

etiopathogenic factors that may be contributing to the development of psychosis in patients infected by the virus.

Disclosure: No significant relationships.

Keywords: psychosis; Covid; steroids

EPV0198

Trait anxiety and coping strategies among healthcare professionals during the COVID-19 pandemic

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Introduction: The current pandemic wave of COVID-19 has become a global threat. Healthcare professionals (HCP), by being on the front line in managing this pandemic, confronted high levels of stress and traumatic experiences.

Objectives: The aims of our study were to evaluate the trait-anxiety among Tunisian HCP and its impact on coping strategies.

Methods: A cross-sectional descriptive and analytic study conducted among Tunisian HCP during November and December 2020. The data was collected by an online questionnaire distributed through social media. The trait-anxiety was assessed using the "General Anxiety questionnaire of Spielberger" (STAI-Y-B) and the "Ways of coping checklist revised (WCC-R) questionnaire" identified three types of coping (problem-focused, emotion-focused and social-support seeking).

Results: Participants were 135 HCP (71 males and 64 females) and aged from 24 to 61 years old (average age 31.98 years; SD 6.59 years). Of HCP involved in the study, 61.5% were single, 36.3% were married and 2.2% were divorced. Seventy-two of them had a trait-anxious. As a coping style, 85.2% of participants used problem-focused style, 88.9% of them used emotion-focused style and 63% of them used social support seeking style. The analysis of WCC-R showed that anxious HCP used emotion-focused coping more than non anxious HCP ($p = 0.028$). However, there was no significant difference in problem-focused or social support seeking coping styles and presence of trait-anxiety.

Conclusions: In our study, we find that the most anxious Tunisian HCP focused on emotions strategies. Personality traits play on attitudes of coping strategies.

Disclosure: No significant relationships.

Keywords: Healthcare professionals; Trait-Anxiety; Coping strategies; Covid-19 pandemic

EPV0199

Immediate psychological effects of COVID-2019 in people sheltered in place living in New York state

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Introduction: The epidemic caused by the SARS-CoV-2, which began in Wuhan city in December 2019, quickly spread to various countries around the world. The first case in New York State was confirmed on March 1; three weeks later (on March 22, 8 p.m.) the entire population was sheltered in place (SIP). By March 27, the USA had already become the first country in the world for the number of infections. 56% of known domestic cases were confined to New York State.

Objectives: The study aims to evaluate the immediate psychological effects on sheltered in place persons aged between 18 and 70 years old and living in New York State (USA).

Methods: This study is based on a cross-sectional online survey conducted anonymously in the period between the tenth and twenty-third day of SIP. Zung Anxiety Self-Assessment Scale (ZAS scale), Insomnia Severity Index (ISI) and Perceived Stress Scale 4 (PSS4) were used to evaluate anxiety, insomnia and stress respectively.

Results: We collected data on 354 individuals (189 females, 34.9 years). MANOVA evidenced that anxiety was significantly related to marital status (higher for divorced/widow participants as compared to married/civil partnership and single), it decreased significantly with age, it was higher for females and for persons having an history of psychiatric disorders and sleeping problems.

Conclusions: Our results could be used as a "psychological baseline" meanwhile the outbreak of COVID-19 is still ongoing. Despite the few days of shelter in place, we found the presence of a significant incidence and pervasive prevalence of psychological distress.

Disclosure: No significant relationships.

Keywords: shelter in place; Anxiety; stress; Insomnia

EPV0200

Anxiety among healthcare professionals during the COVID-19 pandemic: Predictive role of social support

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Introduction: The COVID-19 pandemic may cause elevated levels of anxiety in healthcare professionals (HCP). Identifying factors that could help maintain mental health especially social support could be helpful in facing this stressful situation.

Objectives: The aim of this study was to assess the relationship between the trait-anxiety and perceived social support among Tunisian HCP in the current pandemic wave of COVID-19.

Methods: A cross-sectional descriptive and analytic study conducted among Tunisian HCP during November and December 2020. The data were collected by an online questionnaire. The

trait-anxiety was assessed using the “General Anxiety questionnaire of Spielberger” (STAI-Y-B). We used the “Social Support Questionnaire” to measure availability and satisfaction regarding perceived social support.

Results: Participants were 135 HCP, and aged from 24 to 61 years old (average age 31.98 years). The sex ratio was 1.1 (71 males and 64 females). Of HCP involved in the study, 61.5% were single, 36.3% were married and 2.2% were divorced. The average scores of availability and satisfaction regarding perceived social were 7.79 (SD=3.56) and 28.41 (SD=6.75), respectively. Seventy-two of the HCP had a trait-anxious. Analysis showed that social support satisfaction scores were significantly lower in trait-anxious HCP ($p < 0.001$). However, there was no significant difference in the score of availability according to trait-anxiety ($p = 0.49$).

Conclusions: Our study highlighted the existence of a deficit on perceived social support satisfaction among trait-anxious Tunisian HCP. Perceived social support as a determinant of trait anxiety should be the focus of social work in this period.

Disclosure: No significant relationships.

Keywords: Healthcare professionals; Trait-Anxiety; Social support; Covid-19 pandemic

EPV0201

Perceived characteristics of life situations during the COVID-19 pandemic

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Introduction: The COVID-19 pandemic situation is seen as an intense stressor. However, people process it differently.

Objectives: This study aims to examine the connection between life situation perception and the desirability of life changes the pandemic caused.

Methods: Adult participants (n=144; 01.04.2020–01.06.2020) answered open-ended questions about their current life situation experience and rated the desirability of life changes on a 10-point scale (see table 1). Content analysis and Pearson’s χ^2 criterion were used.

Results: We annotated the participants’ responses. The content of life situations was categorized into restrictions, losses, difficulties (negative responses), acquisitions (positive responses), neutral, and ambivalent responses. Life goals were categorized into an approach to the desired outcome, avoidance of hassles, preservation of status quo, self-development, and return to prepandemic life. χ^2 analysis confirms the differences between content-types and goal-types

categories in 4 groups of participants: $\chi^2(15)=43.62$; $p=0.002$ (content); $\chi^2(12)=27.23$; $p=0.01$ (goals). The desirability of changes was positively linked with the ambivalent responses and responses containing self-development goals or approach-to-desired-outcome goals; and was negatively linked with the responses containing restriction-type situations and avoidance goals. Only the respondents accepting changes reported acquisitions; only the respondents rejecting changes reported a return to prepandemic life goals.

Conclusions: Perceived characteristics of life situations are closely connected with the desirability of life changes during the pandemic. Funding: The reported study was funded by RFBR, project number 20-013-00838.

Disclosure: No significant relationships.

Keywords: goal; COVID-19; perceived life situation; change

EPV0202

Measuring anxiety and depression in parents of hospitalized children during the COVID-19 pandemic in a pediatric Italian hospital

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Introduction: Parents of hospitalized children with chronic illness (HCCI) during the COVID-19 epidemic may face huge pressure and worry, leading to mental health issues. Parent’s depression and anxiety disorders increase the risk of mental health problems in the child and affect his/her recovery.

Objectives: The aim of this study was to assess the prevalence rate of depressive and anxiety symptoms among a pilot sample of parents of HCCI (in- and out-patients) with diagnosis of epilepsy (9), cystic fibrosis (8) and congenital heart anomalies (6) during COVID-19 pandemic. Pediatric patients were under a regular Children Hospital medical and psychological follow-up program.

Methods: We conducted a cross-sectional study among 23 Italian parents (15 F; 8 M) of HCCI during the COVID-19 epidemic period. We performed face-to face interviews and assessed depressive and anxiety symptoms with the Patient Health Questionnaire (PHQ-9) and the Generalized Anxiety Disorders (GAD-7) questionnaire during scheduled follow up visits.

Results: The anxiety score of parents of HCCI was 4.43 ± 3.17 , of which 39.1% of parents were anxious (≥ 5 points), while the depression score was 4.04 ± 2.67 , of which 30.4% of parents show depressive symptoms (≥ 5 points). The prevalence of comorbid depressive and anxiety symptoms was 26.1% among the entire sample.

Conclusions: Preliminary data of our pilot study showed a high prevalence of anxious depressive symptoms and comorbidity among parents of HCCI. Timely provision of psychologic interventions are needed during and after COVID-19 pandemic in order to empower parenting and promote children recovery and quality of life.

Disclosure: No significant relationships.

Keywords: COVID-19 pandemic; parents; Hospitalized children; anxiety and depression

Table 1

Changes’ desirability									
-5	-4	-3	-2	-1	+1	+2	+3	+4	+5
Group 1			Group 2			Group 3		Group 4	
Rejecting changes					Accepting changes				