

Conclusions: Caregivers with anxiodepressive disorders had significantly lower levels of EI than those without anxiodepressive disorders, suggesting that EI maybe a protective factor against these disorders

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EPV0550

Empathy as a predictor of burnout syndrome in health professionals of the Colombian Caribbean

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Introduction: Empathy is an essential skill in the doctor-patient relationship since it contributes to improve aspects of health care and patient satisfaction. Nevertheless, burnout research projects have been developed in recent years.

Objectives: To examine the predictive capacity that empathy has on burnout syndrome in health professionals.

Methods: A non-experimental, cross-sectional design was proposed. The type of study was correlational-descriptive since it was sought out to explore a functional relation through the prognosis of a criterion variable. Sample: 200 (100 female and 100 male).

Results: First, the variance of cognitive and Affective Empathy was dug out in the emotional exhaustion criterion scale. Results accounted for 15% of variability in emotional exhaustion. (Corrected R 2 = .15, F = 17,56, p = 0,00). The best predictor of emotional exhaustion refers to Cognitive Empathy. (B = -.27, p = 0.00). It does not seem that Affective Empathy acts as a predictor variable of Emotional Exhaustion. (Table 1).

Table 1 Multiple linear regression analysis considering Emotional Exhaustion as a criterion.

TECA	Corrected R ²	F	B	p
Cognitive Empathy	.15	17,5	-.27**	0,00
Affective Empathy			-.14	.13

The predictive capacity of Empathy in relation to Depersonalization was estimated (Corrected R 2 = .20, F = 25,4, p = 0.00). Cognitive and affective empathy were included as predictor variables and MBI as a criterion variable (Table 2). On one hand, the best predictor of Depersonalization is the Cognitive Empathy. On the other hand, regarding Affective Empathy, it does not act as a predictor of Depersonalization.

Table 2 Multiple linear regression analysis considering Depersonalization as a criterion.

TECA	Corrected R ²	F	B	p
Cognitive Empathy	.20	25,4	-.32**	0,00
Affective Empathy			-.15	.84

Lastly, the predictive capacity of Empathy in relation to Personal Achievement was figured out. (Corrected R 2 = .19, F = 23,4, p = 0.00). Cognitive Empathy is the best predictor for Personal Fulfillment (Table 3).

Table 3 Multiple linear regression analysis considering Personal Fulfillment as a criterion.

TECA	Corrected R ²	F	β	p
Cognitive Empathy	.20	25,4	.43**	0,00
Affective Empathy			.00	.96

Conclusions: It was noticed that through a linear multiple regression analysis, the variable that best explains Emotional Exhaustion is Cognitive Empathy. Those results are replicated for Depersonalization and Personal Fulfillment.

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Evaluating emotional competencies in health professionals in a city in Colombia

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Introduction: Emotional competencies, according to Bisquerra Alzina & Escoda (2007), refer to “knowledge, skills and attitudes necessary to understand, express and appropriately regulate emotional phenomena” (p. 22) in the management of emotions with oneself and with the other.

Objectives: Measure the emotional competencies Empathy, Emotional Expression and Emotional Regulation in health professionals in healthcare centers.

Methods: Quantitative descriptive. The Inventory of Emotional Competencies for Adults (Mikulic, Crespi, Radusky, 2015) was applied to 30 participants (doctor, psychologist, nurse, dentist).

Results: The grouped measurements show skills at a medium and high level.