

**Introduction:** Baseline beliefs, as conceptualized by R. Janoff-Bulman in her cognitive theory of mental trauma, represent an inherent internal framework that shapes how individuals perceive and assess traumatic events. It is widely acknowledged that the pandemic has had a profound impact on the global economy and the living conditions of individuals. Consequently, it is reasonable to assume that during a pandemic, one's ability to adapt to these altered circumstances is influenced by their foundational beliefs. Consequently, exploring these fundamental beliefs in two at-risk groups, namely university students and individuals with confirmed HIV, becomes a subject of significant interest.

**Objectives:** This study aims to examine the fundamental beliefs of patients with HIV and university students in the context of the second wave of the new coronavirus pandemic in Russia.

**Methods:** Data collection took place from January to July 2021 using a custom-developed Google form. The study involved 35 Russian university students majoring in humanities and 59 HIV-positive patients. We employed the WAS-37 methodology, adapted for use in Russia, to assess their baseline beliefs.

**Results:** We found that on the scales "Fairness" ( $M = 21.00 \pm 3.73$  - students,  $M = 20.53 \pm 4.63$  - patients,  $p = 0.616$ ), "Luck" ( $M = 31.74 \pm 5.06$  vs  $M = 29.59 \pm 7.33$ ,  $p = 0.129$ ) and "Control beliefs" ( $M = 26.66 \pm 4.80$  vs  $M = 27.12 \pm 4.42$ ,  $p = 0.636$ ) students did not differ from patients. Scores on the Environment Benevolence scale were higher in students ( $M = 35.46 \pm 7.33$  vs  $M = 30.50 \pm 7.09$ ,  $p = 0.002$ ) and on the Self Image scale were higher in HIV patients ( $M = 26.63 \pm 6.97$  vs  $M = 30.03 \pm 5.41$ ,  $p = 0.010$ ).

**Conclusions:** During the latter stages of the COVID-19 pandemic in Russia, individuals living with HIV, when compared to students, tended to perceive the world around them as being more perilous and unfriendly, while simultaneously viewing themselves as possessing greater integrity. From our perspective, this latter observation could be interpreted as a means of self-defence against the perceived hostility of the external world. In such pandemic circumstances, it may be advisable to consider the use of supportive psychotherapy for individuals living with HIV.

**Disclosure of Interest:** None Declared

## EPV0326

### The quality of life for students pursuing humanities disciplines and individuals living with HIV during the second wave of the COVID-19 pandemic in Russia

V. V. Titova\*, V. I. Rozhdestvenskiy, I. A. Gorkovaya,  
D. O. Ivanov and Y. S. Aleksandrovich

Department of Psychosomatics and Psychotherapy, Saint Petersburg State Pediatric Medical University, Saint Petersburg, Russian Federation

\*Corresponding author.

doi: 10.1192/j.eurpsy.2024.1057

**Introduction:** The COVID-19 pandemic has had a significant impact on people's lives, affecting various aspects of society and potentially altering the quality of life of certain groups. The World Health Organisation defines quality of life as an individual's physical, psychological, emotional, and social health as perceived by themselves in relation to society. It appears that the pandemic disproportionately affected the most susceptible societal segments, comprising university students who encountered significant stress

due to the shift to remote learning, and individuals living with HIV who faced difficulties in accessing medical assistance.

**Objectives:** The study aimed to investigate the quality of life of students studying the humanities disciplines and HIV patients during the second wave of the COVID-19 pandemic in Russia.

**Methods:** Data collection was conducted from January to July 2021, using a Google form developed by the researchers. The study included 35 students from Russian universities studying humanities specialities and 59 HIV-positive patients. To check the quality of life, we used the WHOQOL-BREF questionnaire, adapted for use in Russia.

**Results:** We found that on the domains "physical and psychological well-being" ( $M = 20.26 \pm 3.89$  - students,  $M = 21.43 \pm 3.62$  - patients,  $p = 0.144$ ) and "self-image" ( $M = 19.11 \pm 3.53$  vs  $M = 19.52 \pm 2.92$ ,  $p = 0.553$ ) respondents from the two groups did not differ from each other. The domain "microsocial support" was more pronounced in students than patients ( $M = 10.71 \pm 2.48$  vs  $M = 9.17 \pm 2.96$ ,  $p = 0.011$ ). A similar situation was observed in "social well-being" ( $M = 27.23 \pm 4.33$  vs  $M = 24.97 \pm 5.24$ ,  $p = 0.034$ ).

**Conclusions:** During the second wave of the COVID-19 pandemic in Russia, individuals living with HIV experienced a lower quality of life compared to students in humanities disciplines. Individuals living with HIV reported lower satisfaction with their relationships within their immediate environment, including family and friends, as well as their overall social well-being, encompassing factors like safety, material wealth, access to medical care, and transportation. In these pandemic conditions, it became evident that individuals with HIV required more extensive social support measures than students.

**Disclosure of Interest:** None Declared

## EPV0327

### The connection between professional burnout of medical workers and the specific working conditions during the COVID-19 pandemic in Russia

E. V. Deshchenko<sup>1\*</sup>, J. E. Koniukhovskaia<sup>2</sup>, O. B. Stepanova<sup>1</sup>,  
I. M. Shishkova<sup>3</sup>, E. I. Pervichko<sup>1</sup>, O. V. Mitina<sup>1</sup> and  
E. A. Dorokhov<sup>1</sup>

<sup>1</sup>Lomonosov Moscow State University; <sup>2</sup>Higher School of Economics, Moscow and <sup>3</sup>Ryazan State Medical University, Ryazan, Russian Federation

\*Corresponding author.

doi: 10.1192/j.eurpsy.2024.1058

**Introduction:** The COVID-19 pandemic has certainly become a stressful event for medical workers, so the aim of this research was to study the pandemic-specific working conditions that may be associated with the professional burnout of medical workers in Russia.

**Objectives:** To study the pandemic-specific working conditions that may be associated with the professional burnout of medical workers in Russia.

**Methods:** The Maslach Burnout Inventory (MBI) was used to measure the level of professional burnout. It was filled out by medical workers from January 2021 to November 2022.

The sample consisted of 314 medical workers (57 men and 255 women), whose average age was  $36.97 \pm 11.93$ . According to the level

of education, the sample included specialists with secondary general education (4.14%), with secondary special education (19.4%), with incomplete higher education (11.46%), with higher education (59.87%) and PhD (5.1%). 35 people (11%) of the surveyed medical workers worked in the red zone.

**Results:** Working in the red zone is significantly associated with Emotional Exhaustion ( $p=0.002$ ) and Depersonalization ( $p=0.002$ ), but not with a Reduction in Professionalism.

The working conditions of medical workers who were significantly associated simultaneously with Emotional Exhaustion, Depersonalization and Reduction of professionalism (respectively): (1) Lack of confidence in support from the health system and the state in case of illness ( $r=0.170$ ,  $p=0.002$ ;  $r=0.202$ ,  $p=0.000$ ;  $r=-0.171$ ,  $p=0.002$ ); (2) Inability to meet the usual personal needs (daily routine, nutrition, communication with loved ones) as employment increases at work ( $r=0.200$ ,  $p=0.000$ ;  $r=0.154$ ,  $p=0.006$ ;  $r=-0.186$ ,  $p=0.001$ ); (3) Lack of confidence in their own professional competence in the fight against COVID-19 due to lack of knowledge about COVID-19 ( $r=0.202$ ,  $p=0.000$ ;  $r=0.148$ ,  $p=0.009$ ;  $r=-0.211$ ,  $p=0.000$ ); (4) Lack of confidence in their own effectiveness in the fight against COVID-19 due to the increase in the volume of work and the expansion of the scope of professional responsibilities ( $r=0.234$ ,  $p=0.000$ ;  $r=0.152$ ,  $p=0.007$ ;  $r=-0.177$ ,  $p=0.002$ ); (5) Lack of access to up-to-date information about COVID-19 ( $r=0.190$ ,  $p=0.001$ ;  $r=0.158$ ,  $p=0.005$ ;  $r=-0.140$ ,  $p=0.013$ ).

The Emotional Exhaustion scale is also associated with the fear of getting infected and getting sick with COVID-19 ( $r=0.125$ ;  $p=0.026$ ), as well as the lack of quick access to testing when COVID-19 symptoms appear ( $r=0.169$ ;  $p=0.003$ ).

**Conclusions:** Thus, not only work in the red zone, but also many specific working conditions during the COVID-19 pandemic can become a provocation factor for the deterioration of the emotional state of medical workers.

Disclosure: Research is supported by the Russian Science Foundation, project No. 21-18-00624.

**Disclosure of Interest:** None Declared

## EPV0328

### The connection between professional burnout of medical workers and the self-help methods during the COVID-19 pandemic

E. V. Deshchenko<sup>1\*</sup>, J. E. Koniukhovskaia<sup>2</sup>, O. B. Stepanova<sup>1</sup>, I. M. Shishkova<sup>3</sup>, E. I. Pervichko<sup>1</sup>, O. V. Mitina<sup>1</sup> and N. R. Irgashev<sup>1</sup>

<sup>1</sup>Lomonosov Moscow State University; <sup>2</sup>Higher School of Economics, Moscow and <sup>3</sup>Ryazan State Medical University, Ryazan, Russian Federation

\*Corresponding author.

doi: 10.1192/j.eurpsy.2024.1059

**Introduction:** Many medical workers suffered from severe professional burnout while working in the conditions of the COVID-19 pandemic, but few of them had the opportunity to find psychological help.

**Objectives:** The aim of the research was to study the relationship between emotional burnout and self-help strategies in medical professionals during the pandemic.

**Methods:** The Maslach Burnout Inventory (MBI) was used to measure the level of professional burnout. It was filled out by medical workers from January 2021 to November 2022.

The sample consisted of 314 medical workers (57 men and 255 women), whose average age was  $36.97 \pm 11.93$ . According to the level of education, the sample included specialists with secondary general education (4.14%), with secondary special education (19.4%), with incomplete higher education (11.46%), with higher education (59.87%) and PhD (5.1%). 35 people (11%) of the surveyed medical workers worked in the red zone.

**Results:** When medical workers experience severe Emotional Exhaustion and Depersonalization, they often try to help themselves by drinking alcohol ( $r=0.156$ ;  $p=0.005$ ;  $r=0.184$ ;  $p=0.001$ ), eating ( $r=0.227$ ;  $p=0.000$ ;  $r=0.151$ ;  $p=0.007$ ), taking medications ( $r=0.204$ ;  $p=0.000$ ;  $r=0.212$ ;  $p=0.005$ ), solitude ( $r=0.204$ ;  $p=0.000$ ;  $r=0.133$ ;  $p=0.019$ ), watching TV series ( $r=0.173$ ;  $p=0.002$ ;  $r=0.146$ ;  $p=0.01$ ). With an increase in the Reduction of professional skills, medical workers also eat more ( $r=-0.148$ ;  $p=0.009$ ) and try to learn something new, engage in self-development ( $r=-0.137$ ;  $p=0.015$ ). It is important to note that the desire to seek psychological help is associated only with Emotional Exhaustion ( $r=0.121$ ,  $p=0.032$ ), that is, he/she may be aware at an early stage of professional burnout, when the symptoms of depersonalization and reduction of professional skills have not yet occurred.

**Conclusions:** Thus, all the considered self-help methods are already used with pronounced symptoms of professional burnout, but do not lead to its pronounced decrease. It is important to note that seeking psychological help is possible with awareness of emotional exhaustion, but not with depersonalization and reduction of professional skills.

Disclosure: Research is supported by the Russian Science Foundation, project No. 21-18-00624.

**Disclosure of Interest:** None Declared

## EPV0329

### Comparison of perceptions about COVID-19 disease in patients and in medical professionals during the pandemic

E. V. Deshchenko<sup>1\*</sup>, J. E. Koniukhovskaia<sup>2</sup>, O. B. Stepanova<sup>1</sup>, I. M. Shishkova<sup>3</sup>, E. I. Pervichko<sup>1</sup>, O. V. Mitina<sup>1</sup> and V. F. Petrenko<sup>1</sup>

<sup>1</sup>Lomonosov Moscow State University; <sup>2</sup>Higher School of Economics, Moscow and <sup>3</sup>Ryazan State Medical University, Ryazan, Russian Federation

\*Corresponding author.

doi: 10.1192/j.eurpsy.2024.1060

**Introduction:** The COVID-19 pandemic poses a serious threat to mental well-being both for patients who have suffered from coronavirus disease and for medical workers of this period. The difference in perceptions about COVID-19 in patients and those who care for them reflects the peculiarities of assessing the coronavirus pandemic and their own coping capabilities.

**Objectives:** The aim of the research was to compare the perceptions about COVID-19 in patients and medical professionals during the pandemic.

**Methods:** A Short questionnaire of Disease Perception (E. Broad-bent) was used to study patients' perceptions about COVID-19