

“Quality in Psychiatric Care” (QPC) is a large research programme aiming at adapting the versions of the QPC instrument for patients and staff to different international settings.

Objectives: The aims were to test the psychometric properties and equivalence of dimensionality of the different language versions of QPC and also to describe and compare the quality of psychiatric out-patient, in-patient, forensic in-patient and psychiatric care across different countries.

Methods: The QPC is a family of instruments based on a definition of quality of psychiatric care from the patients perspective with adapted versions for staff. In this project, we used different language versions in three areas for patient and staff: psychiatric out-patient (QPC-OP/OPS), in-patient (QPC-IP/IPS), and forensic in-patient (QPC-FIP/FIPS).

Results: Patients in out-patient psychiatric care in Brazil rated the quality of care higher than Swedish patients. Comparisons of forensic in-patient care (QPC-FIP/FIPS) patients were more critical of the care they received while staff were generally more positive on the quality of care provided in both Denmark and Sweden. Quality of in-patient care (QPC-IP/IPS) in Spain show staff rating lower quality of care than patients and lowest in the secure environment, which the Swedish staff rated low as well. In Indonesia the patients rated lower quality than staff and lowest in the discharge dimension, followed by the participation dimension. Generally, staff and patients were similar in their perceptions of the low quality of participation. Several studies in Turkey, Indonesia, Spain, Faroe Islands and Norway is ongoing.

Conclusions: The psychometric test and validations of the instrument QPC in different language and country versions will assist countries to compare quality of care, quality improvement and permits benchmarking. Since there are few standardized instruments for measuring quality of care in the psychiatric care, the QPC is expected to make an important contribution to the development in the field.

Disclosure of Interest: None Declared

EPP0884

Patient-to-worker violence in Public hospitals in Tunisia

A. Omrane^{1*}, C. Harrathi¹, I. Mlouki², M. Ouerchefani¹, T. Khalfallah¹, S. EL Mhamedi² and L. Bouzgarrou¹

¹Occupational Medicine and Ergonomics and ²Preventive and community medicine, Faculty of Medicine of Monastir Tunisia, Monastir, Tunisia

*Corresponding author.

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Introduction: Compared with workers in other sectors, hospital workers are victims of high rates of non-fatal workplace assault injuries worldwide. Unfortunately, a large amount of these injuries is a result from violent acts committed by patients. International research has focused on perceived reasons for patient violence among physicians and patients.

Objectives: To determine the prevalence and factors of patient-to worker violence in two hospitals in the central-eastern region of Tunisia.

Methods: A cross-sectional bi-centric study was conducted in two teaching hospitals. This study included all healthcare workers of

these hospitals. Data collection was performed by a structured self-administered questionnaire related to demographic and professional characteristics of participants. Participants were asked about violence where the perpetrators were patients using a questionnaire developed and validated by a Jordanian team to evaluate Violence. Beck's Depression Inventory II and Rosenberg self-esteem scale were chosen to explore self-esteem issues and mood disorders. The Fagerstrom test for nicotine dependence was used to assess cigarette dependence. The Internet addiction test was used to evaluate internet addiction.

Results: The response rate was of 19%. The mean age of the sample was 34.5 ± 9.6 years. In work sit, 46.9% (n=239) reported being exposed to at least one incident of patient-to-worker violence. Exposure to verbal violence was reported by 92.1% of workers. Among the sample, 18.9% of participants reported feelings of low self-esteem. Asked about depressive symptoms, appetite problems were reported in 77.1% of cases. A significant association was found between patient-to-worker violence, nationality (p= 0.01) and occupation (p= 0.01) of respondents. Results showed also that patient-to-worker violence was significantly associated with smoking (p=0.043), the degree of cigarette addiction (≤10-3) and alcohol consumption (p=0.008). Mood disorders were associated to exposure to patient-to-worker violence. An increased risk to be exposure to incidents of physical violence was found among workers with depressive symptoms. Also, reporting physical violence was associated with self-esteem issues and feelings of worthlessness.

Conclusions: Violence has become an alarming hazard in hospitals. This study showed the association between different factors and the exposure to patient-to-worker violence incidents in two hospitals. Being exposed to patient-to-worker violence has negative impacts. Some of type II violence's consequences are to impact quality of life of workers, depression, psychological squeals, effectiveness of work and the decrease of quality of care. In order to reduce patient-to-worker violence, urgent prevention programs should be incorporated in hospitals.

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EPP0885

Profile of mood states-12: same validity, more usability

A. T. Pereira^{1,2*}, A. I. Araújo^{1,2}, C. Cabaços¹, M. J. Brito¹, M. Fernandes³, A. Rodrigues³, J. S. Silva³ and A. Macedo¹

¹Institute of Psychological Medicine, Faculty of Medicine, Coimbra University; ²Coimbra Institute for Biomedical Imaging and Translational Research, Coimbra University and ³Department of Electrical and Computer Engineering, Faculty of Sciences and Technology, Coimbra, Portugal

*Corresponding author.

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Introduction: The Profile of Mood States is one of the most widely used instruments to assess mood states. It is a rapid and economic method of assessing transient affective states (McNair *et al.* 2003) and it has been translated and validated to several languages including Portuguese. In our country we have several versions, with different factorial structures and number of items. The scale presents a list of feelings and emotions (adjectives) that people commonly experience.

With university students, we have used a version composed of 36 items that evaluates three factors, with good validity and reliability: Depression, Anxiety/Hostility and Positive Affect (Amaral et al. 2013).

However, to be included in digital apps that in addition to ecological momentary assessment parameters require a weekly or even daily assessment of mood states, this version has little usability.

Objectives: To develop a shorter version of the POMS-36 based on Exploratory Factor Analysis and to analyse its construct validity using Confirmatory Factor Analysis in a sample of Portuguese college students.

Methods: 765 students (69.2% females; mean age=22.09±2.433; range: 17-26) fill in the POMS-36 and the Perceived Stress Scale (Amaral et al. 2014). The total sample was randomly divided in two sub-samples. Sample A (N=380) was used to EFA and sample B (N=385) was used to CFA.

Results: Through EFA (with varimax rotation and extracting three factors), the four items with the highest loadings in their respective factor were selected. Then, the CFA, carried out with the AMOS, revealed that this three-factor model, with two pairs of correlated errors, indicated a good fit ($X^2/df=4.6010$; CFI=.9561; GFI=.9406; TLI=.9559; RMSEA=.0687, $p[rmsea]=0.04$). The internal consistency analysis resulted in α (Cronbach alphas) <.75 for the three factors. Pearson correlations of the three factors - Depression, Anxiety/Hostility, Amability/Vigour - with Perceived stress were all significantly ($p<.01$) and moderate, respectively: .533, .614 and -.461.

Conclusions: Although much shorter, the new POMS-12 has good validity (construct and divergent-convergent) and reliability, being more suitable in studies that require frequent and rapid self-monitoring of affective states, such as ISABELA ("IoT Student Advisor and Best Lifestyle Analyser"), an app targeting student mental health and well-being in which we have been working.

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EPP0886

Relationship between self-esteem, self-efficacy and academic procrastination among medical students

M. Turki, F. Sahnoun, A. Guermazi*, O. Elleuch, F. Bennaceur, N. Halouani, S. Ellouze and J. Aloulou

Psychiatry B Department, Hedi Chaker University hospital, Sfax, Tunisia

*Corresponding author.

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Introduction: Recent studies proved that academic procrastination is a very common pervasive problem that has a negative impact on general well-being, causing distress, anxiety, remorse and unhappiness. It could also result in poor academic performance and negatively affect students' satisfaction with themselves and their academic life.

Objectives: The aim of this study was to explore the influence of self-esteem and self-efficacy on academic procrastination among Tunisian medical students.

Methods: We conducted a cross-sectional, descriptive and analytical study among medical students from Tunisia. Data were

collected through an anonymous online questionnaire, exploring sociodemographic characteristics, the "Tuckman Procrastination Scale" (TPS), the "Rosenberg's self-esteem scale" (RSES) and the "General Self-Efficacy Short Scale" (GSESS).

Results: A total of 133 participants completed the questionnaire. Their mean age was 26 ± 3.8 years, with a sex-ratio (F/M) of 4,5. Among them 87.2% were engaged in academic procrastination, 57,1% showed low self-esteem and 55,6% perceived themselves as non-effective.

GSESS score were higher among males ($p=0.019$)

TPS score was negatively correlated with RSES score ($p<0.001$; $r=-0.372$). RSES score was positively correlated with GSESS score ($p<0.001$; $r=0.44$).

No relationship was proved between TPS and GSESS.

Conclusions: Even though procrastination is most of the time considered as a maladaptive and detrimental behavior with a psychological cost, some authors consider it acting in a beneficial way, as it reflects self-reliance, autonomy and self-confidence knowing that they are able to finish their task in time. As a result, procrastination is linked to feelings of superiority and it should be recoined as "purposeful delay".

Disclosure of Interest: None Declared

EPP0887

Academic procrastination among tunisian medical students: prevalence and associated factors

F. Sahnoun, M. Turki, A. Guermazi*, O. Elleuch, M. Ksibi, N. Halouani, S. Ellouze and J. Aloulou

Psychiatry B Department, Hedi Chaker University hospital, Sfax, Tunisia

*Corresponding author.

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Introduction: Medical students have to do multiple tasks as part of their extensive curriculum in order to achieve the proficiencies expected of them. Being overwhelmed creates a time management problem, substance use and a tendency to procrastinate. Therefore, accumulated tasks may generate distress that could result in poor academic performance.

Objectives: The aim of this study was to investigate prevalence and factors related to academic procrastination in Tunisian medical students.

Methods: It was a cross-sectional, descriptive and analytical study conducted among Tunisian medical students. Data were collected through an anonymous online questionnaire, assessing sociodemographic characteristics, the "Tuckman Procrastination Scale" (TPS) and the "Time Management Subscale of the Learning and Study Strategies Inventory" (LASSI-TM).

Results: A total of 133 participants completed the questionnaire. Their mean age was 26 ± 3.8 years, with a sex-ratio (F/M) of 4,5. The mean LASSI-TM score was 16.69 ± 4.6 . Among students, 65.4 % showed deficit in time management.

The mean TPS score was 42.48 ± 7.11 . According to this scale, 87.2% of participants were engaged in academic procrastination. TPS score was significantly higher among psychoactive substances users ($p=0.004$), in those with psychiatric history ($p=0.026$) and in