

**Methods:** Students from the Faculty of Medicine University of Coimbra answered socio-demographic and personality questionnaires and the Depression, Anxiety and Stress Scale/DASS before (academic years 2016-2017-2018-2019 - SAMPLE1; n=1000) and during (September-December 2020 and January-March 2021 - SAMPLE2; n=650) the COVID-19 pandemic. Mean age ( $21.12 \pm 3.75$ ), personality traits scores, and gender proportions ( $>75\%$  girls) did not significantly differ between samples. SAMPLE2 also filled in the Fear of COVID-19 Scale and a new version of the Inventory of Sources of Stress During Medical Education/ISSDME, containing a COVID-19 -related dimension (restrictions on training and on socializing with friends/colleagues).

**Results:** SAMPLE2 presented significantly higher mean scores of depression ( $3.89 \pm 3.55$  vs.  $3.33 \pm 3.34$ ), anxiety ( $3.27 \pm 4.08$  vs.  $2.86 \pm 3.29$ ), stress ( $7.07 \pm 5.72$  vs.  $6.18 \pm 4.59$ ) and total DASS ( $12.28 \pm 10.55$  vs.  $13.65 \pm 11.13$ ) than SAMPLE1 (all  $p < .05$ ). Fear of COVID-19 was a significant predictor of DASS score (adjusted  $R^2 = 2.9\%$ ,  $p < .001$ ). COVID-19-related stressors continued explaining significant increments of DASS variance after controlling for each of the ISSDME dimensions: Course demands ( $R^2$  Change =  $1.8\%$ ), Human demands ( $2.5\%$ ), Lifestyle ( $2.3\%$ ), Academic competition ( $5.5\%$ ), and Academic adjustment ( $5.2\%$ ) (all  $p < .001$ ).

**Conclusions:** This study adds to the evidence of the negative impact of COVID-19 on students and emphasizes its pernicious role on medical students' psychological distress, which is already higher due to the individual and academic stressors to which they are more exposed.

**Disclosure:** No significant relationships.

**Keywords:** stress sources; Covid-19 pandemic; depression anxiety and stress scale; medical students

## EPV0397

### Persistent emotional stress, fatigue and impaired neurocognitive function in recovered COVID-19 patients: a longitudinal prospective study

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**Introduction:** Several surveys report that post-COVID-19 patients (pts) could be at risk of persistent emotional distress, fatigue and impaired neurocognitive function (NCF).

**Objectives:** The aim was to assess emotional distress, fatigue and NCF in order to provide adequate care.

**Methods:** Patients with persistent physical or mental symptoms, at least 8 weeks post-COVID-19, were eligible for this ongoing prospective longitudinal single center trial. Data on depression, anxiety, cognition, post-traumatic stress symptoms (PTSS) and fatigue were collected using 4 validated questionnaires at study entry (T0) and at 6 months (T1).

**Results:** Ninety-three pts were recruited between November 2020-March 2021. Test results from 64 eligible pts (15 male pts) were analyzed at T0; 63 pts (98%) were treated in outpatient settings. Median age was 47 years [range 27-75]. Median time since COVID-19 was 29 weeks [range 8-53]. Twenty-two pts (34%) had a history of psychiatric disorders. According to the Hospital Anxiety Depression Scale (HADS), 44 pts (73%) reported anxiety symptoms and 26 pts (41%) reported depressive symptoms; 48 pts (69%) reported cognitive complaints according to the Cognitive Failure Questionnaire and 29 pts (45%) suffered from PTSS, according to the Post-Traumatic Stress Disorder Checklist-Civilian Version (PCL-C). Fifty-five pts (86%) had an elevated score on the Fatigue Severity Scale, indicating severe fatigue. Twenty-seven pts (42%) were still on sick leave. Diminished social support and psychiatric history were predictive factors for neurocognitive dysfunction and PTSS.

**Conclusions:** A majority of patients who recovered physically from COVID-19, are at risk for suffering from persistent anxiety, PTSS and neurocognitive dysfunction.

**Disclosure:** No significant relationships.

**Keywords:** Covid-19; cognitive function; post-traumatic stress symptoms; Anxiety

## EPV0398

### Viral topic about the COVID-19 vaccination: the attitudes towards it and the relationship with the well-being and religiosity in a group of Polish students

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**Introduction:** The COVID-19 pandemic currently remains the most significant stressor affecting the global population. Researchers continually report widespread mistrust and negative attitudes towards vaccination, but only a little focus on its association with the emotional well-being.

**Objectives:** We aimed to investigate the attitudes towards vaccination against COVID-19, as well as its relationship with well-being and religiosity after one year of the pandemic duration amongst Polish students.

**Methods:** We conducted an anonymous online cross-sectional survey between 12<sup>th</sup> April – 1<sup>st</sup> June 2021 amongst Polish students (n=1202). To evaluate emotional distress, we used the Depression,

Anxiety, and Stress Scale-21 (DASS-21), for measuring spirituality/religiosity we used The Duke University Religion Index.

**Results:** The highest rate of vaccinated individuals was noted in a group of medical students (69.9%), the lowest - among responders studying science (1.9%). Students who wanted to be vaccinated had higher levels of depressive, anxiety, and stress symptoms compared to those who were already vaccinated ( $p=0.04$ ); they also had higher depressive symptoms than unvaccinated and unwilling participants ( $p=0.028$ ). Students who didn't want to be vaccinated against COVID-19 showed the highest religiosity compared to those who would like to be vaccinated ( $p<0.001$ ) or were vaccinated ( $p=0.003$ ). There was a negative correlation between the level of religiosity and severity of depressive and anxiety symptoms ( $p=0.002$ ).

**Conclusions:** 1. The attitudes towards vaccination against COVID-19 depended on the fields of study. 2. Religiousness has been linked with the attitudes towards COVID-19 vaccination as well as level of depression and anxiety amongst Polish students.

**Disclosure:** No significant relationships.

**Keywords:** mental health; religiosity; Covid-19; vaccination

### EPV0399

#### Changes in Inpatient and Day Patient Treatment during the COVID-19 Pandemic: Insights and Outlook Results of a Study in an Adult Psychiatry Clinic in Germany

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**Introduction:** Possible effects of pandemic-related restrictions and adjustments in psychiatric treatment are currently the focus of interest. This article addresses developments in this respect in our clinic.

**Objectives:** Changes in clinical practice that occurred during the COVID-19 pandemic are to be analysed with regard to possible risks for affected patients.

**Methods:** A clinic-internal analysis was carried out, focusing on comparing a period during the COVID-19 pandemic (01.11.2020-30.04.2021) and a pre-pandemic reference period (01.11.2018-30.04.2019).

**Results:** Following trends were observed during the pandemic period: a. Day patient treatment: - The treatment volume fell to 44%. Notable reductions in the number of treatment cases with main diagnoses [ICD-10] F10.- and F30-F39 by >65% were measured. b. Inpatient treatment: - no significant changes regarding socio-demographic patient data and concerning the type of admission and discharge, - detection of coronavirus SARS-CoV-2 by PCR test in 4.7% of the cases, - a decline in the treatment volume to 87% due to 8% decrease in the number of cases and 5% decrease in the ALOS, with patients with the main diagnosis [ICD-10] F10.- were most affected, - increases regarding the percentage of cases with the main diagnosis [ICD-10] F40-F48 ( $p<0.05$ ) and in the ALOS of this

patient group (by 31%), - a significant rise ( $p<0.01$ ) in the ratio of restrained treatment cases.

**Conclusions:** Related to the decrease in treatment volume, the increase in psychiatric intensive treatment and possible risks in terms of the care situation for patients with the main diagnoses [ICD-10] F10.-, F30-F39 and F40-F48 should be discussed in particular.

**Disclosure:** No significant relationships.

**Keywords:** covid; Changes in Pandemic Situation; Clinical Treatment

### EPV0400

#### Bidirectional Associations Between Covid-19 Infection And Mental Disorders

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**Introduction:** The COVID-19 pandemic brought unbearable psychological pressure to people worldwide, because of serious threats to one's physical health and life. From early stages of this pandemic, concerns have been raised about its effect on mental health. However, we still know little whether pre-existing psychiatric disorder (PD) affects the susceptibility and evolution of this infection.

**Objectives:** We aimed to assess the interactions between COVID-19 infection and PD.

**Methods:** We conducted a literature review through pubmed database, using the keywords :«COVID 19», «psychiatry», «mental disorders», «schizophrenia», «anxiety», «depression», «insomnia».

**Results:** On one hand, prior surveys suggested that the infection is associated with increased incidence of a first psychiatric symptom. Mental health disturbances mostly include anxiety, depression, sleep disturbances, cognitive impairment and post-traumatic stress disorder. On the other hand, recent studies showed that patients with pre-existing mental disorders were associated with high susceptibility to be infected, increased risk of intensive care unit admission and a high mortality. The susceptibility to contracting COVID-19 was associated with pre-existing mood disorders, anxiety, and attention-deficit hyperactivity disorder. Infection severity was associated with pre-existing or subsequent mood disorders and sleep disturbances; or a pre-existing schizophrenia. Mortality is increased in patients diagnosed with schizophrenia.

**Conclusions:** The complicated interactions between COVID-19 infection and PD have several implications. Enhanced psychiatric follow-up should be considered for survivors of COVID-19. Besides, early detection and intervention for PD are needed to control morbidity and mortality induced by the COVID-19 infection.

**Disclosure:** No significant relationships.

**Keywords:** COVID19; psychiatry; Mental Disorders