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Prevention of Mental Disorders

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Anticipatory Competence of Adolescents with Mental Disorders in the Prevention of Deviations

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Introduction: Theoretical analysis of the problem of anticipatory competence in adolescents with mental disorders highlights its insufficient study as an integral ability that contributes to their adaptation in society and the prevention of deviant behavior.

Objectives: To identify and study the relationship between anticipatory consistency and deviations in adolescents with mental disorders.

Methods: The study involved 25 adolescents aged 12-14 (6A00.0, ICD-11) attending an educational institution for children with disabilities. The following methods were used: the "Test of Anticipatory Solvency" by V.D. Mendelevich, the "Test of Propensity for Deviant Behavior" by E.V. Leusa and A.G. Solovieva, and the "Study of Anticipatory Solvency in Adolescents" by A.I. Akhmetzyanova and T.V. Artemyeva.

Results: Adolescents with mental disabilities exhibit varying degrees of motor clumsiness and difficulty judging distance in visual space. They struggle to predict the consequences of their actions and are not always able to foresee conflict situations in social settings, nor respond adequately in such interactions, which often leads to the development of antisocial behavior. The majority of adolescents with mental disorders (56% of the subjects) exhibit a situational predisposition to delinquent behavior, indicating a tendency to put their own norms and values in conflict with those of the group. Correlation analysis revealed a statistically significant relationship between personal-situational anticipatory consistency and the scale of delinquent behavior ($r=0.416$).

Conclusions: The findings of this study can be useful to practitioners working with adolescents with mental disorders, helping them to plan and organize corrective interventions that consider the development of this essential skill. Anticipatory competence is one of the factors necessary for successful socialization and the prevention of deviant behavior in adolescents.

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Predisposition to boredom and anxiety-depressive disorders among nurses : A cross-sectional descriptive study

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Introduction: Bore-out affects three times as many employees as burn-out. It results from a lack of activity during work, and the healthcare sector, due to its monotony, promotes the emergence of these disorders

Objectives: Study the predisposition of hospital nurses to boredom, and investigate a possible relationship between this predisposition and their anxiety-depression profile.

Methods: This is a cross-sectional descriptive study conducted in April 2022 involving all nurses at the Sahloul University Hospital in Sousse. We used a pre-established questionnaire that included two validated tools: the Boredom Proneness Scale (BPS) and the Hospital Anxiety and Depression Scale (HAD).

Results: A total of 65 nurses took part in this study. The mean age was 36.62 ± 4.82 years and the sex ratio was 0.38. According to the BPS Scale, 13 nurses were inclined towards boredom (20%). A predisposition to boredom has been observed among staff with less than 8 years of seniority ($p=0.001$), those with no extracurricular activities ($p=0.020$), those with a moderate or severe workload ($p=0.008$), and those whose profession had no impact on their relationships with others ($p=0.012$). The depression score on the HAD scale was moderate (32%), average (20%), and severe (12%). The HAD scale revealed that 29% of people had mild anxiety, 23% had moderate anxiety, and 12% had severe anxiety. No statistically significant relationship was found between the boredom disposition scale and the HAD scale.

Conclusions: Bore-out can worsen anxiety and depressive disorders by causing boredom and frustration. It is crucial to promote an engaging and varied work environment to protect employees' mental health.

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Can a difference in socioeconomic levels influence executive functioning in a Tunisian population?

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Introduction: Poverty's impact on mental health and quality of life is well documented. Studies have shown that the high stress levels associated with poverty increase the risk of mental illness. Moreover, cognitive abilities seem to be influenced by a low socioeconomic level. Conversely, individuals who benefit from a better socioeconomic situation since childhood and throughout adulthood are more likely to succeed academically and professionally.

Objectives: This paper examines the relationship between socioeconomic status and executive functioning in healthy Tunisian adults. It aims to determine if socioeconomic differences influence executive processes.

Methods: We conducted an experimental study with 95 Tunisian adults (ages 20-55) from the city of Tunis, divided into 4 socioeconomic