicianstowards people with mental illness is necessary to provide goodquality care to these patients

Disclosure of Interest: None Declared

EPV0570

Assessment of health-related quality of life in asthmatic patients

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Introduction: Asthma is a common worldwide, chronic respiratory disease. It has been shown to impair a person's health-related quality of life (HR-QoL), but the core influencing factors are not fully understood.

Objectives: We aimed in this study to evaluate QoL of asthmatic patients and its main determinants.

Methods: A prospective single center study was held with asthmatics consulting in the Pulmonology Department a public hospital in Tunisia. A complete structured questionnaire concerning sociodemographic and clinical characteristics were determined. The assessment of asthma control during the last 4 weeks was based on the GINA 2022 report criteria. The quality of life was assessed by the Asthma Quality of Life Questionnaire (AQLQ) scale in its validated Arabic version.

Results: A total of 109 asthmatic patients was included. Most of them were female (N= 73, 67%). Twelve (11%) were current or ex-smokers. The majority of patients (N=101, 92.6%) were active. Thirty-nine patients (35.7%) had comordidities. Asthma were controlled in 40.4% of cases.

The average of AQLQ was4.9±1.2. The most affected domains were environmental stimuli and symptoms with a mean value of 4.6 ± 1.3 and 5.0± 1.3 respectively.

Allergic and uncontrolled asthma and severe disease were significantly associated with the average of AQLQ in the study population with p respectively 0.001, <0.000 and <0.000.

Multivariate analysis demonstrated that factors independently associated with the HR-QoL were : the severity of asthma (OR-0.39, IC95% [-0.62,-0.15], p=0.001) and uncontrolled disease (OR=0.59, IC95%,[-0.87,-0.31], p=0.000).

Conclusions: These results suggest that uncontrolled and severe asthma significantly affect health asthma-related quality of life.

Disclosure of Interest: None Declared

EPV0571

Descriptive study of the consulting and coordination program between Health Center "La Barca" and Jerez Community Mental Health Unit.

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Introduction: Patients who receive primary medical care at the Health Center "La Barca" and its corresponding services receive