

women are more hostile than men are ( $6.3 \pm 2.7$  vs  $5.1 \pm 2.3$ ;  $p=0.000$ ). Respondents under the age of 30 are more likely than older people to have interpersonal problems ( $p=0.286$ ,  $p=0.000$ ), as well as signs of depression ( $p=0.216$ ,  $p=0.000$ ), hostility ( $p=0.226$ ,  $p=0.000$ ) and psychoticism ( $p=0.203$ ,  $p=0.000$ ). Respondents' low income is statistically associated with interpersonal problems ( $p=0.139$ ,  $p=0.001$ ), anxiety ( $p=0.131$ ,  $p=0.002$ ), hostility ( $p=0.156$ ,  $p=0.000$ ), psychoticism ( $p=0.137$ ,  $p=0.001$ ), and suicidal intentions ( $p=0.152$ ,  $p=0.000$ ). Among respondents whose relatives had COVID-19, signs of anxiety disorders ( $7.2 \pm 3$  vs  $3.5 \pm 2.9$ ;  $p=0.027$ ) and obsessive disorders ( $8.1 \pm 3.2$  vs  $7.3 \pm 2.6$ ;  $p=0.029$ ) were significantly more common than in the whole sample.

**Conclusions:** The study highlights socio-demographic factors of vulnerability to psychopathological symptoms in the COVID-19 pandemic context, which should be taken into account when organizing medical and psychological assistance to the population.

**Keywords:** COVID-19; Psychopathological symptoms; SCL -32

### EPP0453

#### Interrelation between job satisfaction and self-regulation resources in professionals under work stress due to the COVID-19 pandemic

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**Introduction:** The problem of job satisfaction connected with work efficiency and psychological well-being of professionals is especially actual in stress conditions due to COVID-19 pandemic. The stress has a negative effect on job satisfaction (Singh et al., 2019). The one of the most important criteria for successful activities is a job satisfaction (Burić & Moè, 2020). The highest level of job satisfaction can be achieved by the high adaptive potential of professionals, who have a diverse arsenal of self-regulation resources and apply them adequately to working conditions (Kuznetsova et al., 2019).

**Objectives:** The study was held in 45 professionals from different fields, who work remotely during the self-isolation due to COVID-19 pandemic and aimed to estimate the correlation between job satisfaction and self-regulation resources of professionals under work stress.

**Methods:** The assessment methods included: 1) test "Job Satisfaction" by V.A. Rozanova 2) S. Hobfoll's "SACS" 3) Ch. Spilberger's "Trait Anxiety".

**Results:** The results revealed an average level of anxiety with a tendency to growth. Avoidance, asocial and aggressive behaviour are frequently used. The direct correlation between the level of job satisfaction and such a resource of self-regulation as a search for social contact was revealed ( $r=0.291$ ;  $p=0.049$ ). The general level of anxiety is directly related to avoidance ( $r=0.374$ ;  $p=0.011$ ), manipulative ( $r=0.343$ ;  $p=0.021$ ) and aggressive actions ( $r=0.343$ ;  $p=0.021$ ), and negatively correlates with assertive actions ( $r=-0.703$ ;  $p=0$ ).

**Conclusions:** The results of the study can be used to develop programs to improve the psychological well-being and performance of employees working under stress due to COVID-19 pandemic.

**Keywords:** COVID-19; stress; anxiety; job satisfaction; self-regulation resources; coping behaviour

### EPP0454

#### The interaction between the perception of danger from coronavirus and the severity of burnout syndrome in medical workers during the COVID-19 pandemic in Russia

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**Introduction:** The COVID-19 pandemic has become a major challenge for both the overall health system and the individual ability for health professionals to stress coping.

**Objectives:** To find the link between the perception of danger from coronavirus and the severity of burnout syndrome in medical workers during the COVID-19 pandemic in Russia.

**Methods:** We used a socio-demographic questionnaire (20 questions), a Stress Perception Questionnaire (Linville, 1987; Ababkov et al., 2016), a Modified Pandemic Perception Questionnaire (Broadbent et al., 2006; Yaltonsky et al., 2017), and Maslach Burnout Inventory (Maslach et al., 1996; Lozinskaya et al., 2007). 249 medical workers (58 men and 191 women) took part in the online survey between April 27 and October 26 in Russia.

**Results:** The severity of stress is positively correlated with the perception of pandemic as threatening ( $r=0.532$ ,  $p=0.000$ ) and unknown disease ( $r=0.297$ ,  $p=0.000$ ). Stress severity also correlates with all burnout parameters: exhaustion ( $r=0.737$ ,  $p=0.000$ ), depersonalization ( $r=0.342$ ,  $p=0.000$ ), and belief in personal achievement ( $r=-0.417$ ,  $p=0.000$ ). The perception of pandemics as threatening events is significantly associated with exhaustion ( $r=0.458$ ,  $p=0.000$ ), depersonalization ( $r=0.133$ ,  $p=0.036$ ), and belief in personal achievement ( $r=-0.152$ ,  $p=0.016$ ). The feeling of uncertainty from the pandemic is statistically significantly associated with exhaustion ( $r=0.242$ ,  $p=0.000$ ), while the feeling of control over the pandemic is positively associated with belief in personal achievements ( $r=0.129$ ,  $p=0.042$ ) and negatively associated with exhaustion ( $r=-0.161$ ,  $p=0.011$ ) and depersonalization ( $r=-0.125$ ,  $p=0.049$ ).

**Conclusions:** Uncertainty and a sense of threat from the coronavirus and the pandemic are significant factors of stress and emotional burnout for health workers. To determine the interaction between parameters such as signs of burnout, perception of the COVID-19 pandemic and the severity of stress, further construction of a structural model is required.

**Keywords:** COVID-19; medical workers; burnout; perception of pandemic COVID-19

### EPP0455

#### The interaction between personality traits and dysfunctional breathing during the COVID-19 pandemic in Russians

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