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Stressful events among adolescents from public schools in a community in Brazil

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Introduction: Adolescence can be seen as a fundamental stage of life for the construction of the subject, resulting from childhood experiences and decisive for adulthood. It is common stressors to appear during adolescence, due to the lack of necessary resources to deal with a stressful problem or event. In this way, the evaluation of a stressful situation by the adolescent is important, because from it he will develop coping strategies that will help him to deal with the problem. Stressful life experiences, whether important events or even common annoyances, threaten the adolescent's well-being, in addition to being linked to mental health and behavior problems, both internalizing ones, such as isolation, somatic complaints and anxiety/depression, as well as externalizing factors such as breaking rules and aggressive behavior. Romantic relationships are related to a major source of stress in the lives of these young people when conflicts, jealousy, aggression and infidelity occur, and have a great impact on the mental health of the individuals involved. Breakups, for example, have been linked to the onset of clinical depression in adolescents.

There are three categories of concern for adolescents: (a) related to achievements, such as success in school or opportunity for success in the future; (b) relationships with colleagues or family members; and (c) social problems such as the environment, poverty and unemployment.

Objectives: To identify and describe stressful life events in adolescents from public schools in a poor community in Brazil.

Methods: The study included 64 adolescents, boys (51.56%) and girls (48.43%), aged between 12 and 16 years old (average 13.76%). The Adolescent Perceived Events Scale (APES) was used, which consists of 90 items that correspond to events that may occur in the adolescent's daily life.

Results: The most significant stressors for the adolescents in this study were those dealing with the death of close people, such as a friend (100%), a family member (96.29%) and a relative (94.73%). Also appearing as major stressors were "plans that did not work" (91.89%), use of alcohol or drugs by family members (87.5%), loss of a job by parents (75%), imprisonment of a family member (75%), fights with boyfriend or girlfriend (86.66%), breakup (75%) and concern about their own appearance (76.52%).

Conclusions: Events referring to interpersonal relationships were considered the greatest stressors, with percentages above 80%. The present study contributed to the understanding of adolescents' perceptions of their life events. In this way, we can understand the relationship between stressors and the coping strategies. Furthermore, it allows the proposition of preventive intervention strategies in the school context.

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Role of Body Mass Index on Perceived Stress in Medical StudentsR. Jbir^{1*}, R. Masmoudi², M. Abdelkefi³, S. Hentati⁴, I. Feki⁵, R. Sellami⁴ and J. Masmoudi³¹Psychiatry 'A', Hedi Chaker hospital university; ²Hedi Chaker hospital university; ³Hedi chaker hospital university; ⁴Psychiatry 'A' and ⁵psychiatry A, Hedi chaker university hospital, Sfax, Tunisia

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Introduction: The study period to become a medical professional is notoriously stressful. This label can be attributed to various factors like long tedious training, social expectations, long work hours, high liability, sleep deprivation, and a constant lack of time to relax in this vulnerable area, physical appearance, either weight loss or obesity, can affect the mental health of these young people.

Objectives: To determine the role of body mass index (BMI) on the levels of perceived stress in medical students.

Methods: Our study was descriptive and analytical cross-sectional, carried out with medical students in the faculty of medicine of Sfax (Tunisia) during October 2022.

An anonymous survey was asked to the students.

Data collection was done by a self-administered questionnaire via Google Forms administered in the students' Facebook groups. The questionnaire was composed of a part for the collection of socio-demographic data and a psychometric scale:

- Cohen's Perceived Stress Scale (PSS) to determine the level of stress

Results: A total of 95 responses was collected. The average age of our sample was 25.8 ± 3.4 with female predominance (78,9%).

The half of the population (53,7%) were residents in medicine.

The majority of them (88,4%) had an average socio-economic level and singles (83,2%) .

81,1% had a stressor related to studies in 50,5%, to family in 40 % and financial in 9,5%.

Tobacco consumption were reported by 14,7 % .

A psychiatric history was reported by 17.9% of the students, 76.5% of whom are anxiety disorders.

27.4% tried to control their weight. Several methods of weight control were used, the most frequent (65.4%) was diet, none resorted to laxatives and 8.4% consulted a nutritionist.

Almost half of the population (57,9%) slept between 5 and 7 hours. The average body mass index was 23.64 kg/m^2 ($SD=3.53$).

According to PSS scores, 21.1% of students had severe level of stress, 69.5% had moderate stress level while 9.5% had low level of stress.

Those followed in psychiatry had a higher level of stress ($p < 10^{-3}$), especially those with anxiety disorder ($p=0,02$).

The students pressed for weight control were more stressed than their peers.

The levels of stress were higher among underweight students ($BMI < 18.5$) and overweight students ($BMI > 25$) without significantly correlations.

Conclusions: The current study revealed that medical students, especially underweight or overweight students, are more susceptible to develop stress symptoms, that is why psychic support must be available on their university.

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