

Results: A total of 612 teleworkers were included. The mean age was 33 ± 6.9 years. Sex ratio (M/F) was 0.32. The main sectors of activity were telecommunications and information technology (31.6%), legal and financial services (19%) and administration and organizations (16.5%). The teleworkers were operating in the private sector in 91.6% of the cases. Teleworking had been practiced before the health confinement by 55.6% of the cases and 86.3% had never received teleworking training. Psychosocial repercussions were noticed among 92.2%. During confinement, teleworkers reported a mood sadness in 36.4%, persistent anxiety in 27.8% and constant exhaustion in 43.3%. Sleep disorders were reported by 65.5%. They were difficulty in getting to sleep in 42.5% and a difficult morning awakening in 51.8%. The absence of work organization was significantly correlated with mood sadness ($p < 0.001$), chronic anxiety ($p = 0.01$), sleep disorders ($p = 0.03$), and constant exhaustion ($p = 0.001$). Spending breaks in front of the television and on social networks was significantly correlated with sadness of mood ($p = 0.04$), anxiety ($p = 0.009$), and sleep disorders ($p = 0.04$).

Conclusions: Psychological impact of teleworking during health confinement at the COVID-19 pandemic was significant. Therefore, the role of the occupational physician is important in the detection and the prevention of health consequences.

Disclosure of Interest: None Declared

EPV0382

Effects of COVID-19 work circumstances on mental health

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Introduction: Post-traumatic stress disorder (PTSD) was described among patients with COVID-19, health professionals (HP), and the population at large. HP were in the front-line managing this pandemic which put them at a higher risk to develop such trouble.

Objectives: The aim of our study was to evaluate the effect of work circumstances on the mental health of HP.

Methods: Cross-sectional descriptive study was carried out. It included HP at Abdurrahman Mami Hospital who had a positive RT-PCR test of SARS-CoV-2 on a nasopharyngeal swab over the 10-month period from January to October 2021. Data collection was performed three months after the resumption using the PCL-5 questionnaire .

Results: Seventy six HP was included in our study. PTSD incidence was 30%. Age average was 41 ± 9 years. Women represented 84%. Seventy eight percent of the HP were married and 71% were living with their children. The average number of persons in the family was 4 ± 1 . Intensive care unit was the department of origin for 17% of the HP, the laboratory in 8% of the cases, the emergency room in 3% and the Covid-19 hospitalization services in 24%. The most

affected occupational category was nurses (39%), laboratory technicians (14%), and physicians (8%). General difficulties with tasks usually performed was found in 35% of HP suffering from PTSD ($p = 0.012$). It appears that limiting the time spent at work had a protective role for PTSD with an OR of 0.25 ($p = 0.002$).

Conclusions: Handling COVID-19 health issues was the concern of all medical departments. This study highlights the impact of work circumstances on the mental health of workers. PTSD was prevalent among HP according to our study. PTSD may have an impact on work ability, which should be further explored by other studies. Other psychiatric disorders should also be investigated.

Disclosure of Interest: None Declared

EPV0383

Psychological impact of the COVID-19 pandemic on health care personnel working in COVID settings

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Introduction: COVID19 pandemic had a significant psychological impact on the population worldwide. However, health care workers have been the most exposed to psychological effects.

Objectives: To determine the psychological impact of the covid19 pandemic on health care professionals (HCPs) who were working in the covid19 setting.

Methods: Descriptive cross-sectional study carried out in May 2020, having interested the HCPs of the Charles Nicolle hospital who were working in the COVID19 settings .The data collection was carried out with a pre-established questionnaire .The visual analog scale of B. Chini was used to assess the level of work stress. This assessment was undertaken at three points in time: during the work, during the confinement period and post confinement .

Results: Seventy five nurses participated to the study. The average age was 39.7 ± 9.6 years. The sex ratio was 0.74. The average professional seniority was 11.6 ± 8.14 years. During the confinement, a feeling of anxiety and apprehension of danger to others were reported by 96% of the participants. In addition, sleep disorders and irritability were noticed in 65% and 92% of cases respectively. At the end of the confinement period, 77% of the cases reported neuropsychological complaints: feelings of anxiety (57%), mood disorders (49%), a sleep disorders (32%) and concentration disorders (20%). The average level of stress was evaluated at 7.54 during the work, 7.36 during confinement and 5.28 after confinement. Faced with this psychological suffering, 88% of the cases noted the absence of psychological support or assistance.

Conclusions: Psychological support and early screening in psychiatry and occupational medicine are necessary to prevent any deterioration in their mental health.

Disclosure of Interest: None Declared