

Participants completed an anonymous self-administered questionnaire and the Maslach Burnout Inventory (MBI) to assess burnout.

Results: Forty residents completed the survey. The average age was 28.08 ± 2.433 . The majority of the participants (87.5%) were females, 27.5% were married and 17.5% had kids. One fifth of the residents were smokers, 22.5 % used alcohol and 5% used cannabis. History of psychiatric disorder was reported by 35% of the participants (depression 15%, anxiety 17.5%, bipolar disorder 2.5%). Half of participants were first year residents and 75% had psychiatry as their first-choice specialty. The majority (72.5%) declared working in poor conditions. Overall, 37.5% of the participants met the criteria for severe burnout. Female gender and poor conditions of the workplace were significantly associated with burnout symptoms ($p=0.007$ and $p=0.014$ respectively).

Conclusions: Attention to burnout during residency is important, given the potential to implement preventive and management strategies on time for physicians' to promote wellness and avoid severe consequences.

Disclosure: No significant relationships.

Keywords: burnout; psychiatry; residents

Women, Gender and Mental Health

EPV1618

Women's access to mental health care in Tunisia

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Introduction: Tunisia is viewed as an advanced country in terms of women's rights in the Arab world. However, women are more exposed than men to many specific risk factors which greatly contribute to threaten their mental health.

Objectives: The main objective of this study was to find out the sociodemographic and clinical profiles of women admitted in Razi psychiatric hospital and their access to mental health services.

Methods: A cross sectional and descriptive survey was conducted between March and April 2021 in the department of psychiatry D of Razi Hospital including 40 female inpatients.

Results: The majority of patients had low (37.1%) to moderate (61.9%) socio economic status, with primary education (40%), secondary education (20%) and higher education (28.6%). The majority was unemployed (68.8%). A significant difference was observed between adherence to treatment and family support ($p=0.04$). It was mainly the father or the husband who was taking care of the patient in 50% of cases. The first psychiatric consultation was 2.68 years after having symptoms. Hospitalization was about 4.94 years later. Twenty five percent of them have seen a practitioner before consulting. About 46.87% of patients had conflicts with a member of her family and 15.62% of them were victims of either domestic or family violence. The main diagnoses were mood disorders (31.4%) and schizophrenia (42.9%) Time between symptoms onset and hospitalisation was significantly associated with socioeconomic status ($p=0.047$) and cultural beliefs ($p=0.026$).

Conclusions: The protection of women's mental health is not only a medical challenge but also a cultural and political one.

Disclosure: No significant relationships.

Keywords: women mental health; Tunisia

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Women's Perception and Attitude Towards Using Antidepressants During Pregnancy: A cross sectional study

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Introduction: Depression during pregnancy leads to deterioration of the mothers' and the fetus' health.

Objectives: To explore women's perception and attitude towards using antidepressants during pregnancy and identify the factors that influence decision making regarding antidepressants use.

Methods: A cross-sectional survey of 991 subjects using convenient sampling. All study subjects (PNU affiliates; staff and students) were invited to fill out an electronic questionnaire, KAAUH staff and PNU female associates who were less than 18 years old were excluded. Answers were reported using 5- point Likert scale. The responses were summed up to give a total score for each respondent. The cutoff point is 75%. Respondents who scored above or equal 75% of the total score was considered as positive perception or favorable attitude.

Results: The majority of women had negative perception and favorable attitude towards using antidepressants during pregnancy reaching 64%. While, women with positive perception and favorable attitude represented about 20% of the study subjects. The main factors influencing decision making were, education specialty (health, none-health) and subject history of diagnosis with any psychological disorder. Social stigma, religious believes and fear of addiction were reported by surveyors to be the reason influencing their perception and attitude about antidepressants use (P value <0.005).

Conclusions: This study reveals that although Saudi women reflect a negative perception towards using antidepressants during pregnancy, yet they have a favorable attitude once depression during pregnancy becomes an issue.

Disclosure: No significant relationships.

Keywords: Depression; antidepressant; Pregnancy; Antidepressants

EPV1620

An Evaluation of Mental Health Professionals' Confidence in Performing Perinatal Assessments & The Need for the Development of an Assessment Tool

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Introduction: Clinicians often do not have experience assessing perinatal patients unless they work as part of a perinatal team.