

**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

## EPP0450

### Using developmental psychotechnics during COVID-19 pandemic: The case of children and adolescents failing to follow covid-related guidelines

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**Introduction:** The problem of COVID-19 is acute now in all the countries. Nevertheless, the techniques of applied clinical psychology are rarely implemented in this struggle.

**Objectives:** The aim was to examine the possibilities of the applied clinical psychology in instructing children and adolescents and in exerting psychological influence on them in order to decrease the incidence.

**Methods:** The following methods were used: thematic analysis of relevant information on TV and on Russian-speaking internet, interviews with adolescents refusing to wear masks (110 adolescents), observation.

**Results:** 87% of adolescents are sure that they are “fully informed about the COVID-19.” Moreover, 70% are certain they “will not be infected with COVID-19” and even if they do, they will “have a mild form of the disease.” Such information was widely reproduced in the Russian media and proved by medical statistics. It influenced negatively the attitude of adolescents toward masks, social distancing, etc.

**Conclusions:** 1) The information concerning COVID-19 requires introduction of the changes based on psychological data. 2) The ways of informing children and adolescents should be carefully analyzed using psychological data. In information for young people, their responsibility, solidarity and empathy toward others should be involved. 3) The situation of COVID-19 may become a space for potential development, this situation may shape respect toward the health of other people. 4) The “situation of test,” which is significant for the self-awareness of adolescents, should be employed as a way to persuade adolescents to follow the health restrictions.

**Keywords:** psychotechnics; applied clinical psychology; COVID-19

## EPP0451

### Shaping skills of mental hygiene and psychologically verified behavioral techniques under the situation of the pandemic

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**Introduction:** COVID-related situation has produced multiple challenges in the field of implementation of the restrictions.

**Objectives:** Russian media, NGOs and sociological institutions collected and processed data on following the COVID-related guidelines in Moscow and in other regions. According to these data, different social groups behave differently in respect to the restrictions.

**Methods:** The following methods were used: analysis of information in media, interviews with child psychologists and pedagogues, personal involved and non-involved observation.

**Results:** The COVID-related restrictions are often violated in all the Russian provinces. Observation and interviews demonstrate similar results. Young people aged 13–20 transgress the regulations most often. The reasons for that are not only the insufficient information, but also neurotic reactions and respective behavior: suppression, reaction formations, reactions of denial. Moreover, new behavioral norms (e.g. wearing masks) are insufficiently shaped yet, which makes following the new rules even more difficult. Furthermore, during the introduction of those regulations, their possible pathopsychological consequences were not taken into consideration, e.g. consequences of isolation, maintaining social distance, communication while wearing masks, fears, stress, paranoid reactions.

**Conclusions:** The pathopsychological consequences of introduced measures should be taken into consideration. Moreover, the phrasing of regulations needs reshaping and implementation of techniques of mental hygiene to prevent the development of mental disorders. Efficient shaping of respective skills might help to increase the percent of people following the guidelines too. However, all those issues require additional research.

**Keywords:** Mental Hygiene; COVID-19; Behavioral Techniques; Psychotechniques

## EPP0452

### Psychopathological symptoms among the russian population during the COVID-19 pandemic in the spring of 2020

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**Introduction:** The COVID-19 pandemic has affected the lifestyle and psychological well-being of millions of people.

**Objectives:** The aim of the study was to assess the prevalence of psychopathological symptoms in the Russian population in the COVID-19 pandemic context.

**Methods:** We used a socio-demographic questionnaire (20 questions) and a Short Scale for Psychopathological Symptom Checklist (SCL-32) (Derogatis 1977; Mitina, Gorbunova, 2011). 582 Russian residents (496 women and 86 men) aged 18–64 years participated in the online survey in May 2020.

**Results:** Women were significantly more likely than men to have somatic dysfunctions ( $5.6 \pm 2.5$  vs  $4.8 \pm 1.9$ ;  $p=0.001$ ), interpersonal problems ( $6.97 \pm 2.9$  vs  $6.0 \pm 2.8$ ;  $p=0.005$ ), depression signs ( $6.9 \pm 3.2$  vs  $5.7 \pm 2.9$ ;  $p=0.001$ ) and anxiety disorders ( $6.8 \pm 2.8$  vs  $5.2 \pm 2.1$ ;  $p=0.000$ ), as well as sleep disorders ( $6.4 \pm 2.8$  vs  $5.9 \pm 2.1$ ;  $p=0.049$ ) and suicidal thoughts ( $4.2 \pm 1.8$  vs  $3.7 \pm 1.8$ ;  $p=0.032$ ). In addition,