

EPP0585

Universal protective and risk factors of mental health during the COVID-19 pandemic: The role of compassion and fears of compassion

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Introduction: The COVID-19 pandemic has had an unprecedented detrimental impact on mental health in people around the world. It is therefore important to examine factors that may buffer or heighten the risk of mental health problems in this context.

Objectives: The current study explores the buffering effects of different flows of compassion (for self, for others, from others) and the magnifying effects of fears of compassion on the impact of perceived threat of COVID-19 on indicators of mental health and psychosocial wellbeing.

Methods: 4057 adult participants collected from the general community population across 21 countries from Europe, Middle East, North America, South America, Asia and Oceania, completed self-report measures of perceived threat of COVID-19, compassion, fears of compassion, social safeness, loneliness, depression, anxiety, stress, posttraumatic stress and growth.

Results: Self-compassion moderated the impact of perceived threat of COVID-19 on depression, anxiety and stress, whereas compassion from others moderated the effects of fears of COVID-19 on social safeness. Fears of compassion moderated the impact of perceived threat of COVID-19 on psychological distress. Only fears of compassion from others moderated the effects of fears of COVID-19 on social safeness. Furthermore, social connection (compassion and social safeness) predicted higher post-traumatic growth and traumatic stress, whereas social disconnection (fears of compassion and loneliness) predicted increased traumatic symptoms only. Social connection heightened the impact of perceived threat of COVID-19 on post-traumatic growth, while social disconnection weakened this impact. Social disconnection magnified the impact of the perceived threat of COVID-19 on traumatic stress. The effects were consistent across countries.

Conclusions: Our findings highlight the universal protective role of compassion and social connection in promoting resilience and buffering against the harmful effects of the COVID-19 pandemic on mental health and psychosocial wellbeing. Furthermore, our results reveal that fears of compassion have a magnifying effect on the damaging impact of the COVID-19 pandemic on mental health.

Disclosure of Interest: None Declared

EPP0586

Psychiatric symptoms in general population and health personnel during the second and third waves of COVID-19 in Mexico

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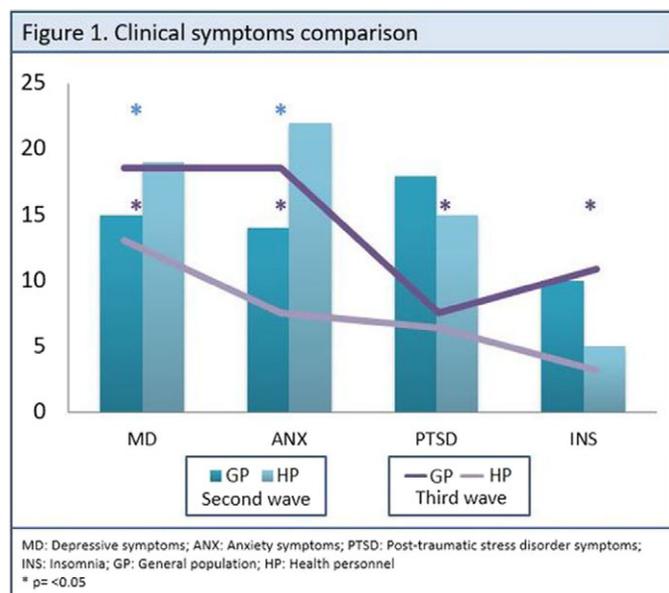
Introduction: The COVID-19 pandemic has significantly affected mental health. However, its impact between different pandemic waves and different populations has been scarcely studied.

Objectives: The aim of this study was to analyze the differences in psychiatric symptomatology between the general population (GP) and health personnel (HP) during the second and third waves of COVID-19 in Mexico.

Methods: 404 participants were included as part of a cross-sectional study conducted during the COVID-19 pandemic, using an online survey. Second wave covered from September 27, 2020 to April 17, 2021 and the third wave covered from June 6, 2021 to October 23, 2021. GP refers to Mexican residents during the pandemic, and HP includes healthcare workers (doctors, nurses, residents). Socio-demographic data were collected and scales of depression (Patient Health Questionnaire 9), anxiety (General Anxiety Disorder -7), insomnia (insomnia severity index), and post-traumatic stress (Impact of event scale revised) were applied. We gather information in a database in Excel, for later analysis using IBM SPSS Statics 21. Traditional descriptive statistics for quantitative variables and frequencies for qualitative variables were obtained. Association and statistical correlation were analyzed using Chi2 tests.

Results: 71.3% of the collected sample were female, mean age 35.5 (sd= 11.6), the 62.5% consisted of health personnel, the majority were single 48.9%, with postgraduate education 48.9%, middle class (97.2%). A higher percentage of symptoms of depression and anxiety was observed in health personnel compared to the general population during the second wave of COVID-19 (33.9% vs. 19.5%, $p=0.047$; 18.2% vs. 39.3%, $p=0.006$). However, during the third wave of COVID-19, more depressive, anxious and insomnia symptoms were observed in the general population compared to health personnel (73.9% vs. 44.4%, $p=0.020$; 73.9 vs. 25.9%, $p= 0.000$; 43.5% vs. 11.1%, $p=0.008$) (Figure 1).

Image:



Conclusions: Health personnel presented more depressive and anxious symptoms during the second wave of COVID-19 compared to the general population, however, the results were inverse during the third wave, showing more psychiatric symptoms in the

general population with significant differences. This may be due to various factors, including unawareness, fear of the disease, and exposure during the second wave of the pandemic of health personnel. Moreover, long-lasting containment measures could have overwhelmed the GP by the third wave. Our study underscores the importance of addressing HP mental stressors to increase its resilience in similar health crises.

Disclosure of Interest: None Declared

EPP0587

Coping strategies of Health Care Workers during third wave of Covid

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Introduction: Background: During the pandemic, health professionals had the unprecedented experience of dealing with a new-disease with high contagiousness and mortality. The workload, but also the fear of disease management, caused significant levels of stress. Each employee managed stress in his own way. This study detects the level of stress experienced by health workers during the pandemic and the coping strategies they selected accordingly.

Objectives: The aim of this study was to investigate the coping strategies used by health professionals during the pandemic of coronavirus.

Methods: The sample comprised 180 health professionals that were working in a public hospital. The data collection tool was an anonymous questionnaire consisting of socio-demographic questions, the Toulouse Scale for coping, and a sub questionnaire to explore health professionals' views on the pandemic.

Results: Women (73.9%), young individuals (50.6% are up to 35 years old) and TEI graduates (53.9%) predominate in the sample. The sample consisted mainly of nurses (68.3%) and the great majority were contract workers (67%).

The most frequently used dimensions were "Active focus" (Average 3.91/5.00), "Acceptance" (3.86), "Cognitive Control and Planning" (3.61) and "Social Information Support" (3.60).

Also, health workers used more often the strategies of "Social support" (3.45), "Control" (3.33) and "Focus" (3.23), while they use the "Withdrawal" strategy less often (2.25). Finally, respondents used "Positive strategies" more often (3.54) than negative ones.

Conclusions: The health professionals in the present study preferred to ask for information and use cognitive and informative strategies more often and, to a lesser extent, they were overwhelmed by their emotions. The strategies of social support, control and focus were used more often, while the strategy of withdrawal was selected less often. Furthermore, positive strategies were used to a greater extent.

Disclosure of Interest: None Declared

EPP0588

Psychological consequences of Covid on general population

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Introduction: Pandemics affect the mental health of individuals as they cause specific reactions throughout society due to the measures taken to contain them, which lead individuals to change their behaviour and habits and generally change their daily routine and lifestyle. In addition, the real or perceived threat of the virus and what it may cause exacerbates the anxiety and stress experienced by individuals.

Objectives: To assess the psychological distress experienced by the Greek population due to COVID-19 and to investigate the possible determinants that contributed to negative psychological experience.

Methods: Methodology: A synchronic study was conducted involving 200 participants from different regions of Greece. Data collection took place from October to December 2021. The mean age of the participants was 33.5 years. 76% of the participants had a family and/or friend who had COVID-19, while 27.5% of the participants had a family and/or friend who was hospitalized in the ICU due to coronavirus. The Impact of Event Scale-Revised (IES-R-Gr) questionnaire, adapted for COVID-19, was used to assess mental disorders

Results: 40% of participants had no symptoms of PTSD. 14.5% of participants had symptoms of PTSD and 45.5% of participants had a probable diagnosis of PTSD. Women, participants with worse self-assessed health status and participants who had a relative and/or friend hospitalized in ICU due to COVID-19 experienced worse health outcomes due to the pandemic ($p < 0.001$). In addition, women and participants, who had a family and/or friend who was hospitalized in ICU due to COVID-19, were more worried about the pandemic, while participants with worse health status assessment had more nervousness due to the pandemic.

Conclusions: Pandemic is an unprecedented situation experienced by people and has an impact not only on the physical but also on the mental health of the population. Therefore, special attention should be paid to the impact of COVID-19 on the mental health of the population and measures should be taken to protect the mental health of individuals.

Disclosure of Interest: None Declared

EPP0589

The psychological impact of Covid on health care professionals during the third wave

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Introduction: The COVID-19 pandemic is a healthcare crisis, with unprecedented impact on healthcare services, notable morbidity and mortality of the public and healthcare workers, economic