Results:

Characteristics	Intervention Group n (%)	Control Group n (%)	χ^2	p-value
Gender				
Female	16	16	0.073	0.787
Male	4	4		
Age				
18–22 years	17	17	0.217	0.641
≥22 years	3	3		
Economic status				
Good	7	8	0.189	0.910
Moderate	10	11		
Bad	3	1		
Family history of psychiatric disorder				
No	18	17	0.558	0.455
Yes	2	3		

Conclusions: The study found an increase in motivational subtension in the emotion regulation variable, an increase in positive emotional sub-relationships in the happiness variable, and an increase in positive emotional changes and closeness warmth in the experimental groups.

Disclosure of Interest: None Declared

EPV829

Burnout and Mental Health Challenges Among Emergency Nurses in Sfax

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doi: 10.1192/j.eurpsy.2026.11683

Introduction: Emergency departments represent high-demand environments where psychological strain often exceeds measurable physical workload. Healthcare staff in these settings are particularly vulnerable to stress, burnout, and mental health deterioration
Objectives: This study aimed to assess the prevalence of poor mental health and burnout among emergency nurses in Sfax and to examine their association.
Methods: We conducted a cross-sectional descriptive and analytical study in the emergency services (EMS) of two university hospitals in Sfax. Data were collected using a self-administered questionnaire that included socio-demographic and professional information, along with the General Health Questionnaire-12 (GHQ-12), and the Maslach Burnout Inventory.
Burnout (BO) was defined as an emotional exhaustion score ≥27, depersonalization ≥10, and professional accomplishment ≤45. Whereas, Poor mental health was defined by a GHQ-12 score ≥2.
Results: A total of 40 nurses completed the questionnaire, with a sex ratio of 2.1. The average age was 34 ± 5 years. Hypothyroidism was the most common medical history (7.1%). Among the participants, 81% worked rotating shifts, averaging two night shifts per week.
Poor mental health was reported in 62% of nurses. Burnout prevalence was 58.2%, with high levels of emotional exhaustion (50.8%), depersonalization (81%), and reduced personal accomplishment (57.1%). A significant association was found between burnout and poor mental health (73.4% vs. 31.6% ; p = 0.001).
Conclusions: Burnout and poor mental health are highly prevalent among emergency nurses in Sfax. The imbalance between effort and perceived reward has a significant impact on the mental health of emergency staff. Therefore, it is crucial to establish regular recognition systems for completed work and strengthen psychological support to help protect their mental well-being.

Disclosure of Interest: None Declared

EPV830

Sedentary Work Postures and Mental Health Disorders

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doi: 10.1192/j.eurpsy.2026.11682

Introduction: Sedentary lifestyles at work, prevalent in administrative jobs, are associated with numerous health problems, such as mental health issues. However, this risk factor is often overlooked in occupational health policies.
Objectives: The objectives of this study were to assess the level of sedentary behavior at work and analyze its impact on workers' mental health.
Methods: This is a cross-sectional, descriptive, and analytical study conducted over one year, from October 1, 2023, to September 30, 2024, in four faculties. Physical inactivity was assessed using the OSPAQ questionnaire, and mental health using the HAD scale
Results: A total of 96 administrative staff were included in our study, the majority of whom were women (65.6%) with an average age of 49.4 years. Among the subjects, 75% had at least one medical history, dominated by hypertension (51.04%). The average length of service was 21 years. Administrative staff spent an average of 5.18 ±1.31 hours/day in a sedentary position. Univariate analysis showed a significant association between the duration of sitting at work and the occurrence of certain anxiety ($p < 0.001$) and a higher depression score ($r = 0.202$; $p = 0.049$).
Conclusions: This study highlights the worrying impact of sedentary postures at work on workers' mental health, emphasizing the urgent need to integrate the fight against sedentary lifestyles into prevention strategies in the workplace.

Disclosure of Interest: None Declared