

Engineers are at risk given the globalization and increased competition in their jobs.

Objectives: The aim of the study was to assess the different professional factors that promote workaholism among Tunisian engineers.

Methods: A cross-sectional descriptive and analytical study conducted among Tunisian engineers during July 2021. The data were collected by an online questionnaire including the socio-demographic and professional information and the “the Work Addiction Risk Test” (WART) which was used to assess the workaholism.

Results: Participants were 52 engineers (31 males and 21 females), and aged from 23 to 55 years old (average age 30.75 years). Thirty-five engineers (67.3%) were single. Concerning professional data, 30.8% of engineers worked in the public and 51.9% of them were computer engineers. Of the participants, 11.7% worked more than 12 hours, 61.5% worked overtime and 92.3% had weekly rest. The prevalence of workaholism in Tunisian engineers was 23.1%. Engineers working in the public sector and working more than 12 hours had significantly higher proportion of work addiction with $p < 0.001$ and $p = 0.01$, respectively. However, no significant difference was found by specialty, working overtime and having weekly rest according to workaholism.

Conclusions: In our study, we found that the public work sector and extended working hours promote work addiction. Addressing supporting factors in the work environment and periodic examination of the engineers and responding accordingly is required.

Disclosure: No significant relationships.

Keywords: determinants; work addiction; engineers; professional factors

EPP0345

Acceptability y feasibility of “Yo Sé Lo Que Quiero (YSLQQ)” (Unplugged) program: a drug prevention intervention for adolescents in Chile

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Introduction: Substance misuse among adolescents is a public health problem because of its prevalence and consequences.

Objectives: i) To develop a culturally adapted version of the Unplugged program in Chile, renamed as “Yo Sé Lo Que Quiero (YSLQQ)”, for substance use prevention; ii) To evaluate the acceptability and feasibility of its implementation.

Methods: Pilot study, with randomized controlled trial design, with two arms (Intervention Group, IG; and Control Group, CG). The sample consisted of 1,556 students from 6th to 8th grade from six schools (1:1 ratio) in Santiago, Chile. The IG received the 12 sessions of the YSLQQ program and the CG the usual substance use prevention activities. Acceptability was assessed through a student questionnaire, and feasibility through teacher self-report.

Results: More than half of the students reported that they liked the sessions. 61.3% were satisfied with the duration of the program and 61.7% with the activities. 68% of students agreed that the program helped them to have more refusal skills towards tobacco, alcohol, and drug use in the future. On the other hand, concerning feasibility and fidelity, 88.9% of the teachers remained faithful to the manual, and 91.6% of the activities were fulfilled according to the manual.

Conclusions: The present study demonstrated that “Yo Sé Lo Que Quiero” program is acceptable and feasible for future implementation in adolescents.

Disclosure: No significant relationships.

Keywords: prevention; Adolescents; substance use; Acceptability

EPP0346

The association between gender expression, beliefs about alcohol, coping skills, and alcohol consumption in post-secondary students at two Canadian universities

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Introduction: Unlike sex, the association between gender and high-risk drinking has been relatively understudied in post-secondary students. Gender expression may influence the use of protective coping strategies and beliefs about alcohol.

Objectives: This study evaluated associations between gender expression, protective coping strategies, beliefs about alcohol, and high-risk alcohol use in post-secondary students.

Methods: We analyzed data from a cross-sectional study of 3,446 undergraduate students at two Canadian universities in October 2017. The primary outcome was high-risk drinking during the previous month, measured by the Alcohol Use Disorders Identification Test (AUDIT) score. We evaluated gender expression (masculine, feminine, androgynous, and undifferentiated), protective coping strategies, and beliefs about alcohol using validated scales. Multivariable logistic regression models were used to test the association between gender expression and AUDIT scores.

Results: The most prevalent gender expression was androgynous (35.1% overall), while the undifferentiated role was the least prevalent (17.4% overall). Those who adhered to an androgynous gender role (OR = 1.45, 95% CI: 1.10, 1.90) were significantly more likely to engage in problem drinking. In addition, greater scores on the protective behavioural strategies scale were associated with reduced odds of problem drinking (OR = 0.96; 95% CI: 0.95, 0.97) while higher alcohol saliency scores were associated with higher odds of problem drinking (OR = 1.12; 95% CI: 1.10, 1.13).

Conclusions: Higher protective behavioural strategies and lower alcohol salience beliefs were associated with lower alcohol use. Androgynous gender roles were associated with high-risk alcohol use.

Disclosure: No significant relationships.

Keywords: Survey; University Mental Health; gender; alcohol