

and in the morning (6:00-7:00 am) after the PSG. PER1 protein concentration measurements were performed using ELISA. Funding: National Science Centre, Poland-2018/31/N/NZ5/03931.

**Results:** The control and OSA group were match in sex and age, while differed regarding BMI ( $p=0.039$ ), desaturation index ( $p<0.001$ ) and AHI ( $p<0.001$ ). PER1 protein level was elevated in OSA group compared to control both in the evening (322.384.1vs.208.460.1pg/ml; $p<0.001$ ) and morning (314.891.9vs.228.157.3pg/ml; $p=0.002$ ). No difference was observed between evening and morning PER1 level ( $p=0.946$ ). Morning PER1 correlated with AHI ( $r=0.400$ ;  $p=0.011$ ), desaturation index ( $r=0.391$ ;  $p=0.013$ ), age ( $r=-0.312$ ;  $p=0.049$ ) and BMI ( $r=0.383$ ;  $p=0.015$ ). In a multiple linear regression model ( $R^2=0.268$ ;  $p=0.003$ ) morning PER1 protein level was influenced by age ( $p=0.006$ ) and AHI ( $p=0.025$ ), while BMI and desaturation index were not significant.

**Conclusions:** OSA patients might suffer from circadian clock disruption, which is mainly associated with the severity of the disorder and age. Further studies are needed as this dysregulation can result in metabolic and mood disorders often observed in this group of patients.

**Keywords:** OSA; circadian clock; PER1; PSG

## EPP1294

### Sleep disorders among health care workers practicing in emergency department in south tunisia

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**Introduction:** Sleep disorders are the most common health problem among the health care staff, mainly those who perform night shifts.

**Objectives:** To assess the prevalence of sleep disorders among health care workers in emergency department and to determine its associated factors.

**Methods:** It was a cross-sectional study, including health care workers assigned to emergency ward and intensive care unit of Hedi Chaker and Habib Bourguiba hospitals in Sfax and regional hospital of Kebili, during the first six months of 2017. We used an anonymous and confidential self-administered questionnaire. We used hospital anxiety and depression scale (HAD) to assess anxiety and depression. Sleep quality was assessed by the Pittsburgh Sleep Quality Index and day time sleepiness by the Epworth Sleepiness Scale.

**Results:** 240 nurses were included. Mean age was 37 years-old, 59.2% were female and 64.2% were married and 79.2% assured night shifts. The prevalence of sleep disorders was 70.4%. Sleep difficulties were significantly correlated with anxiety ( $p=0.001$ ) and depression ( $p=0.02$ ). In multivariate study, sleep disorders were related to the absence of leisure activity (OR=0.42 [0.19-0.94];  $p=0.035$ ) and anxiety (OR=3 [1.4-6.1];  $p=0.002$ ). 40.8% of nurses experienced drowsiness. Sleepiness was significantly correlated with the absence of leisure activities ( $p=0.04$ ) and with psychiatric family history ( $p=0.02$ ). In the multivariate study, sleep disorders were correlated with female gender (OR=0.43 [0.19-0.9];  $p=0.042$ ) and with no leisure activity (OR=2.6 [1.2-5.6];  $p=0.01$ ).

**Conclusions:** Sleep disorders were common among emergency nurses, in order of that; working conditions should be improved to provide less stressful conditions for nurses.

**Conflict of interest:** No significant relationships.

## EPP1295

### Severity of insomnia among counseling patients in psychiatry

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**Introduction:** Insomnia is a frequent reason of consultation in psychiatry. Always it is associates to other psychiatric pathologies. After stabilisation of the main disorder, it can become the only complaint.

**Objectives:** This study aimed to assess the prevalence of severe insomnia among patients suffering from different psychiatric disorder, and their sociodemographic profile.

**Methods:** It is a cross sectional study conducted in February 2020 at the psychiatric ward of the military hospital of Tunis, including 80 patients who responded to the questionnaire of Insomnia Severity Index (ISI).

**Results:** The study included 80 patients (18 to 66) years old with average age 38.78. The questionnaire showed that 26.92% didn't have any sleep disorder, 25% had light insomnia, 42.30% had mild insomnia and only 5.76% suffered from severe insomnia. The patients counseling for anxiodepressive disorders were 48%, for PTSD were 17.46% and 17.3% for psychosis. Military population represented 80% of total patients interviewed and the average of years of service was 17.7 years. The single patients were 46% the others were married. 70% of the patients were under hypnotic drugs besides the main treatment.

**Conclusions:** Sleep disorders have a significant impact on cognitive functions and life quality which should be separately studied. Despite of well conducted pharmacotherapy, some patients still suffering from severe insomnia, it can be attributed to the main psychiatric disorder, relapse, treatment resistance, substance abuse... The importance of the psychiatrist involvement in screening and treatment can obviously enhance the prognosis. Other therapeutic alternatives which are non pharmacological such as phytotherapy and CBT should be proposed to patients.

**Keywords:** prevalence; Insomnia; Insomnia Severity Index

## EPP1297

### Parental postpartum affective disorders as a risk factor for infant bedtime resistance

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**Introduction:** Infant intrinsic factors, parental mental health, and parenting functioning could influence infant sleep development (Camerota et al., 2019). The current study was designed to advance understanding of parental mental health in influencing bedtime resistance in infants aging 8-12 months.

**Objectives:** The main aim of the present study was to examine the role of parental postpartum affective disorders, infants' temperament and paternal involvement at bedtime in predicting infants' bedtime resistance (e.g. fussing, crying or protesting).

**Methods:** 60 Italian families of infants (34 boys and 26 girls) aging from 8 to 12 months ( $M = 10.73$ ,  $SD = 2.54$ ) participated in this study. Parents completed Brief Infant Sleep Questionnaire (Sadeh et al., 2009), Perinatal Assessment of Paternal and Maternal Affectivity (Baldoni et al., 2018), QUIT for infants' temperament (Axia, 2002) and an ad-hoc questionnaire for fathers' involvement. Two multiple linear regressions (MR), one for fathers and one for mothers, and relative weight analyses (RWA) were conducted.

**Results:** Infants' involvement in constant bedtime routines (reported by fathers:  $\beta = -.35$ ,  $p < .05$ ; mothers:  $\beta = -.31$ ,  $p < .05$ ) and paternal involvement at bedtime (fathers:  $\beta = -.45$ ,  $p < .01$ ; mothers:  $\beta = -.27$ ,  $p < .05$ ) represented protective factors for infants' bedtime difficulties. Paternal affective disorders, accounted for 17.2% of the explained variance for mothers' and 12.5% for fathers' reports of infant bedtime difficulties, more than did maternal postpartum affective disorders.

**Conclusions:** Findings support that parental mental health can interfere with infants' bedtime resistance.

**Keywords:** paternal involvement; Postpartum depression; sleep

## EPP1298

### Is ADHD a sleep disorder? can adhd improve by treating the comorbid sleep disorder(S)? a research update

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**Introduction:** Research has shown that ADHD and sleep disorders are intimately intertwined in the majority of patients in both childhood and adulthood. Circadian rhythm sleep disturbances, esp. the delayed sleep phase syndrome, as well as several other sleep disorders, such as Insomnia, Restless Legs, Periodic Limb Movement Disorder and Sleep apnea are associated with ADHD. With a prevalence rate of 80% of sleep disorders in adults with ADHD, the question not only is what is chicken and egg, but even if both conditions share a joint pathophysiology.

**Objectives:** To investigate the consequences of this comorbid sleep disorders on severity of ADHD, mood and health, as well as to find evidence on improvement of ADHD by treatment of the sleep disorder(s).

**Methods:** Recent research will be evaluated to formulate answers to these questions.

**Results:** Sleep loss resulting from sleep disorders increases ADHD severity due to more impairment of cognition and memory as well as mood instability. Sleep loss in the longer term also leads to obesity, with negative consequences for health in general. First studies showing a decrease of ADHD symptoms by treatment of sleep disorders will be discussed.

**Conclusions:** ADHD and sleep disorders come together in the majority of patients and need both assessment and treatment. Treatment of ADHD by improving sleep, is an intriguing research question with potential new treatment options.

**Keywords:** Treatment; Adult; ADHD; sleep disorders

## EPP1300

### Elderly: Coping with sleep disorders

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**Introduction:** Sleep problems are a common presenting symptom of elderly patients to Primary care physicians and Psychiatrists. Almost half of seniors over age 65 who live at home are dissatisfied with their sleep, and nearly two-thirds of those residing in nursing home facilities suffer from sleep disorders. Chronic and pervasive sleep complaints and disturbances are frequently associated with excessive daytime sleepiness and may result in impaired cognition, diminished intellect, poor memory, confusion, and psychomotor retardation.

**Objectives:** The aim of this article is to summarize and explore the facts involving sleep disorders, discusses approaches to treatment and highlights new research in the area of geriatric sleep disorders.

**Methods:** An online bibliographic search was carried out on PubMed and Medline using the keywords "Elderly", "sleep" and "Psychiatry".

**Results:** Management of sleep disorders is complicated by the risk of side effects of pharmacologic treatment approaches, and thus nonpharmacologic strategies are preferred when possible. Additionally, many of the pharmacologic strategies used in treating younger adults have not been studied adequately in the geriatric population, and more specifically in patients with underlying cognitive disorders, making treatment choices difficult.

**Conclusions:** This review has provided insights into the biopsychosocial impact of sleep disorders in the elderly, as this group pose unique challenges for diagnosis and treatment. Sleep changes in the elderly may have a far broader impact on geriatric health than originally thought, with implications for AD and delirium, and further research is needed in these areas as well.

**Keywords:** Elderly; sleep

## EPP1302

### Sleep-related behavior as a factor of anxiety and depression: Mediating role of sleep quality

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**Introduction:** Although sleep hygiene is a well-studied factor of good sleep (Irish et al., 2015, McNail et al., 2016), less is known