EPV0599

Depression and Suicide Risks Among Nurses at Sahloul University Hospital in Sousse (Tunisia)

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Introduction: Depression and suicide risk are particularly concerning mental health issues in the workplace, especially among nurses. This group of workers often faces high levels of stress and pressure due to the demanding nature of their job.
Objectives: Our study focuses specifically on describing depression and suicide risk among nurses.
Methods: This is a descriptive study, conducted during January and February 2023, involving 55 nurses working at Sahloul University Hospital in Sousse. Data were collected through a self-administered questionnaire and the Beck Depression Inventory which assesses subjective aspects of depression.
Results: 51% of the participants report that working as a nurse constitutes a significant mental burden. During their hospital careers, 47% have faced violence from patients' family members or companions. (43%) experienced violence from colleagues, mainly in the form of verbal aggression. Nearly all the nurses surveyed (94%) reported demotivation toward their work, with (97.9%) attributing it to work overload and (39.4%) to workplace conflicts. According to the Beck scale, (38%) of the nurses did not present depression, moderate depression was found in (58%) of participants and only 4% had severe depression. Reduced job performance was noted in (16%) of cases. Concerning suicidal ideation, it was reported by only 2 nurses.
Conclusions: Early identification of mental distress and the implementation of appropriate psychological support strategies, are crucial to mitigating these risks. Recognizing psychological risks in hospitals not only improves the well-being of nurses but also enhances the quality of care they provide to patients.

Disclosure of Interest: None Declared

EPV0598

Esketamine and Ketamine use in the Adolescent Population for Treatment Resistent Depression: A Systematic Review

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Introduction: Ketamine is widely recognized for its dissociative anesthetic properties, particularly in procedural sedation and severe pain management among children, adolescents, and young adults. Despite its noted applications, research investigating ketamine's impact on mood and suicidality within this specific demographic remains limited. This retrospective review seeks to address this gap by characterizing ketamine usage and psychiatric comorbidities in Treatment-resistant depression (TRD).
Objectives: This review aims to provide an initial assessment of the safety and efficacy of esketamine in adolescents suffering from TRD with concurrent comorbidities such as GAD and SUD, and infer common drug-drug interactions that may arise from utilizing esketamine in adolescents.This preliminary overview will contribute valuable insights toward optimizing treatment strategies for this vulnerable population.
Methods: This systematic review evaluates the evidence for ketamine use in children with treatment-resistant mood disorders. Two to four authors independently screened studies and extracted data on safety, tolerability, and efficacy. We searched two electronic databases for English-language studies on the therapeutic effects and side effect profiles of ketamine in youth aged 14-23 with treatment-resistant mood disorders, including those with treatment-resistant depression (with and without psychotic features) and bipolar disorder.
Results: Recent studies, including a randomized, midazolam-controlled trial, indicate that IV ketamine can effectively reduce depressive symptoms in adolescents with treatment-resistant depression (TRD), with mild and manageable side effects like dissociation. No serious adverse events or instances of misuse were reported.
Conclusions: In conclusion, esketamine has demonstrated effectiveness in treating treatment-resistant depression. Additionally, when combined with SSRIs, esketamine improves depressive symptoms in TRD patients, irrespective of their anxiety status. These findings highlight the potential of esketamine as a valuable treatment option for this challenging patient population. Future research will focus on optimizing dosing, exploring complementary therapies such as cognitive behavioral therapy (CBT), and identifying biomarkers for response, while considering the unique risks to the developing adolescent brain.

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EPV0599

Nurses' knowledge and attitudes regarding postpartum depression

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Introduction: Postpartum depression (PPD) is a serious mental health condition that can be challenging to diagnose due to its varying symptoms. As a result, multiple healthcare providers collaborate in its prevention, screening, and treatment. Nurses

play a pivotal role in this process, requiring essential knowledge and skills
Objectives: To assess nurses' knowledge and attitudes regarding PPD.
Methods: A cross-sectional study was conducted among maternity nurses at a university hospital who have direct contact with postpartum patients. Our sample was a convenience sampleData was collected using a self-administered anonymous questionnaire. The questionnaire consisted of two parts : the first part collected demographic information about the nurses, and the second part assessed nurses' knowledge and attitudes regarding postpartum depression.
Results: A total of 50 nurses participated in the study. Nearly half (49%) of participants had over 10 years of professional seniority. The majority (92%) were aware of the postpartum period during which the disorder occurs, as well as the early warning signs of PPD (82%). However, more than half of the participants (52%) were unaware of the risk factors for PPD. The majority (92%) were aware that nurses play a major role in early detection of this disorder. Only 52% knew that the Edinburgh Postnatal Depression Scale (EPDS) is the screening tool for PPD. Nearly half of the suggestions to improve the management of PPD (46%) focused on improving patient conditions and well-being. Moreover, 40% of participants made suggestions centered on collaboration and communication.
Conclusions: Despite their involvement in postpartum care, nurses demonstrated limited knowledge of postpartum depression risk factors, emphasizing the need for enhanced education and support.

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EPV0600

Gender Differences in Depressive Symptomatology Among Turkish Immigrants: An Analysis of PHQ9 Scores

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Introduction: Depression is a pervasive mental health disorder that can significantly influence symptomatology, which remains a crucial area of research. This study aims to investigate whether gender correlates with PHQ-9 total scores, enhancing the general understanding of depression across different demographic groups.
Objectives: This study examines the correlation between gender and PHQ-9 total scores, investigating the hypothesis that gender influences various depressive symptoms as measured by the PHQ-9. We aim to determine whether there is a significant difference in depression severity between male and female participants.
Methods: To fulfill this purpose, we collected data from a total of 146 participants, primarily Turkish immigrants of the first and second generation, who were recruited from the Neuro-Psychiatrisches Zentrum Riem. First, we gathered the participants' sociodemographic data, including gender, marital status, and education level. Furthermore, they were asked to complete the PHQ-9 questionnaire, and we conducted a Pearson correlation analysis.
Results: The PHQ-9 total scores and gender show a significant correlation, with a p-value of 0.040. Furthermore, these results indicate that female participants had higher average PHQ-9 scores compared to male participants, suggesting a greater intensity of depressive symptoms among women. Since the participants were predominantly Turkish immigrants, these findings may suggest that Turkish women are more prone to severe depressive symptoms, potentially as a consequence of their immigration history.
Conclusions: This study emphasizes the significance of gender in relation to depressive symptoms, as measured by the PHQ-9 questionnaire. However, future research should investigate other factors, besides gender, that may influence the severity of depressive symptoms in immigrant participants. It is recommended that these studies focus on the long-term effects of immigration, depression, and gender by including a diverse range of participants, such as immigrants from the first, second, third, and fourth generations. These generational differences could indicate significant variations in the experiences and consequences of severe depressive symptoms.

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EPV0601

Predictive significance of constellation factors of the newborn in the onset of postpartum depression

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Introduction: Postpartum depression (PPD) includes any non-psychotic depressive disorder that occurs during the first year after childbirth, with an estimated prevalence of 10-15%. Mothers suffering from PPD often exhibit irritability, loss of appetite, lack of interest in their surroundings, insomnia, or excessive sleep unrelated to the baby's sleep-wake rhythm, and are less responsive to their infants' needs. This not only impairs the bond between mother and child but also the child's cognitive, behavioral, and social-emotional development and physical health. While studies suggest a multifactorial etiology of PPD, such as psychosocial stressors and biological factors, the etiology of PPD remains unclear.
Objectives: Reviewing certain constellative factors of the newborn as potential risk factors for the occurrence of PPD in the early postpartum period.
Methods: A prospective study included 30 mothers and their newborn babies. The presence of depression was determined using the Edinburgh Postnatal Depression Scale (EPDS). The EPDS was filled in by mothers after giving birth, retesting was performed on the 3rd and 6th months postpartum. The diagnosis of PPD was established if the score on the EPDS after the 3rd and 6th month postpartum was greater than 9. Constellating factors of the newborn were extracted from the newborn's medical records.
Results: Constellation factors of the newborn, body weight, body length of the child at birth, and APGAR score did not significantly differ between the examined groups of mothers. The gestational age of the newborn was significantly higher in the group of mothers who developed PPD compared to the group of healthy mothers ($p<0.01$).
Conclusions: A few papers have been published on the subject of the influence of constitutive factors of the newborn (gender, body weight, body length, APGAR score, clinical age, and gestational age) on the occurrence of PPD. No strong evidence was found for an increased risk of PPD for any of the investigated factors individually. However, some authors from this group of newborn constellation factors single out the low birth weight of the newborn, below 1500 g, as one of the risk factors for the occurrence of PPD, which does not coincide with the results of our research. In our research, the gestational age of the newborn is a risk factor for the occurrence of PPD. Early