better the score of the social domain was. And finally we found a significant relationship between the environmental domain and the level of studies (p=0.05).

Conclusions: Physical health, psychological, social and environmental issues have an important impact on the QoL of our population and hence their future. Certain factors seem to be involved and have to be taken into consideration in order to improve QoL among medical students and residents.

Disclosure of Interest: None Declared

EPP0464

Compassion and burnout syndrome in medical students from the Colombian Caribbean coast

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Introduction: Compassion is expected to be a characteristic present in medical students, since it is a key element in subsequent professional practice (Blanco et al., 2021). However, during the degree, students go through various demands that can generate burnout syndrome (Amor et al., 2020) and as a consequence a decrease in compassion. In this sense, it is important to provide empirical evidence on the possible relationship between these two constructs, in order to generate support that allows the implementation of mental health promotion strategies.

Objectives: Analyze the relationship between compassion and burnout syndrome in medical students.

Methods: This study was done through a cross-sectional study of correlational scope in 250 medical students. The Compassion Scales developed by Gilbert (Gilbert et al., 2017) were used; they assess three general factors (Self-compassion, Compassion for others, and Compassion from others), However, in this study, we used only the self-compassion and compassion for others scales.

Results: The results revealed a statistically significant, positive correlation between personal accomplishment and self-compassion. In the case of emotional exhaustion and depersonalization, significant associations were also found with self-compassion and compassion for others, but of a negative magnitude (Table 1).

Image:

Table 1: Pearson correlations between Compassion and Burnout syndrome

Variables	1	2	3	4	5
1.Emotional exhaustion	----	,412**	,-318**	,-296**	,412
2. Depersonalization		-----	,-232**	,319**	,281**
3.Personal realization			-----	,418**	-,173**
4.Autocompasion				-----	,408**
5.Compassion for other					-----

Note: **p < .01; *p < .05

Conclusions: It was concluded that the higher the levels of self-compassion of the medical students evaluated, the greater their personal fulfillment. On the other hand, the lower the levels of self-compassion and compassion for others, the higher levels of depersonalization and emotional exhaustion were found in medical students

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EPP0465

Assessment of relationship of mental health and quality of life of COVID-19 Survivors in selected hospitals of Tehran University of Medical Sciences, 2021

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Introduction: Survivors from Covid-19 are more prone to psychological distress due to their experience of illness, hospitalization, and severe conditions. Diseases can also affect patients' quality of life. Nursing of these patients is not limited to hospitalized patients and paying attention to the mental health status and quality of life of patients is one of the roles and responsibilities of nurses. The aim of this study was to determine the relationship between mental health and quality of life of Covid-19 survivors in selected hospitals of Tehran University of Medical Sciences in 2021.

Objectives: Due to the disturbance in mental health and the decrease in the quality of life of the survivors of this disease, the results of the research can be used for policy making and rehabilitation planning for those who have recovered from this disease. Also, considering that the covid-19 virus may remain for years and infect many people, supporting and controlling the physical and mental conditions of these people in the long term can help to increase the quality of life and improve their mental health.

Methods: This study is a cross-sectional study in which the mental health and quality of life of 276 survivors of Covid-19 who were hospitalized in three hospitals of Imam khomeini, Shariati and Baharloo between February 2020 and July 2020 were examined. Data were collected by using demographic and clinical information questionnaire, 12-item general health questionnaire and 36-item quality of life questionnaire. Data analysis was performed using SPSS16 software at a significance level of 0.05.

Results: The results showed that the general health (mental health) score of the participants in this study one year after Covid-19 was equal to 6/26 ± 2/75 and 231 survivor of Covid-19 (83.7%) score more than 3 they had. Regarding quality of life, the results showed that the dimensions of energy and vitality, and general health, had the lowest scores with an average of 53.3 and 54.71 (out of 100 points), respectively.There is an inverse relationship between mental health and all aspects of quality of life, so that with the deterioration of mental health status in Covid-19 survivors, their quality of life score decreases.

Conclusions: The results of the study showed that the mental health status of a large percentage of Covid-19 survivors is impaired