

Purpose: To estimate the effect of psychosocial distress on diabetes mortality rate at the aggregate level.

Method: Trends in age-adjusted, sex-specific suicide (as an integral indicator for psychosocial distress) and diabetes mortality rate in Russia from 1956 to 2005 were analyzed employing an ARIMA analysis in order to assess bivariate relationship between the two time series.

Results: Time series analysis indicate the presence of statistically significant association between the two time series for male ($r = 0.45$; $SE = 0.16$). The association between the two time series for female also positive, however, statistically not significant ($r = 0.25$; $SE = 0.14$).

Conclusion: The results of present study suggest a positive association between male suicide and diabetes mortality rate at the aggregate level and support the hypothesis that psychosocial distress is a risk factor for diabetes at the individual level. This paper presents new epidemiological evidence that supports psychosomatic concept of diabetes mellitus.

P0025

Burnout, coping and job satisfaction in service staff treating opioid addicts – from Athens to Zurich

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The aim of this study is the description and comparison of burnout, coping-styles and job satisfaction in drug service workers from six European regions.

Methods: The Maslach Burnout Inventory, Brief COPE, General Self-Efficacy questionnaire and a job satisfaction scale were filled in by 383 health care workers for opioid addicted patients from Athens, Essen, London, Padua, Stockholm and Zürich. As the study is part of a project examining European drug treatment systems and institutions the individual's results were related to organizational features.

Results: One third (29%) of the European staff under survey suffer from severe burnout. Employees from London and Stockholm are significantly more burdened than Zurich personnel where job satisfaction is highest. Males are more prone to burnout. Active strategies to cope with occupational stress were preferred. Some organizational characteristics such as setting and threshold of the treatment program seem to be relevant for the choice of coping strategies and job satisfaction.

Discussion: In comparison to health care services in other medical fields burnout is a severe problem for drug service workers. The results of the study hint at the necessity to further investigate stress in health care personnel caring for drug addicts and establish effective counteractive measures.

P0026

Acculturative stress and psychopathology in an immigrant population in primary care

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Introduction: The migratory process can be a considerable source of stress. High levels of acculturative stress would appear to moderate the appearance of mental disorders. Some of the stressors experienced by immigrants are related to homesickness, culture shock, and perceived discrimination, elements not shared with autochthonous individuals. The objective of this study is to analyze the association between acculturative stress and the presence of psychopathology in an immigrant sample in primary care.

Methodology: Cross-sectional study in which a sample of 300 immigrant primary care patients were evaluated with the Barcelona Immigration Stress Scale and the Mini International Neuropsychiatric Interview. The results were analyzed with the statistical package SPSS 15.

Results: Preliminary results indicate that higher levels of acculturative stress are associated with the presence of psychiatric pathology. The most frequent diagnosis is major depressive episode. Acculturative stress varied with demographic factors such as legal status, economic status and length of time in Spain.

Conclusions: Immigrants with higher levels of acculturative stress are more likely to suffer from psychiatric pathology at the time of evaluation with depressive symptomatology occurring most frequently. More research that studies the relationship between acculturative stress and mental health in primary care is needed. In addition, those factors of acculturative stress that best predict psychiatric pathology should be identified.

P0027

Stress, mental health and satisfaction among women doctors in England

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Background: With the increasing numbers of women in medicine it is important to study this group separately as gender may affect stress, mental health and satisfaction level.

Objectives: The aim of this study was to identify the sources of stress in women doctors that are predictive of mental ill-health job and dissatisfaction.

Methods: Both qualitative and quantitative methods were used in this study. Twenty five doctors were interviewed of which 15 were women. In the second stage questionnaires assessing levels of mental health, job satisfaction and sources of stress were distributed to a random sample of doctors in the North West of England. Of the 249 doctors, 85 were women. This study is based on the women doctors only in order to avoid confounding the women sample with male subjects.

Results: Multivariate analysis disclosed two job stressors that are predictive of mental ill-health; these were: communication and co-operation at work and demands of the job on family and social life. Two coping factors were predictive of job dissatisfaction, these were problem focused coping and wishful thinking. In addition, majority of women doctors showed high type A behaviour scores.

Conclusions: There may be substantial benefit in providing a support network system for women doctors and other health care professionals who suffer from stress in the workplace.

Keywords: stress, women doctors, job satisfaction, mental ill-health.

P0028

Posttraumatic growth within war torture survivors in Bosnia and Herzegovina

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Aim: Aim of this research is to assess the level of posttraumatic growth within war torture survivors.

Method: Research sample consisted of 128 clients who experienced war torture and who are included in multidisciplinary rehabilitation in The Center for torture victims in Sarajevo. As research instruments Sociodemographic questionnaire (CTV Sarajevo, 2006), List of stressful events (Butolo, Foa, Riggs-PSS 3) and Posttraumatic Growth Inventory (Tedeschi and Calhoun, 1996) were used.

Results: Sociodemographic data in this study shows that average age of the sample is 56, and that 55% male examinees were included in the study. Most of them were Bosniaks, and 53,1% unemployed. The results on the List of stressful events shows that 96,9% of clients experienced physical assault by unknown person and 92,2% of them experienced ethnic cleansing. The results on total PTGI in this research shows the mean value (2,2909) which indicates that they experienced moderate change after traumatic event. The highest score (2,9531) is related to subscale of Higher appreciation of life, while the lowest score (1,7578) is obtained at the subscale of New possibilities.

Conclusion: The results of this research shows that after being exposed to extreme traumatic events like war torture, even fifteen years after that, the level of posttraumatic growth within war torture survivors in Bosnia and Herzegovina is moderate.

P0029

Childhood Trauma, alterations of Hypothalamic-Pituitary-Adrenocortical (HPA) Activity, and Psychopathology in patients with Alcohol Dependence

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Background and Aims: The consequences of Childhood trauma (CT) become increasingly apparent. The available data suggest that (1) CT is related to persisting alterations of HPA activity, (2) CT is related to psychopathology in patients with substance use disorders (SUD), and (3) alterations of HPA activity are related to craving and psychopathology. However, none of the existing studies have tried to integrate these different perspectives.

Methods: We assessed anxiety (STAI), depression (BDI) and craving (OCDS-D) in a consecutive sample of 42 patients with alcohol dependence (37% female, 63% male) on day 1 (t1) and day 14 (t2) after their admission to a detoxification unit. Morning plasma

levels of cortisol and ACTH were assessed and a standard dexamethasone test (DST) was performed (t2). Finally, the Childhood Trauma Questionnaire was administered.

Results: At t1, cortisol levels correlated significantly with anxiety ($r=.34^*$) and sexual abuse ($r=.38^*$). An inverse relationship was found between ACTH levels and both, emotional abuse and emotional neglect (t1: $r=-.33^*$, $r=-.39^*$; t2: $r=-.32^*$, $r=-.51^{**}$). This relationship persisted when controlling for depression. Craving was related to anxiety and depression (t1: $r=.53^{**}$, $r=.60^{**}$; t2: $r=.39^*$, $r=.35^*$), but not to cortisol or ACTH levels. No relationships existed between CT and the DST outcome.

Conclusions: Our results give first evidence that CT is related to changes of the HPA activity in SUD patients, but they could not be further clarified by the DST. Psychopathology was related to both, early trauma and craving. Future studies should try to further examine these complex relationships.

P0030

Affective model of stress related disorders: State-Trait approach

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The purpose of the study was to elaborate of integrated psychopathological and psychological affective model of stress related disorders for the improvement of individual treatment approaches.

Methods: Diagnostic interview (based on ICD-10) – 125 symptoms (Stress Syndrome, Generalized Anxiety Disorder and Depressive Episode); Types of Affectivity Scale (Kovalevskaya, 2006), Pictogrammes Test (Luria, 1961); statistical analysis.

Results: A total of 175 out-patients with stress-related disorders have been investigated - 104 females and 71 males, mean age-33.9+10.6. Mean duration of disorder – 11.5+11.3 months. Psychic traumas: family conflicts – 70.3%, sever relations – 15.4%, death of a close person – 4,6%, severe disease of a close person – 4%, occupational conflicts – 1%. The results have shown three affective ways of psychic trauma fixation and disorders persistence – in anxious, melancholic and apathetic type. In elaboration of affective model of stress-related depression an integration of psychopathological and psychological results for statistical analysis was applied. The characteristic features in clinical symptoms, affectivity traits and psychic trauma perception variants of each type of affective spectrum revealed.

Conclusions: The results of the study have shown three types of affectivity in heterogeneous group of stress related disorders – anxious, melancholic and apathetic. The integrated clinical and psychological (state-trait) diagnosis of the spectrum variants is the basis for the individually directed complex therapy and rehabilitation.

P0031

Synergetics of syndrome of professional burnout in psychiatric community

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Professional activity connected with intensive and close communication with people often causes psychological, mental overfatigue, and in the time context, it disturbs the state of balance and inevitably leads to the syndrome of professional burnout (SPB). Activity of medical workers presupposes emotional saturation, psychophysical