

COVID-19 and Related Topics 08 / Intellectual Disability

EPP0802

Consequences of the COVID-19 Pandemic on the Mental Health of Patients in Opioid Substitution Treatment

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Introduction: The many negative consequences of the COVID-19 pandemic especially on vulnerable groups like patients suffering from drug addiction have been anticipated by experts early on. While drug consumption patterns of patients in opioid substitution treatment (OST, N=24) seemed hardly influenced at the early stage of the pandemic in Austria, the impact on the mental health of this population remained unclear.

Objectives: The main goal was to investigate long-term consequences of the pandemic in terms of PTSD and clinical symptoms of depression, anxiety and stress among patients in OST between December 2020 and February 2021.

Methods: In a cross-sectional survey study (N=123) an adapted version of the impact of event scale (IES-R) was applied to evaluate PTSD symptoms due to the COVID-19 pandemic. Clinical symptoms were assessed by the depression, anxiety and stress scale (DASS-21), and respective changes due to the pandemic were documented. Sociodemographic and COVID-19 related factors, as well as data on drug consumption patterns were collected.

Results: A binary logistic regression analysis confirmed the negative long-term consequences of psychological and economic COVID-19 related factors on a higher risk for PTSD due to the pandemic. The high-risk PTSD group also demonstrated higher levels and a deterioration of depression, anxiety and stress symptoms since the pandemic.

Conclusions: Among our sample of patients in OST, 27% were at risk of PTSD due to the pandemic, and 30 to 50% reported concerning levels of depression, anxiety and stress. Health care facilities might use these findings as a valuable source of information, when special attention is needed.

Disclosure: No significant relationships.

Keywords: DAS-21; Covid-19; Opioid Substitution Treatment (OST); PTSD

EPP0801

Media trust during the COVID-19 pandemic in Ukraine

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Introduction: The worldwide pandemic exacerbated the new role of the media. If previously the discussion was on whether new or traditional media had primacy in popularity and exposure, nowadays the question is whether communicating health issues through social and traditional media leads to understanding their content better and to more trust in both types of media.

Objectives: We set the following objectives for this study: (1) to examine trust in the traditional and new media among university students, (2) according to the level of media trust to compose a psychological portrait, establish the most prevalent coping strategies, and emotional reactions to the pandemic.

Methods: 213 university students (55.9% women, Mage=19 years) were tested from December 2020-March 2021. We examined the attitude towards information on coronavirus presented in the media and to investigate the level of severity of neurotic states, the level of psychological stress, and basic coping strategies used by respondents.

Results: showed that although students generally prefer to use Internet news, trust in traditional media increased during the pandemic. We examined a general psychological portrait of young people derived from trust in the media. In the group of students who trust media information, we found indifference (39% of respondents) and helplessness (24.4%). In the group convinced that the media are hiding the actual state of affairs, anger prevailed (32.4%). The third group, confident that the media exaggerate everything, experienced indifference and anger (38.5% and 32.7%, respectively).

Conclusions: We may conclude that desire to learn more accurate and unbiased information firsthand indicates students' attitude towards traditional media as more reliable sources of information.

Disclosure: No significant relationships.

Keywords: media trust; COVID19 pandemic; youth; psychological portrait

EPP0802

Positive responses to stress in the situation of the COVID-19 pandemic (in Russian sample)

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Introduction: The aim of the study was to adapt the Coping Self-efficacy Scale for research Russian population in the situation of the COVID-19 pandemic for researching positive personal resources to

overcome peritraumatic COVID-19 distress. To solve this task we also used Impact of Event Scale (Horowitz) and Post-Traumatic Growth Inventory (Tadeshi & Calhoun) - both adapted by M. Magomed-Eminov. These two methods allow us to assess the connection coping self-efficacy with both the traumatic experience and the experience of post-traumatic growth. And to use the results to prevent mental health.

Objectives: 342 participants (students and masters; 18,2% male, 81,8% female; age: 20-30 years).

Methods: Russian version of Coping self-efficacy scale developed in Psychological Helping and resocialization Department Lomonosov Moscow State University; Post-Traumatic Growth Inventory – PTGI (Tadeshi & Calhoun), Impact of Event Scale (Horowitz), - both adapted by M. Magomed-Eminov.

Results: Russian version of Coping self-efficacy scale has high reliability-consistency (Cronbach's $\alpha = 0.916$). Detected significant correlation between coping self-efficacy and post-traumatic growth ($r_s = 0,261$, $p < 0,01$) and significant negative correlation between coping self-efficacy and intensity of the impact of stressful events (IES) ($r_s = - 0,140$, $p < 0,05$).

Conclusions: The obtained results confirmed the high psychometric effectiveness of the Self-efficacy Coping Scale. The connections indicate the existence of positive ways of coping to distress. The results obtained suggest that further research on the positive consequences will expand the repertoire of tools predicted the ability of a modern person to cope with adversity and use experience for deeper involvement of human resources.

Disclosure: No significant relationships.

Keywords: coping; mental health; positive response

EPP0803

Mental health status, hope and resilient coping in Portuguese higher education students during the COVID-19 pandemic

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Introduction: The current pandemic crisis disturbed the life of universities and college campuses leading to an overwhelming effect on the educational system, social life, and mental health of students. In this scenario, coping strategies like resilience and hope provide a counterbalance in periods of uncertainty and stress.

Objectives: This study aims to: a) evaluate the prevalence and severity of depression, anxiety, and stress among higher education students during the COVID-19 pandemic; b) characterize the hope and resilient coping levels of graduate students.

Methods: Using a convenience sampling method, online self-reported data were collected between April 2020 to January 2021. The information gathered includes a Sociodemographic Form, the Depression, Anxiety, and Stress Scale (DASS-21) the Brief Resilient Coping Scale (BRCS) and the Herth Hope Index (HHI).

Results: A total of Portuguese 1522 students (75.1% women and 24.9% men) took part in this study. The sample mean age was

22.88±6.93 years [range 18-59 years]. We identified a significant prevalence of symptoms of stress (35.7%), anxiety (36.2%) and depression (28.5%) in our population. The BRSCS score indicated that 60.2% of students exhibited low, 22.7% moderate and 17.1% high levels of resilient coping. The HHI mean was 35.53±5.92 [range 12-48].

Conclusions: The study findings indicate a substantial portion of the students is at high risk of psychological consequences during the COVID-19 pandemic. This study recommends that is needed to get a wider picture of today's "new normal" education and to develop supportive strategies to enhance students' mental health and well-being in future pandemics.

Disclosure: No significant relationships.

Keywords: mental health; coping; Pandemics; students

EPP0804

The connection of dysfunctional breathing with Self-Government styles in the Russian population during the COVID-19 pandemic

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Introduction: Dysfunctional breathing is experienced as "difficulty in inhaling" and is similar to the symptoms of COVID-19 (Gavriatopoulou et al., 2020), which justifies the relevance of studying this phenomenon in the conditions of the COVID-19 pandemic.

Objectives: To identify a relationship between self-management styles and the severity of dysfunctional breathing in the uninfected COVID-19 population of Russia.

Methods: The author used the socio-demographic questionnaire, the Naimigen Questionnaire (Van Dixhoorn, Duivenvoordt, 1985) and J. Kuhl's and A. Fuhrman's Self-Government Test (Kool, Furman, 1998; Kul, Kvirin, Kool, 2020). The study was conducted online from April 27 to December 28, 2020. It was attended by 1,362 people from all regions of Russia ($38.3 \pm 11.4y.o.$).

Results: The components are Self-regulation ($r = -0.454$, $p = 0.000$) and Self-Control ($r = -0.197$, $p = 0.000$). There is also a component of Will Development ($r = -0.297$, $p = 0.000$) and Sensitivity to oneself ($r = -0.480$, $p = 0.000$). It is important to note that dysfunctional breathing has a strong positive correlation with the component of life stress experiencing ($r = 0.335$, $p = 0.000$). At the same time, the components of Self-regulation and Self-sensitivity have large correlation coefficients, which indicates their greater role.

Conclusions: People with low self-regulation and self-control, as well as with less expressed will and sensitivity to themselves, are more likely to have dysfunctional breathing and a more pronounced experience of life stress in a pandemic. The described components can be used as "targets" for individualized psychotherapy of dysfunctional breathing in the conditions of the COVID-19