EPV1315

ADHD in adults and relationship with executive functioning and quality of life

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Introduction: Attention-deficit/hyperactivity disorder (ADHD) is a neurodevelopmental disorder characterized by inattention, disorganization, and/or hyperactivity-impulsivity. It is associated with cognitive deficits and functional impairments. A frequent cognitive impairment, likely related to hypofunctioning of the prefrontal cortex and its connections, involves executive functions, a set of skills related to self-control and goal-directed activities. The disorder also significantly affects quality of life, being associated, for example, with higher unemployment, relationship problems, and lower average income compared to individuals without the disorder.
Objectives: To investigate the performance in executive functions and quality of life in individuals with ADHD compared to a control group, and to relate these with the severity of symptoms.
Methods: Forty individuals aged 18-50 participated, including 10 with an ADHD diagnosis and 30 controls matched for sex, age, and education in a case-control design (3 controls per case). Measures included: a) the Adult Self-Report Scale (ASRS) with 18 items, based on the DSM criteria for ADHD (total score used); b) the computerized Stroop Test (Victoria version) to assess executive functions, with three phases: reading words in black (control 1), naming colors in circles (control 2), and naming colors in words while inhibiting reading (incongruent phase). Reaction times for each part and interference times (part 3 minus part 2) were calculated; c) the WHOQOL questionnaire, assessing quality of life across four domains (physical, psychological, social relationships, and environment), with domain scores used. Given data normality, Student's t-tests compared group means.
Results: ADHD participants had significantly poorer executive functions, with longer reaction times in the Stroop Test part 3 (M = 1.05; SD = .63) compared to controls (M = .69; SD = .32), and higher interference reaction times (M = .28; SD = .34 for ADHD) compared to controls (M = .10; SD = .16). ADHD individuals also reported lower quality of life in social relationships (WHOQOL Domain 3) (M = 3.3, SD = .76) compared to controls (M = 3.8; SD = .65). Significant correlations indicated that more ASRS symptoms were associated with longer reaction times in Stroop Test parts 2 and 3, higher interference reaction times, and lower quality of life in social relationships.
Conclusions: The study highlights deficits in executive functions, particularly inhibition in incongruent situations, and reduced quality of life, especially in social relationships, in individuals with ADHD. These impairments correlate with the severity of symptoms, emphasizing the need to address executive function disturbances and quality of life in ADHD treatment.

Disclosure of Interest: None Declared

EPV1314

Perceived workload and job satisfaction among nurses

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Introduction: Nurses play a crucial role in patient care. Indeed, this profession requires a high level of emotional, mental and physical workload. Improving the well-being of these workers means taking into account the impact of workload on their job satisfaction.
Objectives: Our study aims to assess the relationship between perceived workload and job satisfaction among nurses.
Methods: We conducted a descriptive, analytical and cross-sectional survey among nurses using a self-administrated questionnaire. We collected socio-professional data. We assessed perceived workload using the National Aeronautics and Space Administration Task Load Index (NASA-TLX). Job satisfaction was evaluated using the single-item measure of job satisfaction.
Results: Our population comprised 202 nurses, 67% of whom were female. The mean age of participants was 35.1 ± 8.1 years. The nurses' length of service in the department was 6.9 ±7.5 years. The mean score of mental demand, physical demand, performance, effort, frustration level and temporal demand were respectively 77.8±22.6, 76.9±23.5, 67.9±31.9, 81.4±20, 66.6±25.2 and 59.8 ±30.2. The mean score of Raw TLX was 71.44 ±14.8. Among our participants, 74 (37%) were satisfied with their jobs. We found that the job satisfaction was positively correlated with the overall RAW TLX score (p=0.02) and with the physical (p=0.04) and temporal (p=0.00) demands.
Conclusions: Our findings highlight a correlation between high perceived workload and job dissatisfaction. Therefore, it is crucial to assess and improve working conditions to ensure a safe, comfortable and well-equipped environment, thus promoting nurses' satisfaction and quality of care.

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Mental health and lifestyle habits among healthcare workers

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Introduction: In the health field, healthcare workers (HCWs) need to be fulfilled to improve the quality of care. The mental health of these workers can affect the practice of their lifestyle habits.
Objectives: Our study aims to assess the relationship between mental health and lifestyle habits among HCWs.
Methods: We conducted a descriptive, analytical and cross-sectional survey among HCWs using a self-administrated questionnaire. We

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