EPV0463

Psychological adaptation of recovered individuals with COVID-19: A phenomenological approach

A. Hamdan-Mansour

The University of Jordan, School Of Nursing, Amman, Jordan
doi: 10.1192/j.eurpsy.2022.1311

Introduction: Healthcare services are primarily focusing on medical and physical treatment of COVID-19 while psychosocial and mental health needs are not considered a priority.

Objectives: The purpose of this study was to explore how recovered individuals with COVID-19 adapted to their psychological and social stressors during infection period.

Methods: A descriptive phenomenological approach conducted using a purposeful sample of 13 individuals recovered from COVID-19 in Jordan. Data collected using unstructured interviews.

Results: Perception of being diagnosed with COVID-19 revealed to three major themes; positive learning (acceptance, avoiding social pressure, and normalizing), tolerating ambiguity (denial and seeking information and guidance), and resilience (caring family, professionals' support, self-grieving, optimism, positive thinking, and spirituality).

Conclusions: The study indicates that there is a need to integrate psychosocial and mental health care services into healthcare plans provided to individuals with COVID-19.

Disclosure: No significant relationships.
Keywords: Covid-19; Descriptive Phenomenology; Psychosocial wellbeing

EPV0462

Public attitudes to Sputnik V vaccination against the novel COVID 19 infection the role of the social-demographic characteristics and pandemic COVID-19 individual experience issues and their implementation as the targets for brief psychosocial intervention

A. Vasileva[1]*, N. Neznanov[2], T. Karavaeva[3], D. Radionov[2] and A. Yakovlev[4]

[1]V. M. Bekhterev National Medical Research Center for Psychiatry and Neurology, Non-psychotic Mental Disorders Treatment And Psychotherapy, saint petersburg, Russian Federation; [2]Bekhterev National Medical Center for Psychiatry and Neurology, Geriatric Psychiatry, Saint-Petersburg, Russian Federation; [3]V. M. Bekhterev National Medical Research Center for Psychiatry and Neurology, Non-psychotic Mental Disorders Treatment And Psychotherapy, saint petersburg, Russian Federation and [4]Saint-Petersburg State University of Aerospace Instrumentation, Statisitcs, saint petersburg, Russian Federation
*Corresponding author.
doi: 10.1192/j.eurpsy.2022.1312

Introduction: Vaccination has proved to be an effective tool in decreasing infectious diseases incidence and their mortality rate. Negative public vaccine attitude can significantly undermine efforts to combat the pandemic that makes vaccine hesitancy one of the WHO main concerns

Objectives: Examination of the relationships in population between vaccine attributes and COVID-19 personal experience, social and demographic characteristics

Methods: Cohort cross-sectional study of the population attitude to vaccination against coronavirus infection COVID-19 was performed online during the first 2 months of mass vaccination in Russia, using the special designed questionnaire assessing social demographic variables, COVID-19 related factors, and preferable sources of information about COVID-19 vaccines. 4977 participants in the age from 18 to 81 years were enrolled in the study to vaccination against coronavirus infection COVID-19 was performed online during the first 2 months of mass vaccination in Russia, using the special designed questionnaire assessing social demographic variables, COVID-19 related factors, and preferable sources of information about COVID-19 vaccines .

Results: 34.2% of respondents consider vaccination useful. 31.1% - doubt its effectiveness. 9.9% - consider vaccination unnecessary. 12.2% - dangerous. indifference to vaccination was formed in 7.4% of respondents. They indicated that they do not plan to be vaccinated. 32.3%. postpones their decision until more remote data on the results and effectiveness of vaccination are obtained - 34.0%. were vaccinated at the time of the study - 11.6%.

Conclusions: Attitude towards vaccination depends on age, gender, education, fear of possible complications, coronaphobia. Young people are less focused on vaccination than middle-aged and older people.

Disclosure: No significant relationships.
Keywords: covid 19; pandemic; brief psychosocial interevention; vaccine hesitancy

EPV0463

Assessement of burnout among high school teachers during the COVID-19 pandemic in Sfax, Tunisia

N. Regaieg[1]*, L. Zouari[1], Y. Mejdoub[2], N. Smaoui[1], S. Omri[1], R. Feki[1], I. Gassara[1], N. Charfi[1], J. Ben Thabet[1], M. Maalej[1] and M. Maalej[1]

[1]Hedi Chaker University Hospital, Psychiatry C, Sfax, Tunisia and [2]Hedi Chaker university hospital, Epidemiology, Sfax, Tunisia
*Corresponding author.
doi: 10.1192/j.eurpsy.2022.1313

Introduction: Facing educational difficulties related to COVID-19, some teachers can no longer adapt, making them potential candidates for burnout.

Objectives: We aimed to assess burnout among high school teachers during the COVID-19 pandemic and to determine its prevalence and factors associated with it.

Methods: We conducted a cross-sectional, descriptive and analytical study, carried out on google drive in May 2021, and relating to 97 Tunisian junior and secondary school teachers from the Sfax region. Burnout was evaluated by the Burnout Measure Short version (BMS-10).

Results: The sex-ratio (M/F) of our population was 0.32 and the average age was 44.23 $\pm$ 7.81 years old. The labor load was low, medium and high in respectively 1.4%, 57.6% and 41% of cases. Almost a third of participants (30.6%) reported a low satisfaction with working conditions. The average BMS score was 40.19 $\pm$ 13.98. According to the BMS scores, 36.1% of teachers had a very low to a low degree of burnout, 23.6% had burnout while 40.3% had a high to very high degree of exposure to burnout. Furthermore, the BMS score was associated with the female gender (p=0.002), sleep disturbances (p<0.001), suicidal thoughts (p<0.001) and with a medium to a high labor load (p=0.045).

Conclusions: In this study, Tunisian high school teachers in times of COVID-19 reported a high burnout rate. Thus, the protection of this vulnerable population must be an important component of public health measures.

Disclosure: No significant relationships.
Keywords: Covid-19 pandemic; high school teachers; burnout

EPV0464

Stress and sleep: impact of the main contributing factors to poor sleep experiences during the COVID-19 pandemic

T. Ionescu[1]*, S. Zaharia[1], E. Minecan[2] and C. Tudose[1]

[1]University of Medicine and Pharmacy Carol Davila, Neuroscience 6, Bucharest, Romania and [2]Alexandru Obregia Clinical Hospital of Psychiatry, Child And Adolescent Psychiatry, Bucharest, Romania
*Corresponding author.
doi: 10.1192/j.eurpsy.2022.1314

Introduction: The COVID-19 (Coronavirus Disease 2019) pandemic is associated with several stressful factors that can negatively affect peoples' sleep quality and mental health.
Objectives: The aim of the current study was to prospectively identify decreased sleep quality and associated risk factors in general population during COVID-19 pandemic.
Methods: We conducted a prospective, observational online study on a Romanian sample of 667 respondents aged >18 years. Sleep quality and quantity was evaluated with Athens Insomnia scale (AIS) and the main concerns associated with the pandemic context were evaluated through a multiple-choice question.
Results: The data collected identified important evidence regarding the prevalence and intensity of insomnia. The average score for AIS was 6.13 (cut-off point for was set at 8). However, it is worth noting that 179 respondents (26.8%) meet the criteria for insomnia. Of the 8 self-assessment items, daytime sleepiness was the criterion evaluated with the highest average score (1.01), all other items getting subunit values. A low quality of sleep was linearly related with fear of illness/death (p=0.053), fear of illness/death of close people (p=0.032), social isolation (p<0.001), economic impact (p=0.003), losing the job (p<0.001) and social stigma associated with COVID-19 infection (p=0.009).
Conclusions: More than a qurter of respondes scored above the threshold of 8 at the insomnia scale, while losing the job, social stigma associated with COVID-19 infection and social isolation are the main risk factors for a low quality and quantity of sleep.

Disclosure: No significant relationships.
Keywords: Sleep quality; Insomnia; Covid-19

EPV0465

Unique combination of herbal ingredients for everyday distress in medical workers (short-term pilot study)

M. Morozova[1]*, A. Alexeev[1], G. Rupchev[2], A. Beniashvili[1], S. Potanin[1], T. Lepilkina[1] and D. Burminskiy[1]

[1]FSBI Research Center of Mental Health, Laboratory Of Psychopharmacology, Moscow, Russian Federation and [2]Moscow State University, Faculty Of Psychology, Moscow, Russian Federation

*Corresponding author.
doi: 10.1192/j.eurpsy.2022.1315

Introduction: Psychological distress is a phenomenon that often occurs not only in patients but in normal subjects under excessive psychological pressure. Health care workers are at particular risk of distress in a pandemic. It negatively affects the quality of life, social and physical functioning and can be a trigger of different diseases. The pharmaceutical drugs can be unnecessary active for healthy subjects. Nutraceuticals may be the adequate choice in this situation.
Objectives: Assessing the effectiveness of the unique antistress combination of the three herbal ingredients (standardized extracts of passionfruit, melissa and catnip) in medical workers with the signs of psychological distress
Methods: Twenty-four subjects-medical doctors from 30 to 55 years old (15 women; 9 men) were included into the one-week study. Antistress combination was administered 1 tablet tid. The first part of the State-Trait Anxiety Inventory (STAI "State anxiety") andor a free self-report were done twice (before and at the end of the study)
Results: From 24 subjects 19 subjects filled out the STAI, free self-reports were received from 10 subjects (5 people provided information about their condition in two forms). STAI scores showed statistically significant decrease in anxiety at the end of the study. A positive effect the emotional condition and quality of sleep was noted in free self-reports. Adverse effects of nutraceuticals were rare, mild, and transient. No negative impact on quality of working condition was registered.
Conclusions: The pilot study showed the promising effect of antistress combination in medical workers in specific stressful situation.

Disclosure: No significant relationships.
Keywords: medical workers; herbal ingredients; Distress

EPV0466

Manic episode following SARS-COV-2 Infection

Z. Bencharfa*, Y. Amara, N. El Moussaoui, S. Belbachir and A. Ouanass

University Hospital Center Ibn Sina, Ar-razi Psychiatric Hospital, Salé, Morocco
*Corresponding author.
doi: 10.1192/j.eurpsy.2022.1316

Introduction: In December 2019, infection with the novel coronavirus (SARS-CoV-2) was first reported in the city of Wuhan, China. Although generally recognized for its often fatal respiratory problems, other neuropsychiatric complications are receiving increasing attention.
Objectives: We will try through a clinical case to explain the psychiatric disorders in the context of this infection, and to highlight the two main explanatory theories of psychiatric disorders, in relation with the SARS-Cov-2 infection.
Methods: We report here a case of SARS-CoV-2 infection in a 54-year-old female patient with no specific pathological history, including psychiatric, who presented a fever, anosmia, and asthenia in the absence of any respiratory signs. Her PCR came back positive and her chest CT scan was normal.The patient was treated with paracetamol with vitamin C,with good clinical improvement. She came 15 days later to the psychiatric emergency room with psychomotor excitement. The patient was motorically unstable, could not hold still, her mimicry was hypermobile, contact with her was