Result 55% of the population were men; the median age was of 32 years. 51% were residents and 49% were doctors attached. There were significant differences in the working conditions of residents and doctors, p<0.001. There was higher prevalence of stress in residents than in doctors, p=0.006. The prevalence of emotional exhaustion was 44% for residents and 23% in doctors, p<0.001. The level of depersonalization was 51% and 46%, respectively, p=0.004, these had significant differences according to the working conditions. The risk of presenting severe psychosomatic manifestations was 3.5 times in those who had a high stress level (CI: 2.45 to 5.33). There were three times more risk for severity of symptoms in who perceived supervision (CI: 1.49 to 2.9) and excessive workload (CI: 2.06 to 4.11). The risk of burnout was twice for those who reported excessive workload and for those who performed guards and attend more than 20 patients per day. These differences were maintained by adjusting them by category on the job.

Discussion We found significant differences in the levels of stress, burnout and severity of symptoms according to the category and working conditions between residents and doctors attached.

Intervention protocols help employers and workers progress significantly in improving working conditions, and they also support issuing public policies to enforce their mandatory application.

296 ACTIVE JOBS ARE ASSOCIATED WITH BETTER COGNITIVE FUNCTIONING: FINDINGS FROM A POPULATION-BASED LONGITUDINAL STUDY IN GERMANY

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Introduction Active jobs, which are the combination of high job demand and high job control based on Karasek's Demand-Control model, have been found to be associated with better cognitive functioning by a couple of longitudinal studies. However, the evidence from Germany is still lacking. The purpose of our study is to analyse the associations of active jobs and cognitive functioning based on large German working population.

Methods We used data from the German Socio-Economic Panel (G-SOEP) Study with national representativeness. Two well-established cognitive tests (perceptual speed and word fluency) were applied in both 2006 and 2012. Psychosocial work conditions in terms of demand and control were measured in 2001. In total, longitudinal data from 1903 employees during follow-up 2001–2006, and from 1226 employees during follow-up 2001–2012 were available for current analyses. Multivariate linear regression was applied to examine longitudinal associations of psychosocial work conditions with cognitive functioning, adjusted for relevant covariates.

Results Overall, in this study sample (mean age 42.24 years, ranged 18–64 at baseline), participants with active jobs in 2001 exhibited the highest cognitive performance in 2006 and in 2012 compared to participants with passive jobs (low demand and low control), after adjustment for demographics, socioeconomic status, lifestyle behaviours, and health at baseline. Specifically, perceptual speed was higher 2.27 units (95% confidence interval, CI: 0.54 to 4.00) in 2006, and 1.96 units (95% CI: 0.77 to 3.16) in 2012; word fluency was higher 1.99 units (95% CI=0.27, 3.72) in 2006, and 3.55 units (95% CI: 1.15 to 5.95) in 2012.

Conclusion This study demonstrates a protective effect of active jobs, defined as high demand and high control, on two aspects of cognitive functioning over an 11 year period. Further research is needed to determine the possible mechanisms and interventions, to maintain cognitive functions of employees.