

EPP0462

Family well-being as an important protective factor in the treatment of stress and emotional burnout among medical professionals during the COVID-19 pandemic in Russia

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Introduction: The COVID-19 pandemic and the need to fight it disrupt the balance between work and rest for health workers that can lead to a decrease in stress tolerance and emotional burnout appearance. The lifestyle and well-being of personal and family life can be both a “depletion” and a “resource” factor for health professionals when working under stressful conditions.

Objectives: To study the presence/absence and severity of burnout symptoms in medical professionals in the COVID-19 pandemic context; to investigate the interaction between burnout severity and overall stress levels, family well-being, and the presence of children.

Methods: The author’s socio-demographic questionnaire, Stress Perception Questionnaire (Linville, 1987), modified Pandemic Perception Questionnaire (Broadbent et al., 2006), Maslach Burnout Inventory (Maslach et al., 1996), State-Trait Anxiety Inventory (Spielberger et al., 1983) were used. The study was conducted online from April 27 to October 26. It involved 249 medical workers, including 58 men and 191 women.

Results: Health workers who have children show greater confidence in their professional competence (41.28 ± 6.3 vs 39 ± 7 ; $p=0.007$) and (at the trend level) have a lower level of exhaustion (34.53 ± 9.2 vs 36.71 ± 10.8 ; $p=0.09$) than their colleagues without children. Although health workers in both groups have approximately the same scores for perceived stress, however, those with children put less effort to counteract stress (9.31 ± 2.5 vs 10.19 ± 2.9 ; $p=0.012$). They describe the pandemic as less dangerous compared to colleagues who do not have children (15.4 ± 5.7 vs 16.7 ± 5.1 ; $p=0.042$).

Conclusions: Perhaps the very possibility of switching attention from a vitally dangerous topic to more positive aspects of life allows medical staff who have children to feel less exhausted and maintain faith in their own strength.

Keywords: stress; emotional burnout; medical professionals; COVID-19 pandemic

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Prevalence of dysfunctional breathing associated with anxiety during the COVID-19 pandemic in Russia

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Introduction: The COVID-19 pandemic has become a situation of increased concern due to health threats and increased uncertainty. The risk of infection with the respiratory system coronavirus attracts increased attention to respiratory sensations. These two aspects can be beneficial grounds for the dysfunctional breathing-changes emergence in the breathing pattern that does not correspond to physiological needs.

Objectives: To study the prevalence of dysfunctional breathing associated with anxiety during the COVID – 19 pandemic in Russia.

Methods: The author’s socio-demographic questionnaire, the Naimigen Questionnaire, The State-Trait Anxiety Inventory were used. The survey was conducted online in May 2020. There were 582 participants (496 women & 86 men) between the ages of 18 and 64.

Results: The severity of dysfunctional breathing significantly correlated with the height of personal anxiety ($r=0.488$, $p=0.000$). Women are more likely than men to have dysfunctional breathing (18.1 ± 9.6 vs 11.6 ± 7.9 ; $p=0.000$) and have more expressed personal anxiety (26 ± 10.5 vs 19.8 ± 9.7 ; $p=0.000$). The age of respondents has an inverse correlation with personal anxiety ($r=-0.147$, $p=0.000$), but not with dysfunctional breathing. Respondents who consider coronavirus to be a very dangerous trend to have dysfunctional breathing more than those who believe that the danger of coronavirus is exaggerated (18.1 ± 10 vs 15.9 ± 8.9 ; $p=0.052$).

Conclusions: During the COVID-19 pandemic, the risk of dysfunctional breathing increases in a wide range of the population, especially among women. Since one of the dysfunctional breathing symptoms is a feeling of “difficulty inhaling”, anxious people may interpret this as shortness of breath in COVID-19, which may motivate them to seek medical help, thereby artificially increasing the burden on the health system during the COVID-19 pandemic.

Conflict of interest: No significant relationships.

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Stress, health and lifestyle behaviours during COVID-19 home confinement in portuguese adults

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Introduction: The confinement associated with COVID-19 pandemic was an experience with significant physical and mental health implications, including higher stress levels, decreased sleep quality, pain symptoms and changes in lifestyle behaviours.

Objectives: The main goal of this study was to analyze the relationship between stress and health variables (sleep, health symptoms, health perception, and lifestyle behaviours) in a Portuguese university during COVID-19 home confinement.

Methods: A cross-sectional online survey design was conducted. A sample of 263 Portuguese workers (64.3% females), with mean age of 48.3 years ($sd=8.9$), filled in the PSS10, answering questions concerning health symptoms (perceived health, pain symptoms