

## EPV0349

**LONG TERM IMPACT OF COVID-19 ON MENTAL HEALTH: A TUNISIAN STUDY**

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**Introduction:** Patients with long COVID experience a wide range of physical and psychological symptoms. Mental health disturbances include cognitive impairment, memory loss, anxiety, depression sleep disorders...

**Objectives:** We aimed to determine to assess mental repercussions in long COVID, especially sleep disturbances and depression.

**Methods:** This is a prospective cohort study including 84 adults Tunisian COVID 19 inpatients who had been discharged alive from hospital. Each enrolled patient was asked about the period before SARS COV2 related hospital stay, and the 6-9 month-period after hospital discharge, using the validated Arabic version of *the Patient Health Questionnaire (PHQ)-9* and the Insomnia Severity Index (ISI).

**Results:** The mean age of patients was  $57,59 \pm 12,84$  years with a sex ratio (H/F) 1,2.

As compared with baseline, all assessed outcomes (ISI and PHQ) significantly impaired after the covid-19 infection ( $p < 0.001$  for the two cases).

The prevalence of depressive symptoms doubled after the infection (25% to 58,3%).

The prevalence of insomnia was multiplied by 5 after the covid-19 infection (5,95% to 30,95%). ISI score was correlated with the PHQ score ( $p < 0.001$ ;  $r = 0.738$ ).

**Conclusions:** Our study highlighted the association between COVID-19 infection and the impairment of mental health outcomes. Thus, patients who have experienced COVID-19 illness should be screened for long psychological disturbances even a few months after the infection, in order to guarantee a better quality of life.

**Disclosure of Interest:** None Declared

## EPV0350

**Patience and its relationship to Stress Tolerance in the medical system in Bethlehem Governorate during the Corona pandemic**

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**Introduction:** The COVID-19 pandemic has set unprecedented demand on the medical system globally. Palestine was one of the Arab countries affected

**Objectives:** The present study aims to identify the relationship between patience and Stress Tolerance in the medical system in

Bethlehem Governorate during the Corona pandemic, as well as to identify the impact of several demographic variables on it.

**Methods:** Descriptive method were used. Appropriate statistical analyses were conducted using (SPSS). A random sample of 160 workers of the medical staff completed the Patience Scale and Coping Processes Scale questionnaire.

**Results:** : showed there is a significant positive effect for patience on stress tolerance and there were statistically significant differences in the level of patience in favor of males and single workers. It was also found that there is no difference in the specific duties of a health care worker and no variance of statistical evidence was found in the level of patience due to work with Covid patients but there were differences in stress tolerance in favor of those who do not work with Covid patients.

There is a significance in the level of stress tolerance in favor of the National Center in regard to bearing pressure.

There was a negative correlation with statistical significance between stress tolerance and age. The nature of stress changes with age, from episodic to chronic, which in turn affects appraisal and coping processes

**Conclusions:** This study, which was conducted on a sample of Palestinian medical workers in the Bethlehem area, showed that at the beginning of the pandemic, the medical system in Palestine was not ready to handle Covid 19, and had no precautions to prevent the disease. In spite of that, the doctors and nurses who were undergoing psychological pressure were able to stand at the front line and face the outbreak of the Corona virus.

**Disclosure of Interest:** None Declared

## EPV0351

**Peculiarities of the initial psychopathological manifestations after the transferred coronavirus disease COVID-19**

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**Introduction:** The pathogenesis of mental disorders occurring during the coronavirus pandemic 2 (SARS-COV-2) includes biological and psychosocial factors. Psychopathological consequences associated with the coronavirus disease COVID-19 may occur in different groups of individuals, including patients with a history of COVID-19 and patients with psychiatric disorders preceding COVID-19.

**Objectives:** To investigate the peculiarities of the initial psychopathological manifestations in patients with newly diagnosed mental disorders who suffered from COVID-19 and were exposed to the stressors of the SARS-CoV-2 pandemic.

**Methods:** The study involved 97 patients with newly diagnosed mental disorders who suffered from COVID-19 and were exposed to the stressors of the SARS-CoV-2 pandemic (F 32.0-32.2 – 34 patients, F 40-45 – 32 patients, F 06.3-06.6 – 31 patient). The average age of the examined group was  $44.82 \pm 5.64$  years. Clinico-psychopathological, psychodiagnostic, statistical methods were used.

**Results:** In the structure of initial psychopathological manifestations detected in patients, the following prevailed: with depressive episodes - weakness and fatigue / asthenia ( $(87.50 \pm 5.94)$  %), low mood / depression ( $(71.88 \pm 8.07)$  %) and sleep disturbances ( $(65.63 \pm 8.53)$  %); with neurotic, stress-related and somatoform disorders - weakness and fatigue / asthenia ( $(72.73 \pm 7.87)$  %), decreased concentration of attention, memory / cognitive disorders ( $(66.67 \pm 8.33)$  %) and feeling of inner tension ( $(60.61 \pm 8.64)$  %); with mental disorders of organic genesis - a feeling of internal tension ( $(75.00 \pm 7.78)$  %), anxiety ( $(62.50 \pm 8.70)$  %) and weakness and fatigue / asthenia ( $(59.38 \pm 8.82)$  %).

In patients with depressive episodes, initial psychopathological manifestations in the form of asthenia, low mood, cognitive disorders, and sleep disorders were detected in a significantly greater number of cases compared to patients with mental disorders of organic genesis ( $p < 0,05$ ). In the examined subjects of this subgroup, initial psychopathological manifestations in the form of a decrease in mood were recorded in a significantly greater number of cases compared to patients with neurotic, stress-related and somatoform disorders ( $p < 0,05$ ). In patients with neurotic, stress-related and somatoform disorders, initial psychopathological manifestations in the form of anxiety, fears and obsessions were noted in a significantly smaller number of cases compared to those examined with mental disorders of organic genesis ( $p < 0,05$ ).

**Conclusions:** The obtained data will make it possible to improve the effectiveness of diagnosis and therapy of mental disorders, the formation, course and clinical picture of which were affected by the coronavirus disease COVID-19.

**Disclosure of Interest:** None Declared

## EPV0352

### Impact of the COVID-19 Pandemic on Mental Health-Related Online Searches in Greece

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**Introduction:** In recent years, there has been a well-documented increase in public perception of mental health (MH) matters, and in the related search for support by MH professionals. The emergence of the COVID-19 pandemic in 2020 has been a notable aggravating factor for MH around the globe, as well as in Greece.

**Objectives:** Therefore, the goal of this study is to determine whether a significant change can be seen in the Google Search trends in Greece of specific terms related to MH after the start of the pandemic.

**Methods:** Our data source was the Google Trends platform, which shows the relative volumes of Google Searches (relative search volumes, RSVs) happening in an area for the requested period of time, which in our case was January 2016-September 2022. Through a preliminary filtering of various search terms for data quality, we identified 6 for which the data were then statistically analysed as interrupted time series, to determine the significance of time and COVID-19 for the RSVs.

**Results:** The terms analysed were “ψυχίατρος” (“psychiatrist”) (T1), “ψυχολόγος” (“psychologist”) (T2), “ψυχική υγεία” (“mental health”) (T3), “mental health” (T4), “κατάθλιψη” (“depression”) (T5) and “άγχος” (“anxiety”) (T6). Autoregressive integrated moving average (ARIMA) modelling and forecasting was used to account for the impact of previous months’ trends on each following month. The analysis showed a statistically significant relationship between the RSVs and time for all terms except T3 ( $p=.12$ ). However, only T5 and T6 showed a significant change in the trend after March 2020 ( $p<.05$ ); interestingly, they exhibited a downwards trend compared to their pre-COVID-19 volumes, after a peak in Spring 2020, which was not shared by the rest. T4, T5 and T6 RSVs were also correlated to the number of months since March 2020 ( $p<.05$  for all).

**Conclusions:** In conclusion, the impact of the pandemic on online search trends related to MH is limited for the majority of cases, and appears to have been time-bound to periods with intense extrinsic pressures (i.e. the emergence of an unknown disease and subsequent measures). More research is warranted to judge public sentiment towards and interest in the importance of MH and the true effects of COVID-19 on those; however, the constant rise of the search volumes is a positive sign for the recognition of the burden of MH issues.

**Disclosure of Interest:** None Declared

## EPV0353

### EASe-COVID: Evaluation of Anxiety and Solitude in COVID-19 wards

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**Introduction:** COVID-19 has had a significant impact on our daily lives in a variety of ways. In hospital settings, patients who are admitted on COVID-19 wards are usually isolated from their family and friends. This, in turn, can lead to patients feeling lonely and having increased level of anxiety.

**Objectives:** To assess the level of anxiety and feeling of loneliness amongst the patients during their in-patient stay in a COVID-19 ward.

We aimed to highlight what could be done differently to reduce the amount of anxiety amongst the patients.

**Methods:** We carried out EASe-COVID study to assess level of anxiety and feeling of loneliness amongst the patients during their in-patient stay in a COVID-19 specific ward. We designed 2 questionnaires – 1 for patients, using the GAD-7 anxiety questionnaire and UCLA 3-item loneliness scale and an open-ended questionnaire for staff members. Questionnaires were distributed from January – March 2022 to randomly selected members of healthcare staff and patients on COVID wards. 15 patients returned the anonymised questionnaire, whereas 11 staff members returned the completed questionnaire.

**Results:** Most of the patients were satisfied with the patient care they received during their stay and did not feel increasingly anxious or lonely during their inpatient stay in the COVID wards. On the other hand, members of the healthcare team felt that they were short staffed and under-trained to deal with the complex patients