

stigma in women and men. Strong self-stigma was associated with reduced help-seeking intentions. In men with low self-compassion CMN was directly linked to reduced willingness for help-seeking. In women and men with strong self-compassion no direct, but indirect links between CMN and reduced help-seeking intentions via self-stigma were found.

**Conclusions:** CMN and self-stigma of help-seeking were not unique barriers in men, but also were relevant for women's formal help-seeking intentions. Even though increased self-compassion was associated with decreased self-stigma, interventions that aim to increase self-compassion may not help increase help-seeking behaviors.

**Disclosure:** No significant relationships.

**Keywords:** help-seeking; depressive symptoms; conformity to masculine norms; self-stigma

## EPV0808

### Burnout and associated factors among Tunisian medical interns and residents

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**Introduction:** Burnout is an occupational psychological syndrome induced by chronic stress defined by three dimensions: emotional exhaustion (EE), depersonalization (DP) and reduced personal accomplishment (PA).

**Objectives:** Estimate burnout among residents and interns in Tunisia. Identify factors related to burnout.

**Methods:** We conducted a cross-sectional, descriptive, and analytical study between March 1 and April 15, 2021. Data collection among young physicians was done by a self-questionnaire published online. The assessment of the degree of burnout was done by the Maslach Burnout Inventory (MBI).

**Results:** The total number of participants was 56 of which 71.4% were women. The average age was 26.76 years. The percentage of the married was 21.4% of which 58.3% had children. 30.4% had parents in charge. Most of the participants worked in university hospitals and 75% of them in a medical department. Residents represented 64.3% of the participants. Number of working hours exceeded 40 hours per week in 60.7% of the cases with an average number of shifts per month estimated at  $4.71 \pm 2.36$ . According to MBI, 94.6% of the participants had a score in favor of burnout, of which 19.6% was severe. The number of hours worked per week and the number of shifts per month were significantly associated with the presence of a burnout syndrome with respective correlation factors of 0.027 and 0.047.

**Conclusions:** Most residents and interns suffered from burnout with a variable degree of severity. The workload with a greater number of working hours and on-call duty favored the emergence of this burnout.

**Disclosure:** No significant relationships.

**Keywords:** medical; intern; resident; burnout

## EPV0809

### job satisfaction and its impact on resilience: a cross-sectional study of Tunisian interns and residents in medicine.

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**Introduction:** Preventing burnout and promoting resilience are important to the well-being of health care professionals and the quality of patient care. Indeed, it's a promising way to mitigate the negative effects of stressors and allow professional growth.

**Objectives:** study the association between job satisfaction and resilience in medical interns and residents.

**Methods:** As part of a descriptive and analytical cross-sectional study, interns and medical residents completed an online self-questionnaire using 'Google Forms'. It collected socio-demographic data and assessed the level of job satisfaction using a 5-point Likert-type scale for each item. The Brief Resilience Scale (BRS) was used to assess the level of resilience.

**Results:** The total number of participants was 56, of which 64.3% were medical residents. 75% of the participants worked in a medical department and most had a number of shifts per month  $\geq 4$ . The average years of practice was  $2.27 \pm 1.23$  years. Participants expressed dissatisfaction at work with salary (69.6%), task allocation and organization (66.1%), availability of resources (66.1%), comfort (57.1%), safety (53.6%) and supervision (50%). Referring to the BRS scale, higher resilience scores were objectified in male participants ( $p=0.002$ ). The level of resilience decreased with the number of years of practice ( $p=0.039$ ). Good satisfaction by management and recognition at work could enhance the level of resilience ( $p=0.029$  and  $p=0.043$  respectively).

**Conclusions:** The results of our study suggest that dissatisfaction with work-related aspects may influence the level of resilience. These results deserve special attention to improve job satisfaction and preserve resilience.

**Disclosure:** No significant relationships.

**Keywords:** interns; resilience; residents; job satisfaction

## EPV0810

### Organising Joint Primary & Secondary Care (CPA) Reviews for severe mental health disorders hosted at GP practice in Walsall UK, an exemplar of collaborative working

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**Introduction:** Provision of holistic, accessible and high quality mental health care to the patients requires sharing of responsibilities & resources, enhanced communication & collaboration at the