

## Workshop: Healing the healers: strategies of prevention and modulation of work-related stress for mental health workers

W033

### Stay foolish, stay fit: An excursus on strategies to prevent burnout of mental health professionals

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Burn-Out (BO) is commonly described as a growing situation of work stress and conceptualized as a combination of emotional exhaustion, depersonalization/cynicism and reduced personal efficacy. Some professionals are exposed to a higher risk, depending on their specific work mansions (most typically the so called helping professions) and on personal and contextual conditions. Evidence from scientific literature has confirmed that being younger and working in the field of mental health are very significant risk factors for BO. Furthermore, BO is an essential target for preventive strategies: prevention of BO, rather than treatment of potential psychopathological consequences, has been proved to be more effective and cost-effective, though unfortunately very often disregarded or left to individual initiatives.

Physical activity, diet, and other features of a healthy lifestyle are core targets of interventions aimed at prevention of BO. Increasing evidence is collected on the effectiveness of mindfulness-based techniques and yoga. Supervision, and more specifically Balint-inspired models of group case discussions. Scientific and professional associationism is also effective as a strategy to avoid isolation. Finally, interventions aimed at improving work organization, targeting logistic aspects (eg. Time schedules), infrastructures (eg. Parking places) or dynamics and human interactions, are also essential and effective.

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W034

### Suicidal behavior among Portuguese psychiatry trainees: Comparison with the European situation

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*Introduction* The aim of this paper was to assess the prevalence of suicide ideation and attempts in Portuguese psychiatry trainees (adult, child and adolescence), and compare the data with the general population and other European countries.

*Material and Methods* A structured and anonymous questionnaire was sent by email to 159 Portuguese trainees of adult psychiatry, child and adolescence psychiatry with questions about personal history of suicidal ideation and suicide attempts, as well as family history of suicide attempts and completed suicides. This is part of the BoSS Study (Burnout Syndrome Study) performed in 21 countries worldwide. Data was analyzed in SPSS v.19.

*Results* From the inquired population, 62 trainees (40.3%) partially responded, and 46 (29%) were complete responders - these entered the final analysis. There was a ratio of 2:1 (female: male) and a mean age of 29 years. The suicidal ideation was present in passive form in 44% and in active form in 33%; also,

4.3% of respondents had previous suicide attempts. In first-degree relatives, 22% had attempted suicide and 13% completed suicide.

*Discussion* The results are worrying and may be associated with some factors to which this population is exposed.

*Conclusion* It is necessary further research to better understand this phenomenon, its causes and potential modifiers.

*Disclosure of interest* The author has not supplied his declaration of competing interest.

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W035

### Workplace stress among non-doctor trainees in psychiatric rehabilitation

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Mental health care settings have long been associated to a specific and long-standing emotional involvement, eventually determining professional stress and burnout in psychiatrists. However, recent evidence demonstrated that also non-doctor mental health workers may be at high risk of developing job dissatisfaction. Previous studies also suggested that the longer exposure to psychiatric settings the higher the levels of burnout. We report here data from a survey conducted among first-year students of rehabilitation courses in psychiatry ( $n=44$ ) and logopedics ( $n=39$ ), before and after the first exposure to an health care environment over a 6-month term. We investigated their psychological wellbeing and risk of psychiatric morbidity (by means of GHQ-12), levels of burnout (with the Maslach Burnout Inventory) and knowledge about mental health (by means of the MAKES schedule). The two groups were comparable as for the main socio-demographic characteristics as well as for their knowledge about mental health before training. We found a significant difference between students in mental and general health care, with significantly higher emotional exhaustion and depersonalization and lower personal accomplishment levels in the former group, after 6-month training. Such changes were significantly correlated to variations in knowledge about mental health issues and risk of psychiatric morbidity. The implementation of a specific peer support group was perceived as extremely useful by the majority of the students (96%) and had a positive impact on their burnout levels and psychological wellbeing.

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W036

### Work setting and perceived stress - are all of us exposed to the same risks?

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In this presentation we propose to speak about specific stressors/protective factors that might be present in different settings of work (working in prison, working in addition, working with babies, liaison...) and individual factors that might be linked with more/less perceived stress. It will be done by means of a review of the literature.

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