

number of B-lymphocytes and activated T-lymphocytes HLADR+( $p < 0,05$ ), level of circulating immune complexes ( $p < 0,01$ ).

Revealed differences of indices of immune status between examined groups of combat-ants, presence of clinical signs of immune deficiency and accompanying somatic pathology allow considering complex of these factors as predictors of prolonged course of post-traumatic stress disorders.

## P0021

Is psychiatry such a stressful profession?

B. Pejuskovic, D. Lecic Tosevski, O. Toskovic. *Institute of Mental Health, Belgrade, Serbia and Montenegro*

**Background and Aims:** The burnout syndrome is a state of physical, emotional and mental exhaustion caused by long term exposure to demanding work situations. It has been suggested that different personal factors, such as gender, age and daily number of patients have influence on the development of this syndrome. The objectives of this study were the following: 1) to assess and compare expressiveness of the dimensions of burnout in psychiatrists; 2) to assess correlation with potential etiological factors (gender, age, number of patients).

**Methods:** The sample consisted of 50 psychiatrists working in health care institutions on the territory of Belgrade. Assessment has been carried out by the Maslach Burnout Inventory and sociodemographic questionnaire.

**Results:** The score of the burnout syndrome was different between the three dimensions. i.e. dimension of emotional exhaustion was the most prominent, but moderately increased. Dimension of depersonalization was very low and the lack of personal accomplishment was also moderate but with lower values. We could not find significant correlation with gender, age, nor with number of patients.

**Conclusions:** Some of potential causative factors associated with the burnout syndrome were investigated. It is important to further explore the correlation between this syndrome and various variables, such personality characteristics, coping strategies and organizational characteristics.

## References

[1] Lecic Tosevski D et al: Burnout syndrome of general practitioners in post war period. *Epidemiologia e Psichiatria Sociale*, 15 (4): 307-10, 2006.

## P0022

Burnout among physicians

N. Pranjic. *Department of Occupational Medicine, Medical School of University of Tuzla, Tuzla, Bosnia and Herzegovina*

**Objective:** High rates of occupational burnout syndrome have been found among health service professionals. Our objective was to measure the prevalence of burnout and explore its social demographics and occupational predictors among physicians in Bosnia and Herzegovina.

**Methods:** Answers to the Occupational stress questionnaire (OSQ) were used to assess predictors for burnout and the Maslach burnout inventory were used to categorize respondents into low, moderate and high level of burnout.

**Results:** 534 physicians responded to the survey (76% response rate) and 511 questionnaires could be analyzed. 27.0% of respondents had a high score for emotional exhaustion, 23% had a high score for depersonalization/ cynicism and 23% had a low score for personal accomplishment was found in 29% of physicians. Female physicians were reported more likely than male high level of work related stress and burnout. The predictor of personal accomplishment was only marital status (to be single vs not single;  $\beta_2 = -1,02$ ,  $P = 0,01$ ). The main predictors of emotional exhaustion were: work is mentally strenuous and low level of friendly communication at work. High feeling of stress, loss of control over the working ambient and possibility to use knowledge at work were associated with high score of depersonalization.

**Conclusion:** Intervention program in health care organization to prevent stress at workplace and promotion of staff and patient health should be implemented.

## P0023

Suicidal behavior and stress related disorders

P. Pregeelj<sup>1</sup>, M. Tomori<sup>1</sup>, J. Balazic<sup>2</sup>, T. Zupanc<sup>2</sup>. <sup>1</sup> *University Psychiatric Hospital, Ljubljana, Slovenia* <sup>2</sup> *Institute of Forensic Medicine, Ljubljana, Slovenia*

In retrospective study we characterize the suicidal behavior in 413 patients with stress related disorders as assessed by psychiatrists in Psychiatric Emergency Clinic at University Psychiatric Hospital. These patients were compared with 482 patients with anxiety disorders attending the same institution. We observed that 76 patients (18,4%) with stress related disorders had suicidal thoughts at the time of their evaluation and 21 patients (5,1%) had documented suicide attempts just before the evaluation. In the group of patients with anxiety disorders we observed that 50 patients (10,4%) had suicidal thoughts at the time of their evaluation and only 4 patients (0,8%) had been referred to UPOC after suicide attempt. Difference was significant ( $p < 0,05$ ). The aim of our next study was to evaluate negative life of suicide victims in a month before suicide. On the other hand aggression and impulsivity of suicide victims was evaluated. In the three-year period 90 suicide victims (28 women and 62 men) in the central region of Slovenia were examined using the method of psychological autopsy. We compared subgroups of suicide victims with or without previous aggressive behaviour. We observed that suicide victims with previous aggressive behaviour have higher number of negative life events in a month before suicide and have expresses higher impulsivity then others. We also observed that suicide victims with previous aggressive behaviour directed toward others have more often previous suicide attempts than suicide victims without previous aggressive behaviour. These data support the hypothesis that suicidal behaviour is also influenced by previous stress events.

## P0024

Psychosocial distress as a risk factor for diabetes mortality

Y.E. Razvodovsky. *Grodno State Medical University, Grodno, Belarus*

**Background:** Diabetes melitus has become an epidemic from a global perspective. Diabetes is a classical example of the biopsychosocial model of disease and like most diseases, it has a multifactorial origin. Several lines of evidence support the role of psychosocial distress in promoting the development of diabetes.