

valued meaning and purpose and they do not actively explore that meaning or seeking meaning.

Conclusions: Problem focused coping strategies and high self-compassion can be seen as protective factors to lower stress, negative emotional reactions to job and anxiety

Disclosure of Interest: None Declared

EPV0490

Autism Spectrum Disorders traits in a sample of young adults referring to a generalized mental health outpatient clinic

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Introduction: The diagnosis of Autism Spectrum Disorders is currently witnessing several changes, with direct consequences on the prevalence rates in the general population. However, little is known about ASD traits prevalence in clinical samples, and how much these traits interact with other mental health conditions, especially in young adults, a critical age for the outbreak of many psychiatric diseases.

Objectives: The aim of this study was to assess the prevalence of ASD traits in a sample of young adults (aged between 18 and 24 years old) referring to a specialized mental health outpatient clinic.

Methods: We administered to 259 patients the Autism Quotient (AQ) and the Ritvo Autism and Asperger Diagnostic Scale-Revised (RAADS-R), along with a detailed sociodemographic and anamnestic interview.

Results: We found that 16.2% of our sample scored above the cut-off at both scales (a percentage that went down to 13.13% when restricting the RAADS-R cut-off at >119, as suggested for clinical samples).

Conclusions: This prevalence seems considerably higher than the one reported in the general population, and not negligible. The association with sociodemographic features such as sex assigned at birth, gender identity and employment status, and the validity of the screening tools we implemented, are discussed. In conclusion, we suggest that an assessment for autistic traits should be implemented in young adults seeking help for unspecified psychiatric symptoms and psychological suffering and that, despite the not unanimous consensus over self-report screening tools, a positivity to both the AQ and the RAADS-R should lead the clinician to conduct a full diagnostic evaluation with structured or semi-structured interviews.

Disclosure of Interest: None Declared

EPV0491

Epidemiological profile of long-term leave for psychiatric illnesses

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Introduction: Long-term leave for psychiatric illness is the most frequently prescribed reason for leave, and appears to be on the increase in recent years.

Objectives: To draw up a sociodemographic, occupational and clinical profile of workers who have taken long-term sick leave for psychiatric illness

Methods: Retrospective descriptive study involving the medical files of workers from both the public and private sectors, having benefited from long-term sick leave over a period going from August 17, 2022 to September 12, 2023, referred to the occupational medicine and pathology department of Charles Nicolle Hospital in Tunis for medical fitness-for-work assessment. Data collection was based on a pre-established synoptic form.

Results: During the study period, we identified 639 long-term sick leave prescribed for psychiatric illnesses. Our study population was predominantly female, with a sex ratio of 0.29 and a mean age of 46.82 ± 25.06 years. Sixty percent of employees were married. The most represented occupational category was nurses (33%). Average job seniority was 17.21±10.41 years. Depressive syndrome was the most common psychiatric pathology in our population (80.3%), followed by bipolar disorder (6.4%) and anxiety disorder (5%). Long-term sick leave was prescribed by a psychiatrist working in the private sector in 90.3% of cases. The average duration of leave was 63.70±31.58 days. The triggering factor was work-related and social in 33.6% and 30.1% of cases respectively. The agents returned to work after the long-term sick leave in 92% of cases.

Conclusions: Long-term sick leave for psychiatric reasons is a handicap to productivity in society. Non-occupational factors are thought to be responsible for these mental health disorders. Setting up and improving social structures in the workplace would reduce the number of cases of long-term sick leave

Disclosure of Interest: None Declared

EPV0492

Parents' Assessment of Their Children's Use of Technology

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Introduction: The use of technology in many areas of daily life is widespread among both children and adults. Excessive and inappropriate use of technological aids causes significant problems in physical, psychomotor, psychological and social stages of development, especially in childhood. One of the reasons for some problems that arise in adulthood, such as communication problems, anxiety disorders, obesity, musculoskeletal disorders and tendency to violence is the excessive and inappropriate use of technology in childhood. For this reason, it is of great importance to complete the developmental stages in childhood in a healthy way.

Objectives: The aim of this study was to qualitatively assess the technology use habits of 48-72 month old preschool children and their parents.

Methods: The study is a qualitative research conducted among the parents of children in Eskişehir and Bolu between March and June 2023. A semi-structured form was used for the personal interviews with the 25 parents who constituted the study group. The interviews were recorded. The audio recordings were then transcribed and a thematic content analysis was conducted. The main themes of the interviews concerned the habits of parents' and children's in the use of technology at home, the content used on technological devices and how it is controlled, and the arrangements for technology use at home.

Results: In the interviews, parents reported that when they needed to use technological devices, they most often chose a time and place when the children were not present or asleep. When children spent more time at home, this was the most common reason for increased technology use, while the most common reason for decreased use was that children spent more time outside the home. Most parents limited the amount of time their children's daily technology using time. It was found that children generally complied with these restrictions, and when they did not, they often expressed themselves with reactions such as sulking/angry/crying.

Conclusions: This study emphasizes that the most important factor determining children's attitudes towards technology use is their parents' attitudes towards technology use. In order for children to develop a positive attitude towards technology use, it can be beneficial for parents to regulate and control their children's technology use as well as their own.

Disclosure of Interest: None Declared

EPV0498

Difficulties in emotional regulation in a Tunisian university setting

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Introduction: Emotion regulation is the conscious or automatic control of emotions to adapt, cope, and maintain well-being. Effective emotion regulation is central to mental health, impacting work, and relationships. University students, facing academic pressures and social transitions, represent a unique demographic where emotion regulation challenges are particularly relevant.

Objectives: This study aimed to explore the emotion regulation difficulties in university students.

Methods: A descriptive study was led from August to September 2023. An online questionnaire was distributed to a population of Tunisian university students. We administered a socio-demographic questionnaire and the Arabic version of the difficulties in emotion regulation scale short form (DRES-SF), a self-report measure developed to assess clinically relevant difficulties in emotion regulation.

Results: Participants in this study consisted of 307 undergraduate students, with 78.1% being women and 21.9% men, representing various academic disciplines at Tunis el Manar University in Tunisia. The mean age of the participants was 22 years, with a standard deviation of 2.84. In the assessment of emotional regulation difficulties, participants reported a mean total score of 42.47 ± 12.68 . Participants who repeated years in college had more difficulties in emotional regulation ($p < 0.05$). Limited access to emotion regulation strategies had a mean score of 7.64 ± 3.0 , while nonacceptance of emotional responses was rated at 7.40 ± 3.17 . Additionally, impulse control difficulties were reported with a mean score of 6.46 ± 3.31 , and difficulties in engaging in goal-directed behavior were observed with a mean score of 9.44 ± 3.18 . Moreover, participants expressed a lack of emotional awareness, which was quantified with a mean score of 8.45 ± 2.69 , and a lack of emotional clarity, which yielded a mean score of 7.12 ± 2.69 . Additionally, a significant association was noted between gender ($p < 0.05$), age ($p < 0.05$), and the lack of emotional awareness, suggesting potential gender and age-related variations in emotional regulation difficulties within this university sample.

Conclusions: Overall, these findings suggest the necessity of emotion regulation training in the university setting. Further studies are important to understand the impact of emotional regulation difficulties.

Disclosure of Interest: None Declared

EPV0499

Patterns of antipsychotic prescription in inpatient and outpatient psychiatric settings: a real world study

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Introduction: Antipsychotic (AP) are increasingly prescribed off-label and used as, but not limited to, anti-aggressive, anti-impulsive, and anti-suicidal medication. The use of second-generation AP (SGAs) has progressively increased compared to first-generation AP (FGAs). FGAs cause more extrapyramidal motor side effects