EPV0704

Fibromyalgia: functional, autoimmune or both? Treatment options for drug-resistant fibromyalgia

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Introduction: fibromyalgia is a modern disease, with growing investigation concerning its etiology and treatment. It has become a very prevalent diagnosis and total remission of symptoms is the exception which is dramatic considering the socio-occupational impact of this highly debilitating disease.
Objectives: to review the updates in the pathophysiology and treatment of fibromyalgia, especially when it is refractory to treatment. The authors also intend to better understand where fibromyalgia belongs, is it in psychiatry as a functional disorder or in rheumatology as an auto-immune disease?
Methods: bibliographical search in PubMed database, using the key-words "fibromyalgia" and "psychiatry", limited to works published in the last 10 years.
Results: from our search resulted 158 articles, from reading of abstracts 30 were chosen for further reading.
Conclusions: concerning the etiology of this disease, on the one hand psychological factors cannot be neglected since there are several studies finding a positive correlation between stressors like history of physical abuse and fibromyalgia in adulthood, on the other hand investigation and meta-analysis have found that the immune-inflammatory response system might be altered with dysregulation of pro and anti-inflammatory cytokines and cell-mediated immunity. Regarding treatment, symptom relief is often unsatisfactory with classical treatment and so adjunct treatment such as electrical neuromodulation and aerobic exercise might, respectively, be effective in reducing pain and depressive symptoms, thereby improving quality of life, and in improving fatigue and in a lesser degree sleep.

Disclosure of Interest: None Declared

EPV0705

Back pain and its association with mental health issues in young doctors

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Introduction: Among young medical practitioners, the exigencies of daily practice entail many challenges concerning both physical and mental dimensions. The study of the interplay between these two dimensions is crucial to provide the necessary care for this population.
Objectives: This study aims to evaluate the prevalence of back pain and its association with mental health issues in young medical practitioners.
Methods: A cross-sectional study (January to April 2023) was conducted in the university interns and residents from Sfax. The Nordic questionnaire was used to evaluate back pain. The Generalized-Anxiety-Disorder (GAD -7) and the Patient-Health-Questionnaire (PHQ-9) were used to assess signs of anxiety and depression respectively.
Results: Our population consisted of 404 young doctors. One-hundred and twenty were males with a sex-ratio of 0.42. Among them, 76 (18.8%) had surgical specialties. Mean age was 28.03±2.89, BMI's mean was 23.65±3.98. Medical history was reported by 29.2% and psychiatric history by 4.9%. The median of the PHQ-9 and GAD-7 score were 3.5 (IQ: [1;6]) and 2 (IQ: [0; 5]). Signs of depression were found in 11.1% of the population whereas anxiety was found in 8.4% of them. Sixty-seven residents (16.6%) reported having back pain in the previous year. Neck pain, upper-back pain and lower back pain were experienced by 8.7%, 6.4% and 10.1% respectively.
Bivariate analysis showed that back pain was associated with PHQ-9 score (p=0.006), GAD-7 score (p=0.018) and it was not associated with BMI (p=0.769) neither with surgical specialties (p=0.824). Lower Back pain was associated with GAD-7 score (p=0.004).
Conclusions: Our study highlights the link between back pain and mental health problems in young doctors. Interventions englobing a better understanding of these two facets are needed to ensure an optimal care for this young population.

Disclosure of Interest: None Declared

EPV0706

Low back pain and perceived psychological workload among electricians

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Introduction: Low back pain (LBP) is a serious threat to electricians. It is well known that LBP is associated with physical strain. But the impact of psychological workload on the occurrence of LBP needs further investigation.
Objectives: This study aimed to assess the link between LBP and perceived psychological workload among electricians.
Methods: The study was conducted with a sample of workers from a Tunisian Electricity society. Data were gathered between January-June 2022 using a self-administered questionnaire including socio-professional characteristics and the Nordic musculoskeletal questionnaire during the last 12 months and the last 7 days. To assess the perceived workload, we used the National Aeronautics and Space Administration Task Load Index (NASA-TLX). In this study, we evaluated raw NASA-TLX scores.
Results: Our study included 68 male electricians. The mean age was 39.2 ± 10.3 years. The average job tenure was 16± 11.4 years.

According to the Nordic musculoskeletal questionnaire, 32.4% of participants reported low back pain during the last 12 months. Thirty participants (19.1%) had low back pain during the last 7 days. The mean score of mental demand, physical demand, performance, effort, frustration level and temporal demand were respectively 88.2±14.3, 61.1±24, 84.8±13.3, 82.6±14.5, 35.8±29.2 and 60.4±28.8. The frustration level was associated with the presence of LBP during the last 12 months and the last 7 days ($p<0.05$).

Conclusions: From the results of this study, we conclude that LBP was associated with the perceived psychological workload. Hence, the prevention of LBP should go through the improvement of work conditions to enhance the mental health of the electricians.

Disclosure of Interest: None Declared

EPV0707

Psychosocial risk factors for headache in medical students

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Introduction: Headache is often considered as a symptom reflecting mental ill-being of a person. Taking into account heavy academic loads, we should study it in medical students in reference to its connections with various psychosocial risk factors

Objectives: To establish interrelations between the frequency of headaches in medical students and risk factors of psychosocial nature

Methods: We conducted the research based on the Faculty of Medicine of Ulianov Chuvash State University. It covered 546 students of both genders who had no complains of having mental problems. We surveyed the students by means of Sociocultural Health Questionnaire (E. Nikolaev)

Results: The research showed that two out of three students complained of headaches of various intensity and frequency. It was present with statistically equal frequency ($p>.05$) in domestic (68.85%) and foreign (63.90%) medical students. Females experience headache more often ($r=.20$), and it more often correlates with a high level of stress ($r=.25$), lesser satisfaction with studying ($r=-.14$), higher frequency of e-cigarette consumption ($r=.15$), higher anxiety due to phantom ringing syndrome ($r=.15$), lower self-esteem of health ($r=-.29$), confidence ($r=-.16$), successfulness ($r=-.12$), happiness ($r=-.18$), well-being ($r=-.11$), liveliness ($r=-.16$), higher frequency of medication consumption ($r=.27$), higher frequency of visits to a psychotherapist in the childhood ($r=.11$), higher current need in the help of a psychologist ($r=.21$), psychiatrist and psychotherapist ($r=.21$).

Conclusions: These psychosocial risk factors call for attention from mental health professionals, and we should take them into consideration while providing medical care to medical students and developing health programs in universities.

Disclosure of Interest: None Declared

Personality and Personality Disorders

EPV0708

Impulsivity as a predictor factor of health-related risk-taking

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Introduction: There is a broad consensus that risk taking is largely determined by risk perception. However, previous literature has shown numerous examples of situations associated with potential health risks where our decisions are not made in accordance with the level of perceived risk.

Objectives: The aim of the present research was to investigate the role of impulsivity in the explanation of the discordance observed between risk perception and risk-taking in health-related domains.

Methods: The sample consisted of 612 participants (Mage = 23.54, 73,2% women). All participants were assessed for levels impulsivity and levels of risk perception and risk-taking propensity in contexts related to health.

Results: Results revealed that higher levels of impulsivity were significantly related to a lower tendency to perceive and take risks in the health domain. Most important for our objectives, we observed that the relationship with impulsivity was significantly stronger for risk taking than for risk perception. Moreover, impulsivity significantly predicted risk taking propensity when controlling for risk perception.

Conclusions: These findings suggest that, in the health-related domains, impulsivity can differentially affect risk perception and risk taking, thus, offering a possible explanation for the inconsistencies observed in the previous literature.

Disclosure of Interest: None Declared

EPV0709

From adjustment disorder to schizotypal personality disorder

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Introduction: Individuals with schizotypal personality disorder are characterized by tendencies to magical thinking, unusual perceptions, discomfort in social situations, and restricted affect. It is