

EPP0450

Paramedics feelings and beliefs about COVID-19

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Introduction: The year 2020 was marked by the COVID-19 pandemic. Health services were overwhelmed by the demands for care. Paramedics were both the main actors in the fight and the victims of this pandemic.

Objectives: The objective of our work was to assess paramedics' feelings and beliefs about COVID-19.

Methods: Descriptive and cross-sectional study including paramedics (nurses, orderlies) from the military hospital of Tunis. Data collection was carried out by a clinical psychologist. we studied paramedics' feelings and beliefs about COVID-19.

Results: A total of 161 paramedics agreed to answer our questionnaire. The average age was 37.73 years. The average number of years worked was 14.95 years. There were 85 women (52.8%) and 76 men (47.2%). The feelings about COVID-19 were anxiety in 127 (78.9%) paramedics and indifference in 34 (21.1%). The factors that could influence the spread of the pandemic were divine influence (25.5%), the organized fight against viruses (70.2%), our genetics (9.9%), mutations of the virus (6.8%), the BCG vaccine (21.7%), the Tunisian climate (5.6%), our food (13%).

Conclusions: The beliefs and feelings of paramedics regarding COVID-19 are many and varied. These factors must be taken into consideration because they influence the involvement of paramedics in the fight against the virus and their compliance with health and safety rules.

Keywords: coronavirus; emotion; Culture; paramedic

EPP0448

Anxiety and depression among tunisian health professionals facing COVID-19

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Introduction: In March 2020, the World Health Organization characterized the COVID-19 outbreak as a pandemic. This new health situation has created an anxiety-provoking climate, in particular among health professionals

Objectives: To study the prevalence and predictors of anxiety and depression among health workers

Methods: Our study was descriptive and analytical cross-sectional, carried out with healthcare on the period between May until June 2020. An anonymous online survey was sent to caregivers. The HADS questionnaire was used to screen for anxiety and depression

Results: 125 responses was collected The average age of the sample was 32 years. The participants were predominantly female (72.8%), married (48%), and had at least one child (39.2%). 21.6% of the participants worked in the resuscitation anesthesia service and urgent medical aid, 14.4% in the medical services at high risk of contamination, 1.6% in the COVID-19 unit Many changes in habits were reported by the participants: 28.7% had increased their consumption of coffee/tea, especially with anxious people ($p = 0.001$). This increase was also noted for tobacco (30.8%) and alcohol consumption (12.5%). According to the HADS scale, anxiety was retained in 44% and depression in 47.2%. Anxiety was significantly related to sex with ($p = 0.039$) and affects more women than men The consumers of coffee/tea developed more anxiety ($p = 0.034$) and depression ($p = 0.026$).

Conclusions: This tragic health crisis had a major impact on the mental health of our heroes This is why we should better understand their vulnerability to psychological suffering to provide them with the necessary support

Keywords: Depression; health professionals; Anxiety; COVID-19

EPP0449

The impact of COVID-19 on psychoactive products consumers

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Introduction: The emergence of COVID-19 changed the lifestyle of individuals through the appearance of lockdown. This period seems to have potential effect on some health determinants related to behaviors such as drug addiction.

Objectives: Compare the prevalence and behavior of drug consumers before and during the lockdown.

Methods: A cross-sectional study was carried out on 1001 Moroccan addict between April and July 2020, using two international questionnaires: The global drug survey "Special Edition on COVID-19" and the survey on impact of COVID-19 on patients and families.

Results: before lockdown, tobacco use (80.2%), alcohol (70.9%), cannabis (46.3%). During lockdown: tobacco consumption remains unchanged (80.7%), alcohol and cannabis consumption reduced significantly, respectively (39.6%) and (40.8%). Results show also the weaning of hallucinogens and solvents. 76.3% decreased their use, the raisons behind these changes were: 39.8% worried about health issues, 26.6% have less opportunities to consume, 23.7% think that the current life style make it difficult to use, 23.4% think they have less ability to obtain drugs.

Conclusions: The lockdown seems to be an opportunity for addicts to reduce drugs consumption. However, setting up support services with targeted interventions is the best chance to decrease psychological stress and avoid the consequences of this reduction.

Keywords: COVID-19; drug consumption; lockdown; online survey