depression, and anxiety measured by the Depression Anxiety Stress Scales (DASS-21)). Descriptive statistics, correlation analysis, and multiple linear regression were used to analyze the data.
Results: The findings indicate that sleep quality is significantly predicted by several factors. Negative predictors of sleep quality included the Observe facet of mindfulness and maintaining a balanced diet. Conversely, positive predictors that were associated with poorer sleep quality included higher levels of stress, smoking, and the use of electronic devices before bedtime.
Conclusions: The study highlights the complex interplay between sociodemographic, lifestyle, and psychological factors in determining sleep quality among Bosnian young adults. These findings underscore the need for targeted interventions that address these specific factors to improve sleep quality in this population.

Disclosure of Interest: None Declared

EPV1932

Association between night-shift work and sleep quality among nurses

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Introduction: Night-shift work significantly impacts sleep quality among nurses, leading to various adverse health outcomes.
Objectives: This study aimed to assess the link between night-shift work and sleep quality among nurses.
Methods: The study was conducted with a sample of nurses in university hospitals of Sfax. Two groups of staff were defined based on their work schedule: the first group(G1) consisted of those working day shifts, either a regular morning schedule or alternating between morning and afternoon shifts, while the second group (G2) included those working night shifts, either fixed night shifts or alternating between morning, afternoon, and night shifts. Data collection was carried out using an anonymous self-questionnaire developed via an online interface hosted on Google Forms. Sleep disorders were screened using the validated Arabic version of the Pittsburgh Sleep Quality Index (PSQI).
Results: The study population consisted of 114 nurses, with 37 nurses in G1 and 77 in G2. The average age of the workers was 33.8 years ± 7 years with extremes of 23 and 55 years. The average duration of night work was 5.9 years ± 4.64 years, ranging from a minimum of 1 year to a maximum of 25 years. The overall PSQI scale score was on average 6.86 ± 3.2. Based on this scale, 62% were classified as poor sleepers. In bivariate analysis, night-shift work was associated with a bad sleeper profile (p= 0.027, OR=2.44, IC95% [1.09-5;46]). However, day-shift work protected from the bad sleeper profile (p=0.04, OR=0.4, IC95% [0.18-0.91]).
Conclusions: The study highlights the negative association between night-shift work and sleep quality among nurses. it is essential for healthcare organizations to implement strategies that address the unique challenges faced by night-shift nurses, such as promoting better sleep hygiene and providing support resources.

Disclosure of Interest: None Declared

EPV1933

Stress induced by perceived radiological risk among imaging department staff

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Introduction: Healthcare-workers in medical imaging departments face a variety of professional challenges, including radiological risk, biomechanical constraints, and heavy workload. These cumulative constraints make the staff of these departments particularly vulnerable to stress.
Objectives: The aim of this study was to evaluate perceived stress among radiology technicians and evaluate its associated factors.
Methods: A cross-sectional study was conducted among the staff of a medical imaging department in Sfax in April 2024 during periodic visits. The Perceived-Stress-Scale-10 (PSS-10) questionnaire was used to assess perceived stress. Radiation safety training level (TL), Radiation risk level (RL) and radiation protection level (PL) were auto-evaluated on a scale of 0 to 10.
Results: Our population consisted of 32 paramedical staff, 80% of whom were radiology technicians. The median age was 37 with an interquartile range (IQR) [36; 43]. The sex ratio was 0.28. The median seniority in the job was 5.5 years IQR [4; 8]. The median TL, RL and PL were 3 IQR [2; 5], 6 IQR [5; 7] and 5 IQR [3; 6] respectively. The mean PSS-10 score was 19.3±4.9. In bivariate analysis, the PSS-10 score was inversely correlated with TL (r=-0.622; p=0.001), RL (r=-0.248; p=0.213) and correlated with PL (r=0.458; p=0.016).
Conclusions: Periodic visits in occupational medicine are an opportunity to detect perceived stress in this population and to strengthen their knowledge about radiation protection in order to ensure a healthier and safer working environment.

Disclosure of Interest: None Declared

EPV1934

A designathon to co-create a sleep health communication package in adolescents

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Introduction: Sleep is essential for one's physical, emotional, and social well-being. Healthy sleep is particularly important for adolescents, individuals who undergo drastic developmental changes, making them susceptible to psychiatric disorders. Education and sleep health promotion to the public are urgently needed to improve population sleep health (Lim *et al.* Lancet Public Health