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Introduction: International experience convincingly shows the prevalence of mental disorders secondary to COVID-19, the pathogenesis of which includes biological and psychosocial factors, which characterizes this area of research as relevant and timely.

Objectives: Analysis of the structure of the most common forms of psychopathology within consequences in COVID-19.

Methods: The study involved 45 patients with depressive episodes of varying severity (F 32.0, 32.1, 32.2) and 37 ones with anxiety disorders (F 40, 41). The average age of the examined groups was 39.42 ± 5.68 and 31.54 ± 4.36 years respectively. Clinico-psychopathological, psychodiagnostic, statistical methods were used.

Results: Significantly more patients with depressive disorders before the first clinical manifestations of the disease experienced COVID-19 in mild and moderate form (31.82% and 68.18% of individuals, respectively) ($p < 0.05$), while patients with anxiety disorders were more affected to some stressors of the SARS-CoV-2 pandemic (including threatening information background (83.78% of people), quarantine measures in the form of self-isolation (75.66% of people), uncertainty of the impact of coronavirus infection on the socio-economic situation) (62.16% of people)) ($p < 0.05$). It was found that the examined patients with a history of coronavirus COVID-19 are more likely to have depressive and asthenic syndromes in the clinical picture ($p < 0.05$), while patients with psychogenic effects of the pandemic - anxiety-phobic and somato-autonomic syndromes ($p < 0.05$).

Conclusions: Data on the influence of coronavirus disease COVID-19 and stressors of the SARS-CoV-2 pandemic on the formation of mental disorders of various genesis will allow to develop prevention algorithms and personalize therapeutic programs.

Disclosure: No significant relationships.

EPV0361

COVID-19-related stigma among the non-infected general population from Iran

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Introduction: COVID-19-related stigma has been raised as a crisis since the beginning of the pandemic. We intended to develop a valid and reliable questionnaire to measure COVID-19-related stigma, attributed by the non-infected general population, and applied it in Tehran from September to October 2020.

Objectives: This study measures the COVID-19-related stigma attributed by the non-infected general population using a valid and reliable questionnaire specific to COVID-19-related stigma.

Methods: A preliminary questionnaire with 18 items was developed. The score ranged from 18 to 54 while the higher score indicating a higher level of COVID-19-related stigma. Out of 1064 randomly recruited Tehran citizens without a history of COVID-19 infection, 630 participants, who completely responded to the questions on a phone call, entered the study.

Results: The content validity was established with a scale content validity index of 0.90. Item CVI and Item content validity ratio were higher than 0.78 for all items. Internal consistency was confirmed with Cronbach's alpha of 0.625. Exploratory factor analysis revealed seven latent variables, including "blaming and penalty-seeking behavior", "social discrimination", "dishonor label", "interpersonal contact", "spreading rumors and myths", "overvalued idea", and "apathy toward the patients". The mean (SD) of the score was 25.1(4.71) in our study. 86.8% of participants reported a low level of stigma with a score below 31. 13.2% of them demonstrated a moderate level of stigma, and none of the participants showed a high level of stigma.

Conclusions: we found a low level of stigmatizing thoughts and behavior in Tehran, which may be due to social desirability bias.

Disclosure: No significant relationships.

Keywords: Iran; stigma; Covid-19

EPV0362

COVID-19 related sleep disorders and the mental health

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Introduction: COVID-19 affects nervous system and the mental health of patients.

Objectives: The aim of the study was to determine the prevalence of depression, anxiety, and insomnia among patients hospitalized with COVID-19 in order to understand mediating factors and inform tailored intervention.

Methods: To the study patients with mild and moderate COVID-19 were included. It was no included patients with diagnosed psychiatric disorders. It was conducted an interview, including using telemedicine technologies, assessed HADS, MFI-20, Pittsburgh Sleep Quality Index (PSQI) questionnaire.

Results: It was analyzed the data of 119 patients, 34% patients was female, mean age 58.7 ± 11.1 range 47 to 69 years. Anxiety-depressive symptoms were observed in 33/119 (28%) patients by HADS scale. Clinically significant anxiety and depression were seen in 11% and 4% of the patients, respectively. In 13% patients was observed as anxiety as depression. An increase in the MFI-20 scale (more than 20 points) was found in 87 (73.0%) patients, sleep

disorders in accordance with the PSQI questionnaire was recorded in 32 (27.0%) patients. Sleep disorders were manifested by dissatisfaction with sleep quantity or quality that is associated with difficulty falling asleep. All patients have asthenic symptom.

Conclusions: It was noted that in most patients with COVID-19, along with a depressive and anxiety disorders, an asthenic symptom complex, sleep disturbances are recorded. The choice of the medical intervention should be based on the severity of the violations identified taking into account the side effects of the prescribed drugs, drug interactions and somatic status of patients

Disclosure: No significant relationships.

Keywords: Disorders; sleep; Covid-19; Depression

EPV0363

Psychological resilience and anxiety in response to COVID-19

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Introduction: In Romania, the first case of COVID-19 was detected on 26 February 2020 and the number of cases has been rising afterward.

Objectives: The goal of this study was to assess anxiety and resilience regarding the COVID-19 pandemic and to analyse possible protective measures and risk factors.

Methods: This is a cross-sectional study and data were collected March and April 2021. Participants filled in the Zung Self-Rating Anxiety Scale and the Connor-Davidson Resilience Scale.

Results: The sample consisted of 440 participants who presented to the general practitioner (female-65.7%) and the most representative age group was 35-64 years old; 18.4% of the participants stated that they were infected; 56.6% reported that they do not know anyone in their entourage who was infected/ has died of COVID-19 (group A), 32.9% knowing people with an infection in their close social environment (group B) and 10.5% had close people who died (group C). Almost half of the respondents (49.3%) scored above the cut-off point of the anxiety index (mild 38.6%, moderate 9.9%, severe 0.8%). As we expected, there is a strong negative correlation between anxiety levels and resilience (Pearson Correlation=-.551, $p<0.01$). If groups A and B had similarities regarding anxiety levels (44.97 and 44.23), those knowing someone who died of COVID-19 (group C) had a higher anxiety level (47.81%) ($p<0.05$).

Conclusions: The recent COVID-19 pandemic has caused an understandable surge in anxiety among the general population. Low level of resilience is predictive of the phenomenon of having high anxiety in the face of the death of others.

Disclosure: No significant relationships.

Keywords: Covid-19; general practitioner; pandemic; Anxiety

EPV0364

Depressive disorders among Tunisian high school teachers in the face of COVID-19

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Introduction: The constraints linked to COVID-19 may reduce resilience and intensify depressive feelings especially in vulnerable populations such as teachers.

Objectives: To understand the psychological distress in terms of depression of the COVID-19 pandemic among secondary school teachers in Sfax, Tunisia and to determine the correlated factors.

Methods: This was a descriptive and analytical cross-sectional study of 97 medium and high school teachers from Sfax, Tunisia. The study was conducted on google drive in May 2021, including an information sheet and the Patient Health Questionnaire (PHQ)-9 to assess depression.

Results: In our study, the sex-ratio (M/F) was 0.32 and the average age was 44.23 years old. The median professional seniority was 16 years (minimum=1, maximum=37). Suicidal thoughts were described by 10.4% of teachers while 54.2% reported the presence of sleep disturbances since the onset of the pandemic. The median PHQ-9 score was 8 (Q1=4, Q3=15). The distribution of scores indicated that 59.7% of participants had no to mild symptoms of depression while 40.3% had moderate to severe depression. Furthermore, the presence of depression was associated with an age ≤ 40 years old ($p=0.037$), a professional seniority ≤ 20 years ($p=0.035$), the female gender ($p=0.005$), the presence of sleep disturbances ($p<0.001$) as well as with suicidal thoughts ($p=0.006$).

Conclusions: It seems that COVID-19 health situation in education have led to the emergence of a teacher overexertion and a depth adaptation to the new environment demands. Thus, clinical attention to the depression level of the teachers is certainly warranted.

Disclosure: No significant relationships.

Keywords: Depression; high school teachers; Covid-19

EPV0365

Perceived stress among physician parents during COVID-19 pandemic

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Introduction: Stress among physician parents is still poorly studied, especially during the SARS-COV-2 pandemic.

Objectives: To describe the stress of being both a doctor and a parent during COVID-19 epidemic.