

Objectives: We aimed to assess psychosocial risks among a sample of 235 healthcare workers deployed in COVID-19-related services in Portugal's Lower Alentejo.

Methods: Participants filled out with ten sociodemographic questions and the Euro-Portuguese medium version of the COPSOQ II questionnaire. Data collection occurred February 2021. Tertiles were used to render a traffic light risk categorization. Results were processed with qualitative and quantitative descriptive statistical analysis. To compare groups relative to each outcome, t-tests were used for variables with two categories. Whenever data was not normally distributed, Mann-Whitney tests were used. For variables with more than two groups non-parametric Kruskal-Wallis was applied. Bonferroni correction was also applied, testing each individual hypothesis at the level of significance of $\alpha_i=0.05/29$. A statistically significant difference between two groups did not necessarily yield a different risk colour.

Results: Overall, cognitive demands, emotional demands and influence at work showed the highest risk, while 19 domains showed intermediate risk. The burnout domain showed to be highest among nurses and operational assistants working in the Intensive Care Unit. Several associations between COPSOQ domains and sociodemographic variables are also discussed.

Conclusions: Assessment of psychosocial stressors in healthcare units is needed to promote risk reduction policies and workplace reforms. Accessible occupational services, therapeutic and rehabilitative strategies should play a role in improving health hazards in unhealthy workplaces.

Disclosure: No significant relationships.

Keywords: covid; occupational psychiatry; healthcare workers; psychosocial risks

EPP0383

Psychotic-like Experiences during COVID-19 Outbreak: A survey from Pakistan

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Introduction: Despite the fact that adolescents have been at higher risk of distress during the COVID-19 pandemic, the effect of pandemic on psychotic-like experiences (PLEs) is not well described.

Objectives: The study's objective is to evaluate if PLEs are induced in young individuals aged 18-24 during the pandemic.

Methods: A total of 201 college students from Pakistan (ages 18-24) were recruited for a cross-sectional research. We investigated the

incidence of PLEs in Pakistan during the pandemic, their links to socio-demographic factors, COVID-19-related characteristics, depression, anxiety, and sleep difficulties. Community Assessment of Psychic Experience's positive symptom component (CAPE), Patient Health Questionnaire, Generalized Anxiety Disorder Scale, and IBM SPSS 25 were used.

Results: CAPE-Frequency and CAPE-stress were positively associated with PHQ total ($p<0.0010$); GAD total ($p<0.001$); time spent indoors due to COVID-19 ($p<0.001$). Psychiatric disorder other than bipolar disorder or psychosis ($p<0.001$ for CAPE-frequency and stress), family history of psychiatric disorders ($p<0.001$ for CAPE-frequency and stress), chronic medical disease ($p=0.021$ CAPE-frequency and $p=0.026$ CAPE-stress), illegal drug usage ($p<0.001$ for CAPE-frequency and stress) were associated with CAPE-Frequency and CAPE-stress. In linear stepwise regression analysis, the best model predicted CAPE-Frequency explained 77.4% of variance with the following variables: PHQ total ($B=0.552$, $SE=0.08$, $t=6.909$, $p<0.001$), GAD total ($p<0.001$), duration at home ($p<0.001$), and psychiatric disorder in family ($p<0.001$).

Conclusions: PLEs have been linked with anxiety and depression during the pandemic. Individuals with a mental condition, family history of psychiatric disorder, chronic medical illness, illicit drug use, and increased time spent at home experienced more PLEs and stress.

Disclosure: No significant relationships.

Keywords: COVID-19; Psychosis; adolescents; psychotic-like experiences

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The relationship between anxiety and dysfunctional breathing among the Russian population during the COVID-19 pandemic

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Introduction: Dysfunctional breathing is a pattern of respiratory movements that do not correspond to the physiological needs of the body and can lead to a series of respiratory, cardiovascular, digestive, sensory and neurological symptoms (Vidotto et al., 2019). The causes of dysfunctional breathing are a combination of biological, psychological and social factors.

Objectives: To examine the relationship between anxiety and occurrence of dysfunctional breathing in the Russian population under the conditions of the COVID-19 pandemic.

Methods: We used a socio-demographic questionnaire, the Naimigen questionnaire (Van Dixhorn, Duivenvoordt, 1985), the State-Trait Anxiety Inventory (Spielberger et al., 1983). The study was conducted online from April 27 to December 28, 2020. It was