

the availability of personal protective equipment (OR=.61; 95% CI=.40-.94) and moderate or greater scores on PTGI-SF, particularly in the spiritual change domain (OR=.552; 95% CI=.35-.85), were found to be protective factors in relation to the PTSD diagnosis.

**Conclusions:** Our results shed light on possible protective factors against PTSD symptoms in HCWs facing COVID-19 pandemic.

**Disclosure of Interest:** None Declared

## EPP0157

### One year later: mental health among employees in long-term care of the elderly after COVID-19 in Italy

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**Introduction:** The COVID-19 emergency have imposed a great burden on the Italian health and social health system. In this context, healthcare workers (HCWs) have been exposed to high levels of stress. While many studies addressed the consequences of COVID-19 on hospital workers, little interest has been devoted to the employees of nursing homes.

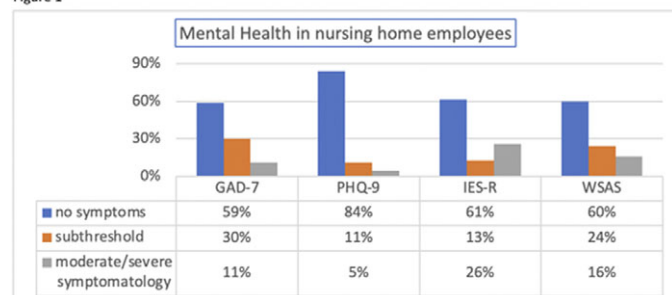
**Objectives:** To evaluate levels of depressive, anxious and post-traumatic symptoms in a population of nursing homes workers in Italy one year after the begin of the pandemic.

**Methods:** The research involved 177 nursing homes, to evaluate the Mental Health outcome of the COVID-19 pandemic 12 months after the first lockdown on a large sample of workers. Participants answered a self-assessment tools aimed to assess the level of trauma experienced, the level of anxiety and depression, the quality of professional life and social and work adjustment.

**Results:** A consistent level of psychological suffering in the HCWs 12 months after the first lock-down and after the third wave of Covid-19 is highlighted, in accordance with what has been observed in similar research. It turns out that about 30% of subjects, more often women, have elements suggestive of symptoms related to PTSD, with moderate levels of anxiety. On the other hand, 15% of the sample presents moderate levels of depressive symptoms and a severe impact on social and occupational functioning. Of these about 40% of staff has significant interference and just over 15% has a severe impact (see figure 1).

**Image:**

Figure 1



**Conclusions:** Interventions tailored to support mental health are needed not only for HCWs from hospital units but also for those working in nursing homes and long-term care units.

**Disclosure of Interest:** None Declared

## EPP0158

### Mental health and COVID-19 in university students: a qualitative study comparing Italy and the UK

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**Introduction:** The worldwide spread of the COVID-19 pandemic affected all major sectors, including higher education. The measures to contain this deadly disease led to the closure of universities across the globe, introducing several changes in students' academic and social experience. During the last two years, self-isolation together with the difficulties linked to online teaching and learning, have amplified psychological burden and mental health vulnerability of students.

**Objectives:** We aimed to explore in depth students' feelings and perspectives regarding the impact of the COVID-19 on their mental health and to compare these data among students from Italy and the UK.

**Methods:** Data were resulting from the qualitative arm of "the CAMPUS study", a large ongoing project to longitudinally assess the mental health of university students enrolled at the University of Milano-Bicocca (Unimib, Italy) and the University of Surrey (UoS, Guildford, UK). We conducted in-depth interviews through the Microsoft Teams online platform between September 2021 and April 2022, and thematically analysed the transcripts.

**Results:** A total of 33 students (15 for Unimib and 18 for UoS), with a wide range of sociodemographic characteristics, were interviewed. Four themes were identified: i) impact of COVID-19 on students' mental health; ii) causes of poor mental health; iii) most vulnerable subgroups; vi) coping strategies.

Anxiety symptoms, social anxiety, and stress were frequently reported as negative effects of the pandemic, while the main sources of poor mental health were identified in loneliness, exceeding time online, unhealthy management of space and time, bad organization/communication with university, low motivation and uncertainty about the future. Freshers, international or off-campus students, as well as both extremely extroverted and introverted subjects, represented the most vulnerable populations, because of their extensive exposure to loneliness. Among coping strategies, the opportunity to take time for yourself, family support, and mental health support were common in the sample.

Some differences were found comparing students from Italy and the UK. While at Unimib the impact of COVID-19 on mental health was mainly described in relation to academic worries and the inadequate organization of the university system, UoS students,

familiar to the conviviality of campus life, explained these effects as a result of the drastic loss of social connectedness.

**Conclusions:** The current study highlights the key role of mental health support for university students, mainly during crisis times, and calls for measures to improve communication between students and the educational institution, as well as to encourage social connectedness.

**Disclosure of Interest:** None Declared

## EPP0159

### Comparison of mental health presentations of 16–25-year-olds to the Emergency Department during the COVID-19 pandemic.

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**Introduction:** Studies reported an initial decrease in the number of presentations and incidence of self-harm in young people during the pandemic. As the pandemic progressed young people may have experienced increased levels of distress, contributing to worsened mental health. There is a need for mental health services to evaluate the presentations of young people presenting to the Emergency Department (ED) so that services can meet the needs of young people.

**Objectives:** To examine the mental health presentations of young people (aged 16-25) to the ED and how this may have changed since the start of the pandemic.

**Methods:** This study reviewed all 16–25-year-olds presenting to the Mater Misericordiae University Hospital (MMUH) who were triaged with a mental health issue in a 2 month period (September-October) over three years – 2019 (Period A), 2020 (Period B), 2021 (Period C). Approval for this service evaluation was granted by the Clinical Audit and Effectiveness Committee at the MMUH.

**Results:** Of 232 presentations across all periods, there was no significant difference in the number of presentations in each study period - Period A (n=76), Period B (n=79) and Period C (n=77). In all three periods, most presentations occurred out of hours (A: 57.9% [n=44]; B: 74.7% [n=59]; C: 68.8% [n=53]) statistically significant (p=0.034) from before (A) to during the pandemic (B and C). Out of hours arrival by ambulance was most common in Periods A and B (45.5% and 55.9%). Over all three periods discharge home was the most frequent outcome of assessment (A: 69.7% [n=53]; B: 70.9% [n=56]; C: 76.6% [n=59]). Overall, there was a decrease in self-harm presentations over the period (A: 47.4% [n=36]; B: 41.8% [n=33]; C: 40.3% [n=31]). The percentage of presentations with self-laceration increased during the pandemic (A: 33.3% [n=12]; B: 39.4% [n=13]; C: 48.4% [n=15]). There was a significant increase in attendees who were already taking psychotropic medications (p<0.001).

**Conclusions:** The findings suggest that the majority of 16–25-year-olds present out of hours and do not require admission.

Although the number of presentations remained similar, the increase in out of hours presentations and arrivals by ambulance in Period B may reflect increased distress in the initial stages of the pandemic, and restricted access to services. The higher rates of medication prescribing suggests that these young people are already receiving health care, but that their needs are not being fully met. Mental health services should be designed to provide access to mental health care out of hours when young people are most likely to require them.

**Disclosure of Interest:** None Declared

## EPP0160

### Research of the preferred style of coping stress in relation to locus of control among healthcare workers during the COVID-19 pandemic

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**Introduction:** The locus of control is associated with a variety of psychological concepts, theories and researches, including learned helplessness, which is explained in way that person has learned to act helpless even when they actually have control over their situation or the ability to change a circumstance or outcome. In this scientific work, the aim is to examine the correlation between the locus of control and stress coping strategies in a group of health care workers. A sample is 110 respondents, of different age, gender, ages and educational degrees.

**Objectives:** In this research, the aim is to examine the connection between locus of control and coping strategies among healthcare workers during the Covid-19 epidemic. The research results showed that there are no statistically significant differences in the relationship between stress coping strategies and locus of control in relation to men and women and age. Also, there is a statistically significant difference in the stress coping strategy focused on avoidance in relation to the locus of control, i.e. it turned out that the coping strategy focused on avoidance is more pronounced in respondents with an internal locus of control than in those with an external locus of control.

**Methods:** The research was conducted at the Clinical Center of Montenegro, in Podgorica, in March 2022, through an online program, due to the epidemiological situation. The sample consists of 110 respondents, of both sexes and aged from 20 to 65 years old, who were chosen by the method of random selection. The CISS and RI-E scales were used.

**Results:** The research showed that there is a connection between the locus of control and strategies for overcoming stress, but that there are no statistically significant differences in the connection between strategies for overcoming stress and locus of control in relation to men and women and their age, as well as that there is a statistically significant difference in the strategy coping with stress focused on avoidance in relation to locus of control, i.e. it was shown that the coping strategy focused on avoidance is more pronounced in respondents with an internal locus of control than in those with an external locus of control.