

**Methods:** It was a cross-sectional, descriptive and analytical study, carried out on google drive in March 2021, and relating to 93 Tunisian medical parents. We used a questionnaire containing the parents' personal and professional data as well as the perceived stress scale (PSS10). **Results:** The majority of parents (94.7%) were women. The average age was 34.43 years old. The average age of marriage was 29.6 years for men and 25.4 years for women. The majority of parents (89.4%) had one or two children and 70.2% were satisfied with their relationship with their children. On another side, 71.3% of doctors had to provide on duty services in the hospital, with 44.1% providing 3-4 on-calls per month, while 69% were providing on duty services in the COVID units. The average PSS score was 22.6. The distribution of scores indicated medium and high stress level in respectively 84.9% and 14% of parents. Furthermore, the PSS score was negatively correlated with the marriage age ( $p = 0.046$ ,  $r = -0.2$ ). On the other hand, no association was observed with the children number nor with the satisfaction of the relationship with his child. **Conclusions:** It follows from our study that stress among physician parents is at a fairly high level. Managing this stress during a pandemic is not easy and requires the activation of several defense mechanisms.

**Disclosure:** No significant relationships.

**Keywords:** physician parents; Covid-19; Perceived stress

### EPV0366

#### An increase in somatization in pandemic time in association with lexical characteristic of statements about pandemic

T. Medvedeva<sup>1</sup>, S. Enikolopov<sup>1</sup>, O. Boyko<sup>1\*</sup>, O. Vorontsova<sup>1</sup> and M. Stankevich<sup>2</sup>

<sup>1</sup>Federal State Budgetary Scientific institution "Mental health research center", Clinical Psychology, Moscow, Russian Federation and <sup>2</sup>Federal Research Center "Computer Science and Control" of RAS, Institute For Systems Analysis, Moscow, Russian Federation

\*Corresponding author.

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**Introduction:** One of the negative consequences of the COVID-19 pandemic may be an increase in somatization.

**Objectives:** identification of implicit characteristics of texts indicating the peculiarities of the opinion about the pandemic by people with high somatization level.

**Methods:** Survey (03/23/2020–01/29/2021, N=1188). Used: SCL-90-R, COPE, Constructive Thinking Inventory (CTI). It was offered to express an opinion on the pandemic. The statements were divided into the two text arrays - "high somatization" and "low somatization" (based on the parameter "somatization" SCL-90R). The frequency of words in these text arrays was estimated (LIWC).

**Results:** The analysis showed an increase in somatization as the pandemic developed (Std.J-T Statistic=4,327). The relationship between somatization and anxiety, sleep disturbances, and depression was revealed. Higher rates of somatization are associated with a decrease in emotional coping, «global constructive thinking» and «personal superstitious thinking», an increase in «categorical thinking». The connection between somatization and a number of non-constructive copings is shown. Texts associated with high somatization demonstrate higher number of pronouns of the first person (30.77%, 17.19%), a decrease in the tonality of words, a vocabulary (LIWC) of suffering, negative sthenic emotions (1,53%, 0,93%), a decrease in the

vocabulary of motivation and resistance (0,93%, 1,49%), a decrease in vocabulary associated with the body (0,20%, 0,32%).

**Conclusions:** The connection between somatization and high emotional distress, which manifests itself in negative emotional vocabulary and is associated with a low level of emotional coping, is shown. The "representation" of the pandemic, presented in the text, is "divorced" from somatic manifestations, fear of illness and death.

**Disclosure:** No significant relationships.

**Keywords:** lexical analysis of statements; somatization; quarantine; Covid-19

### EPV0367

#### Sleep in COVID-19 recovery period and its impacts on Quality Of Life

S. El Sayed<sup>1\*</sup>, S. Gomaa<sup>1</sup>, A. Eissa<sup>2</sup>, D. Shohry<sup>3</sup> and A. Kabil<sup>4</sup>

<sup>1</sup>Faculty of Medicine-Mansoura University, Department Of Psychiatry, faculty Of Medicine, Mansoura University, Mansoura, Egypt; <sup>2</sup>Faculty of Medicine-Port Said University, Department Of Neuropsychiatry, port Said University, Portsaid, Egypt; <sup>3</sup>Faculty of Medicine, Mansoura University, Community Medicine, Mansoura, Egypt and <sup>4</sup>Faculty of Medicine, Al Azhar University, Pulmnology, Cairo, Egypt

\*Corresponding author.

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**Introduction:** According to the World Health Organization (WHO), the COVID-19 infection became a worldwide devastating health issue starting in December 2019 in China and then gradually was a global pandemic. PTSD after recovery from COVID-19 has been correlated to sleep problems, high anxiety level and depressive manifestations. These sleep problems have their drastic effect on the recovered patients' quality of life including physical, psychological and social domains.

**Objectives:** 1-To investigate the sleep in the post Coronavirus -19 period 2-If has an impact on the different items of patients' quality of life.

**Methods:** 1-Socio-demographic characteristics of 500 recovered COVID-19 patients 2-Insomnia Severity index a brief scale evaluating the patient's insomnia. The ISI evaluates the subjective complaints and results of insomnia as well as the level of dysfunctions from these sleep disturbances 3-Pittsburgh sleep quality index (PSQI):The Pittsburgh Sleep Quality Index (PSQI) is a scale that study the subjective sleep quality and different domains of sleep over a period of 1-month 4-Quality Of Life (QOL) by the SF36 Health Survey is a 36-item -report survey that evaluate eight domains of physical and mental wellbeing ranging from 0 to 100.

**Results:** The mean score of insomnia severity index was  $13.01 \pm 4.9$ . Regarding Pittsburgh sleep quality index ,Sum of seven component scores was  $15.37 \pm 4.43$ .Also QOL SF36 showed higher scores of the 8 domains including physical and mental

**Conclusions:** High score of insomnia and sleep disturbances during the recovery period of COVID-19 infection which affecting the Quality Of Life

**Disclosure:** No significant relationships.

**Keywords:** sleep; sleep;covid-19;quality;life; quality; Covid-19