

discharge, using the *visual analog scale (VAS)* to assess pain, *insomnia severity index (ISI)* to evaluate insomnia severity and the *mMRC* (modified British Medical Research Council) to estimate dyspnea.

Results: The median age of participants was 59 years. Among them, 51.2% were females.

Our findings showed a significant increase in VAS score after COVID infection (1 [IQR (1-2)] vs 3 [1-6]; $p < 0.001$) as well as with the ISI score (1 [IQR (1-1)] vs 5 [IQR (1-9)]; $p < 0.0001$). The prevalence of insomnia and pain in long haulers was 30.56% and 26.4% respectively.

We found a significant correlation between insomnia and pain ($p < 0.0001$, $r = 0.398$). We also found a significant association between dyspnea and insomnia ($p < 0.0001$) and between dyspnea and pain ($p = 0.001$). The age of the patients was correlated with insomnia ($p = 0.028$) and with dyspnea ($p = 0.007$) but not with pain. Female gender was associated with developing insomnia ($p < 0.0001$) and with pain ($p = 0.001$) but not with dyspnea.

Conclusions: Screening for persistent symptoms after the pandemic is important to help the survivors getting a better recovery in the long term.

Disclosure of Interest: None Declared

EPV0307

Influencing factors of presenteeism among Portuguese workers in a private social solidarity institution in the aftermath of COVID-19

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Introduction: In ordinary circumstances, the employed individuals demonstrate significant levels of psychological distress and presenteeism, a situation that has been further intensified by the COVID-19 epidemic. Furthermore, a limited number of studies have examined the phenomenon of presenteeism in the context of the COVID-19 pandemic, therefore necessitating the undertaking of the present study.

Objectives: The goal of this study was to investigate the levels of presenteeism and its related characteristics, as well as job satisfaction and psychological distress, among a sample of employees employed at a Private Social Solidarity Institution (IPSS) in Portugal.

Methods: A cross-sectional survey was undertaken in 2022 to observe personnel from an IPSS located in the central area of Portugal. The research had a sample size of 71 workers who were provided with a signed authorization. The survey was designed to gather both general and professional information from participants. Additionally, it included the Stanford Presenteeism Scale (SPS-6), the Job Satisfaction Questionnaire (S20/23), and the Kessler Psychological Distress Scale (K10) as measurement tools.

Results: The occurrence of presenteeism was seen in 32 employees, accounting for 45.1% of the sample, whereas illness absence was reported by 38 workers, representing 54.3% of the sample. The majority of the individual assessments for S20/23 demonstrated a

higher degree of satisfaction (mean ≥ 4.5 points.), with the exception of the salary-related issue, which elicited a higher level of discontent (mean = 3.36 ± 1.9 pts.). Approximately 50.7% of the individuals had a high or very high susceptibility to experiencing or developing a mental condition. The correlation matrix revealed a statistically significant moderate positive association between presenteeism and work satisfaction, as well as a statistically significant moderate negative link between presenteeism and psychological distress ($p < 0.01$). The associated factors of presenteeism were found to be marital status, quality of sleep, illness absenteeism, health perception, and psychological distress. The combined effect of these predictors was shown to account for 35.8% of the variance in presenteeism.

Conclusions: It is expected that the outcomes of our research will stimulate more investigations into the tangible implications of presenteeism in promoting improved health and well-being within the workplace.

Disclosure of Interest: None Declared

EPV0310

Screening the dysfunctional grief and its associated factors due to a death from covid-19 in Tunisia

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Introduction: In Tunisia, the 2019 corona virus pandemic was a challenging health situation, with more than 28 000 confirmed deaths in May 2022. The pandemic was responsible for people losing their beloved ones in a sudden and brutal ways. Even though the numbers of bereaved people had been escalating, little attention was paid toward their mental health. Grief is a normal response to losing someone close. However, recent studies have shown that the covid-19 grief is more severe than other causes of grief. It not only causes a negative impact on the bereaved life aspects but also creates severe consequences in the society. Screening a possible dysfunctional grief is a major need to prevent serious outcomes.

Objectives: To identify the prevalence of covid-19 dysfunctional grief and find out the possible associated risk factors to it.

Methods: A cross sectional online survey designed using Google Forms and distributed on social media platforms (Facebook, Instagram, WhatsApp) was conducted from 16 February 2022 to 05 May 2022. The participants provided information related to socio-demographic data. Covid-19 grief scale was assessed using the pandemic grief scale, which was translated into Arabic but not validated.

Results: A sample of 106 participants were recruited to this study. The sample was composed of Approximately 72% female and 28% males, most of them were aged between 26 and 35 years old (37.7%). Overall, individuals who lost a loved one more than 06 months period were more frequent (81%). 91.7% of the sample scored above the cut score of 7 on the PGS.

Covid-19 grief was higher among those who sought psychological help ($p = 0.02$). In this sample, there was no associated risk factors between different socio-demographic characteristics and

dysfunctional grief, as well as no correlation were found between period of time since the loss and dysfunctional grief ($\rho = 0.186$, $p = 0.56$).

Conclusions: Although our study did not find a significant high prevalence of dysfunctional grief giving the small number of participants. More studies and screening must be conducted to identify those at risk of developing dysfunctional grief to prevent the serious individual and general outcomes.

Disclosure of Interest: None Declared

EPV0311

The impact of Covid-19 on the Mental Health of the Portuguese Population

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Introduction: Covid-19 does not only have repercussions on the physical level, representing a new way of life, both individually and in society. The pandemic results in invisible consequences for the population's mental health.

Objectives: This study aimed to explore the consequences of Covid-19 on mental health in Portugal with a view to understanding and promoting the well-being and happiness of the Portuguese.

Methods: The study included 105 young people and adults, aged between 18 and 59 years ($M = 21.81$, $SD = 5.34$), with 43.3% males and 52.7% females. A sociodemographic questionnaire was applied to all participants, as well as the Échelle de Mesure des Manifestations du Bien-Être Psychologique (ÈMMBEP; Massé et al., 1998 - Portuguese translation by Monteiro, Tavares & Pereira, 2012) which translates into a response scale 5-point Likert type, with five subscales, including happiness. In addition, a semistructured interview with data collection instruments was administered.

Results: The results obtained demonstrate the negative impact of Covid-19 on the level of well-being, regardless of the participant's gender or age.

Conclusions: The data presented point to the need to sensitize individuals to the risk of the pandemic in terms of mental health, thus increasing society's awareness of the psychological effects of this new global disease. Therefore, coping mechanisms are essential to promote well-being and successfully overcome the pandemic.

Disclosure of Interest: None Declared

EPV0312

Post-traumatic stress disorder in adolescents during the Covid-19 pandemic: a cross-sectional study of 326 cases

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Introduction: Since December 2019, the coronavirus pandemic has led to the deaths of almost 4.37 million people worldwide and 21,905 people in Tunisia. Containment measures, stress due to fear of infection by the virus and death are likely to be traumatic events, particularly in adolescents, and may lead to the development of symptoms of post-traumatic stress disorder (PTSD).

Objectives: To determine the prevalence of PTSD in a population of adolescents during the COVID-19 pandemic and to identify the factors associated with it.

Methods: This study was a cross-sectional among a representative sample of students enrolled in secondary schools, in the region of Hama- Gabes. We used a pre-established information sheet comprising 27 questions exploring sociodemographic and family data and specific data relating to the COVID-19 pandemic. The Arabic version of The Child PTSD Symptom Scale (CPSS) was used to screen for PTSD symptoms.

Results: 326 adolescents were collected which the mean age was 16.6 years (14 to 18 years). The family environment was conflictual in 11.9% of cases. Among the adolescents, 5.5% had a history of somatic pathology. A history of psychiatric pathology was noted in 0.6%, dominated by depression. Personal infection by Covid-19 was noted in 4% of adolescents. A family member was affected in 27.3% of cases. Adolescents were exposed to the death of a close relative in 22.4% of cases. PTSD was diagnosed (according to the CPSS) in 37.4% of cases, with mild severity in 6.5%, moderate in 0.6%, moderately severe in 8%, severe in 5.2% and extremely severe in 17.2%. The analytical study showed that PTSD was correlated with a conflictual family environment ($p = 0.017$), personal infection by COVID ($P = 0.003$), infection of a close relative by COVID ($P < 0.001$) and the death of a close relative by COVID ($p < 0.001$).

Conclusions: According to our study, the frequency of post-traumatic stress disorder among adolescents during the COVID-19 pandemic was high, underlining the need to screen at-risk populations for early intervention.

Disclosure of Interest: None Declared

EPV0313

Resilience among Tunisian adolescents during the COVID19 pandemic: about 326 cases

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Introduction: The COVID-19 pandemic has caused psychological distress in all the communities and through all ages. Some people seemed to be less affected and to be resilient because of a dynamic interaction between individual, relational and environmental factors.

Objectives: We aim on this present study to evaluate the resilience and factors associated with it among a representative sample of Tunisian adolescents during the COVID19 pandemic.

Methods: We conducted a cross sectional, descriptive and analytic study among Tunisian adolescents enrolled in secondary schools, in