Eating disorders in schizophrenia

EW0522

Burnout in medical residents: Prevalence and risk factors
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Background Burnout is a state of mental and physical exhaustion related to work. It is manifested in a variety of professions and is prevalent in contexts in which health professionals are required to interact directly with the public.

Objectives To estimate the burnout syndrome (BOS) prevalence and to identify its associated factors among medical residents.

Methods A descriptive and analytic study conducted during a period from 2012 to 2014, including 184 residents exercising at the two university hospitals of Sfax, Tunisia. Data collection was conducted using an anonymous self-questionnaire, including demographic items and working conditions items. Maslach Burnout Inventory (MBI) was used to assess BOS.

Results The average age was 25.14 ± 1.47 years. The sex-ratio was 0.65. The majority (154 residents) was single. Over than half (58.2%) of medical residents endure a high emotional exhaustion, 62.5% a high depersonalisation and 12.5% a low personal accomplishment. About eighty percent (79.3%) of them were in burn out with 37% at intermediate and 11.3% at a severe degree. No statistical association was found between the personal characteristics and BOS. Whereas, several factors related to employment status were correlated with the presence of BOS such us: number of working hours > 30 h/week, a number of free weekends < 2/month and a number of days off ≤ 30 days/year. In addition, we found that psychotropic and alcohol consumption were significantly associated to BOS with respectively P = 0.050 and P = 0.002.

Conclusion Burnout is a worrying reality among young doctors. Individual as well as organizational interventions should be targeted to prevention.

Disclosure of interest The authors have not supplied their declaration of competing interest.

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EW0524

Palatable food access during adolescence increased BDNF expression in the nucleus accumbens and anxiety/depression-like behaviors in males, but not in females
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Objectives This study was conducted to examine sexual dimorphic effects of highly palatable food access during adolescence and youth on psychoemotional behaviors of rats and its underlying neural mechanism.

Methods Male and female Sprague Dawley pups had free access to chocolate cookie rich in fat (highly palatable food) from postnatal day 28 in addition to ad libitum chow, and the control groups received chow only. The food conditions were continued though out the entire experimental period, and the neurochemical and behavioral measurements were performed during young adulthood. Corticosterone levels during 2 h of restraint stress were analyzed with radioimmunoassay, and ΔFosB and brain-derived neurotrophic factor (BDNF) expression in the nucleus accumbens (NAc) with western blot analysis.

Results Cookie access did not affect body weight gain and total caloric intake in both sexes; however, it increased retroperitoneal fat depot only in males. The time spent in open arms during elevated plus maze test was decreased and immobility during forced swim test was increased in cookie-fed males, but not in cookie-fed females. Main effect of food condition on the stress-induced corticosterone increase was observed in males, but not in females, and cookie access increased BDNF expression in the NAc only in males.

Conclusions Increased BDNF expression in the NAc and fat depot, in addition to the HPA axis dysfunction, may play roles in the pathophysiology of depression—and/or anxiety-like behaviors induced by cookie access.

Disclosure of interest The authors have not supplied their declaration of competing interest.

EW0525

Investigation of food addiction and impulsivity relations biological rhythms differences and insomnia in university students
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Objective Increasing prevalence of obesity in the world and increasing role of processed foods in daily life has led to become the focal point of food addiction. This study aims to investigation of food...