Introduction: From an educational perspective, motivation is a multifaceted construct that is closely related to learning and academic success. In other words, academic success motivation is a student's tendency to act in a certain way and evaluate themselves. Additionally, this study was conducted considering the problems faced by the education system, including poor quality of education, which leads to factors such as pessimism, anxiety, and depression that reduce students' motivation to learn and increase the risk of reduced success motivation.
Objectives: To investigate the motivation for success in nursing students in relation to anxiety.
Methods: The study employed a descriptive research design. The study was conducted using a random sampling formula from all undergraduate nursing students, including n=160 students, and included 16 questions from the standard general section developed by researcher Yu.M. Orlov, 22 questions to assess motivation to achieve, and 40 questions to determine anxiety developed by Spielberga Khanin. The survey was conducted in 30 minutes at number 101, 4th place, from March 12 to March 20.
Results: 36.9% had a low level of motivation to achieve success, 43.8% had an average level of motivation to achieve success, and 19.4% had a high level of motivation to achieve success. 9.4% had a high level of anxiety, 19.4% had a moderate level of anxiety, and 71.3% had a low level of anxiety, respectively. 10% of the first-year students had a high level of motivation to achieve success, 56.25% had an average level of motivation to achieve success, and 33.75% had a low level of motivation to achieve success. 28.75% of the 4th-year students had a high level of motivation to succeed, 31.25% had an average level of motivation to succeed, and 40% had a low level of motivation to succeed. 5% of the first-year students had high anxiety, 18.75% had moderate anxiety, and 76.25% had low anxiety, while 13.75% of the fourth-year students had high anxiety, 20% had moderate anxiety, and 66.25% had low anxiety. There was a weak positive correlation between the achievement motivation score and anxiety score (r=0.28, p=0.00) and a statistically significant relationship. In simple linear regression analysis, an increase in the achievement motivation score by one affected the anxiety score by 42%.
Conclusions: The students who participated in the study have low desire and ambition to achieve success, and there are no students who are not anxious. Motivation to achieve success and anxiety are high in the fourth grade. Motivation to achieve success and anxiety are related, and motivation affects anxiety.

Disclosure of Interest: None Declared

EPV173

Fatigue Induced by Alarm Sounds among Nurses Working in Intensive Care Units: A Descriptive and Analytical Study

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Introduction: In modern intensive care units (ICUs), nurses are continuously exposed to numerous auditory alarms emitted by monitoring and life-support equipment. Although designed to ensure patient safety, excessive alarm frequency and false alarms contribute to *alarm fatigue*—a progressive desensitisation that can impair vigilance, increase mental workload, and endanger patient outcomes. Alarm fatigue has emerged as a significant occupational health issue, often associated with psychological stress and physical exhaustion. Assessing the impact of alarm exposure on nurses' fatigue levels is crucial for developing effective prevention and management strategies.
Objectives: This study aimed to describe and analyse the level of fatigue induced by alarm sounds among ICU nurses and to explore its association with perceived stress. Specifically, it sought to quantify fatigue using the Fatigue Assessment Scale (FAS) and measure perceived stress through the four-item Perceived Stress Scale (PSS-4)
Methods: A descriptive and analytical cross-sectional study was conducted among ICU nurses working in different hospital units. Participants were selected through convenience sampling. Data were collected using a self-administered questionnaire including sociodemographic variables (age, gender, years of experience, shift pattern) and the FAS, PSS-4. Statistical significance was set at $p < 0.05$
Results: A total of 98 ICU nurses participated in the study, with a mean age of 34,69 years and a mean professional experience of 6.57 years. The male-to-female ratio was 1.2 (55/43). Our study revealed that a substantial proportion of nurses (85 participants, 86.7%) experienced fatigue. Most of them (74 participants, 75.5%) reported mild to moderate fatigue, whereas a minority (11 participants, 11.2%) exhibited severe fatigue. A low level of stress was observed in 76.5% of participants, with a mean perceived stress score of 6.46 ± 1.37. Bivariate analysis showed no significant gender difference in fatigue scores associated with noise exposure, nor any variation across hospital units. Nevertheless, alarm-related fatigue was found to be higher among nurses with longer professional experience
Conclusions: This study highlights the substantial burden of fatigue among ICU nurses, particularly that induced by frequent and false alarms. Although gender and service type were not determining factors, professional seniority appeared to increase vulnerability to alarm-related fatigue. These findings emphasize the need for institutional strategies focused on alarm management, ergonomic optimization, and mental health support to preserve nurses' alertness and well-being. Further longitudinal studies are recommended to explore causal mechanisms and evaluate targeted interventions.

Disclosure of Interest: None Declared

EPV174

Hypervigilance as a Specific Longitudinal Predictor of Anxiety Symptoms: A Self-Report Study

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Introduction: Hypervigilance is a distinctive attentional control state involving increased scanning of the environment to detect

potential threats (Richards et al., Neurosci Biobehav Rev 2014; 47:102–117). Although it has been conceptually linked to anxiety, its specificity in predicting anxiety versus depressive symptoms remains unclear.
Objectives: This study aimed to examine the discriminant predictive validity of hypervigilance over time, assessing whether it serves as a specific longitudinal marker for anxiety symptoms compared to depressive symptoms.
Methods: A sample of 165 adults with varying levels of anxiety risk completed the Brief Hypervigilance Scale (BHS; Bernstein et al., Psychol Trauma 2015; 7:448–455) at baseline. Anxiety and depression symptoms were assessed six months later using the respective subscales of the Spanish version of the Depression Anxiety Stress Scales (DASS-21; Daza et al., J Psychopathol Behav Assess 2002; 24:195–205). Hierarchical regression analyses were conducted, controlling for age and baseline symptom levels.
Results: Hypervigilance significantly predicted anxiety symptoms at follow-up ($\beta = .250$, $p = .003$), accounting for an additional 4.1% of the variance beyond baseline anxiety. In contrast, its predictive value for depressive symptoms was non-significant ($\beta = .119$, $p = .080$). These findings suggest that hypervigilance may serve as a specific marker for anxiety vulnerability.
Conclusions: Self-reported hypervigilance demonstrates longitudinal specificity in predicting anxiety symptoms, but not depressive symptoms. These results support its potential utility in early identification and prevention strategies targeting anxiety disorders.

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EPV175

Health anxiety among Tunisian nursing students: A Cross-Sectional Study

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Introduction: Nursing students are intensively exposed to medical knowledge and clinical environments, which may predispose them to health anxiety (HA), a condition characterized by excessive fear of having a serious illness.
Objectives: To assess the prevalence of HA symptoms and to determine associated sociodemographic and clinical factors among nursing students in Tunisia.
Methods: A descriptive and analytical cross-sectional study was conducted in February 2025. An exhaustive sampling method was used, soliciting all 340 undergraduate nursing students across three academic years at the institute. Data were collected via an online questionnaire. The Health Anxiety Questionnaire (HAQ) was used to understand behaviors such as reassurance seeking, health worry and preoccupation, fear of illness and death, and obstruction with life.
Results: The final sample included 184 students (complete response rate: 49.6%). The mean age was 20.4±1.1 years, with a balanced gender distribution (50.5% female). The prevalence of significant HA symptoms (HAQ≥20) was 71.2%. Alarmingly, 44% of the total sample had scores indicating probable clinical hypochondria (HAQ≥30). Analysis of the HAQ subscales revealed high scores for **Health Worry (10.57 ± 4.74)** and **Fear of Illness/Death (9.29 ± 4.28)**.
Bivariate analyses identified two factors significantly associated with higher HAQ scores: **age < 20 years (p=0.003)** and a **personal history of psychiatric disorders (p=0.023)**.
No significant association was found with gender, academic year, or family history of medical conditions.
Conclusions: This study reveals a high prevalence of health anxiety among Tunisian nursing students. A targeted intervention to create support systems is needed within educational frameworks to mitigate this significant burden of health anxiety, focusing particularly on identified at-risk groups.

Disclosure of Interest: None Declared

EPV176

The effect of the Apollo Neuro device on anxiety among participants who underwent ketamine assisted therapy: A non-randomized, observational cohort study

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Introduction: Positive feedback from a mental health treatment program that uses treatment adjuncts inspired researchers to assess the potential role of the Apollo Neuro device in mental health outcomes.
Objectives: To assess the impact of the Apollo Neuro device on anxiety levels in a ketamine-assisted therapy treatment program, comparing those using the device with those not using the device.
Methods: This is a quantitative study where the primary outcome measure was the change in Generalized Anxiety Disorder 7-item (GAD-7) scores, calculated as the difference between pre-GAD-7 and post-GAD-7 scores between patients with and without the Apollo Neuro device. Data cleaning was performed to handle missing values and non-numeric entries. Propensity score matching was used to match participants from the "Apollo" and "Control" groups based on demographic and baseline GAD-7 scores. An independent sample t-test was conducted to compare the mean change in GAD-7 scores between the two groups.
Results: Shapiro test did not suggest non-normality of GAD-7 change over the duration of the treatment program. Without prebalancing of age/sex/pre-gad-7, an independent Welch Two Sample t-test was conducted to compare the mean change in GAD-7 scores between the two groups. There was no significant difference ($p=.57$).
Conclusions: Despite limitations of randomization and diversified participant groups, GAD-7 score analysis revealed median reduction in anxiety symptoms both with and without the Apollo Neuro

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