had sleep disorders and 26% of the participants had no depressive symptoms. Age statistically significantly correlated with the severity of depressive symptoms and sleep disorders. Parental status statistically significantly correlated with the severity of depressive symptoms. There was a strong correlation between the severity of depression and anxiety and a strong correlation between depression and sleep disorders.

Conclusions: Age and parental status contributed to the severity of depressive symptoms and the occurrence of sleep disorders among the residents of the West Pomeranian Voivodeship during the SARS-CoV-2 pandemic. Some of the residents of the West Pomeranian Voivodeship showed high levels of stress or insomnia. The severity of depressive symptoms significantly influenced the levels of anxiety and perceived stress, as well as the occurrence of sleep disorders.

Disclosure: No significant relationships.
Keywords: Depression; Covid-19; Insomnia; Anxiety

EPV0371

Baseline beliefs, depression, anxiety, and stress in humanities students in the context of the COVID-19 pandemic

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Introduction: The COVID-19 pandemic can be seen as mental trauma. The concept of baseline beliefs helps to explain the extent to which mental trauma affects individuals.
Objectives: The study aimed to investigate baseline beliefs in humanities students in Russian universities and analyse the relationship between baseline beliefs and emotional reactions.
Methods: Data collection was carried out between May and July 2020 using a Google form that we developed. A total of 92 humanities students participated in the study. The WAS-37 was used to examine baseline beliefs, and the DASS-21 was used to determine depression, anxiety, and stress levels.
Results: We found that the mean values of the scales "Benevolence in the World" (M = 34.8±6.5), "Self-image" (M = 27.2±4.4), "Luck" (M = 32.7±5.7) and "Controlling beliefs" (M = 27.9±4.0) were above the normative mean values for the Russian population and only the values of the scale "Justice" (M = 20.8±3.8) were below these. All components of baseline beliefs had negative associations with depression, anxiety, and stress; only "Benevolence in the World" was associated exclusively with anxiety (r_s = -0.223, p < 0.05), and "Justice" with depression (r_s = -0.223, p < 0.05).
Conclusions: In a pandemic, the world around them is perceived by humanities students as less fair. Trust in the world, beliefs about the fairness of the world and a positive self-image are correlated with a more favourable emotional state. By this, we support the view that individuals' implicit beliefs (baseline beliefs) are related to the severity of the traumatic event.

Disclosure: No significant relationships.

EPV0372

Life events impact on experiences of COVID-19 pandemic (in Azerbaijani sample)

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Introduction: Many studies point to cognitive beliefs, attitudes and other psychologicalt traits involved in particularities of reactions to pandemic situation, but the differences in life events are often overlooked.
Objectives: A study of subjective evaluation of life events during the pandemics.
Methods: The modified Lifeline technique was used to elicit life events. In semistructured interview, using a timeline, subjects were asked to indicate and describe events that had an impact on their attitudes, behaviors and feelings since the start of pandemic. Then they evaluated with direct assessment scales each event as to what extent it was anxious, difficult to cope, changed the beliefs concerning COVID-19, fostered the changes of behavior and habits, and led to reappraisal of own values. The events were coded using dichotomous categories: COVID-related vs directly unrelated, universal vs individual, personally involved vs noninvolved, and also were further qualitatively evaluated. 25 young Azerbaijani residents took part in the study.
Results: From 191 events named, 72% were COVID-related, 62% - universal, 62% - with personal involvement. 46% of events were unique (mentioned once). Universal events were more likely to be assessed as anxiogenic, while personal ones as leading to rethink own values and priorities (U, p<.01 and p<.05). Surprisingly, life events in total were assessed as less challenging the beliefs about pandemics while more frequently leading to rethink own values (T, p<.05). Individual events involved more conflict meanings and implications.
Conclusions: Lifeline technique may provide important insights on the impact of life events in complex social transitions and may be used in counseling.

Disclosure: No significant relationships.
Keywords: life events; timeline; counseling; Covid-19

EPV0374

Russian medical students in the first wave of the COVID-19 pandemic: emotional reactions and baseline beliefs

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