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Depressive and Anxious Symptoms, Stress, Coping and Resilience in Probation Officers

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Introduction: There are no studies on psychological correlates on Probation Officers/PO in Portugal.

Objectives: analyze levels of depressive/anxiety symptoms, stress, coping and resilience in a PO sample; explore differences in these variables by gender, marital status, Regional Delegation and types of competences and associations between these variables and sociodemographic/professional variables.

Methods: 89 PO (females, 75.3 %; $M = 47.4/SD = 7.10/range = 27-61$) completed a sociodemographic-professional questionnaire, the *Depression, Anxiety and Stress Scale/DASS-21*, the *Brief COPE* and the Scale to assess Resilience.

Results: Women presented higher levels of *Use of Instrumental and Emotional Support*. Professionals from the *Centre Delegation* had higher scores on *Resilience* vs. the *North Delegation*; from the *North Delegation* had higher levels of *Stress* vs. the *South and Islands Delegation*; with *mixed competence* had higher levels of *Anxiety* vs. with *specific competence*. In the total sample, *Depression* was associated with *Denial* and *Substances Use*. In males, *Use of Emotional Support* and *Instrumental Support* correlated with *Depression* and *Anxiety*. In all Delegations, *Resilience* higher levels correlated with more positive *coping* strategies and *Depression, Anxiety* and *Stress* higher levels with lower levels of positive *coping* strategies and higher levels of negative *coping* strategies. *Anxiety* higher levels, either in *mixed* and *specific competence* teams correlated with higher levels of negative *coping* strategies.

Conclusions: Differences found accentuate aspects to address in an intervention with these professionals. *Resilience* higher levels were associated, as in other professionals, with more positive *coping* strategies and higher levels of symptoms with more negative *coping* strategies.