EPV1224

Association between Sick Days and Psychological Problems Among Teachers in Canada

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doi: 10.1192/j.eurpsy.2025.1803

Introduction: Increased sick leave among educators can detrimentally impact students' productivity, and academic achievement. It remains unknown whether the number of sick days taken by educators in the preceding school year correlates with the prevalence or severity of psychological problems among educators in the subsequent school year.
Objectives: This study aimed to examine the number of self-reported sick days taken by educators in three Canadian provinces during the 2021/2022 academic year and its association with measures of stress, burnout, low resilience, depression, and anxiety during the 2022/2023 school year.
Methods: Data was collected from educators in three Canadian provinces, Alberta, Nova Scotia, and Newfoundland and Labrador, from September 1, 2022, to August 30, 2023. The Maslach Burnout Inventory-Educator Survey (MBI-ES), the Brief Resilience Scale (BRS), and the Perceived Stress Scale were used to assess burnout, resilience, and stress, respectively. Likely Generalized Anxiety Disorder (GAD) and likely Major Depressive Disorder (MDD) were assessed using the Generalized Anxiety Disorder-7 and Patient Health Questionnaire-9 scales, respectively. Statistical analysis was conducted using SPSS version 28.
Results: 763 subscribers completed all the demographic, professional questions, and clinical scales, giving a response rate of 39.91%. Of these, there were 94 (12.3%) males and 669 (87.7%) females. Educators who reported taking 11 or more sick days in the previous academic year were at least three times more likely to exhibit high stress, emotional exhaustion, likely GAD, low resilience, and likely MDD than educators with no sick days during the preceding year. Similarly, educators with 11 or more sick days had significantly higher mean scores on the GAD-7 scale, the PHQ-9 scale, the PSS-10, the MBI Emotional Exhaustion subscale, and the MBI Depersonalization subscale than those with zero sick days.
Conclusions: This study demonstrates a significant association between sick days and the prevalence and severity of high stress, low resilience, burnout, anxiety, and depression among educators. Short-term sick leave can escalate into long-term absences without adequate support for teachers. Governments and policymakers in the education sector must foster a supportive environment that enables teachers to thrive and effectively perform their professional role without taking prolonged sick days, which can undermine student learning and achievement.

Disclosure of Interest: None Declared

EPV1225

Workplace Psychiatric Disorders: Analysis of Socio-Professional Risk Factors and Fitness Outcomes among Tunisian workers

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doi: 10.1192/j.eurpsy.2025.1804

Introduction: Psychiatric disorders in the workplace represent a major challenge for occupational medicine, affecting workers' health and their professional capacity.
Objectives: The study aims to analyze the socio-professional characteristics, risk factors, clinical evolution, and work fitness of patients with psychiatric disorders in the workplace.
Methods: A retrospective analytical study was conducted on 62 medical files from the Institute of Health and Safety at Work (ISST) in Tunisia, covering the period 2023-2024. Sociodemographic, professional, medical data, and fitness decisions were extracted. Descriptive statistical analyses were performed to identify significant correlations.
Results: The study included 62 cases. The average age was 44 years. The sex ratio was 0.8.
The most represented sectors were industry (29%), healthcare (24%), and education (11%). Depressive syndrome was the most frequent diagnosis (55%), followed by anxiety disorders (29%) and bipolar disorder (10%). Psychosis was found in 6% of cases.
A significant correlation between the industrial sector and the prevalence of depressive syndrome was found ($p<0.01$).
The predominant occupational risk factors included stress (51.6%), shift work (22.6%), and exposure to chemicals (16.1%). A positive correlation was observed between exposure to chemicals and the onset of anxiety disorders ($p=0.03$).
Analysis of fitness decisions showed that 41.9% of cases were deemed fit with accommodations, 29% temporarily unfit, 19.4% fit without restriction, and 9.7% permanently unfit.
Conclusions: This study highlights the high prevalence of psychiatric disorders in the workplace and their significant impact on work fitness. The results underscore the importance of implementing targeted prevention strategies to preserve workers' mental health and maintain their professional fitness.

Disclosure of Interest: None Declared

EPV1226

Epidemiological Characteristics and Occupational Impact of Organic Solvent-Induced Psychosyndromes

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doi: 10.1192/j.eurpsy.2025.1805

Introduction: Organic solvent-induced psychosyndromes (OSP) constitute a major occupational health concern, particularly in industrial sectors involving frequent use of chemical products. This