EPP0383
Religious coping in time of covid 19 in tunisia
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Introduction: Religion belongs among well-documented coping
strategies, through which one can understand and deal with
stressors.
Objectives: The aim of this study was to examine religious coping
responses face to the outbreak of COVID-19 pandemic among
Tunisian people.
Methods: The survey was conducted using the online anonymous
questionnaires and distributed through social networks from
24 April to 23 May 2020. It included sociodemographic questions, participants’ experience of SARS-CoV-2-related stressful events and
the frequency of religious practice during the COVID-19 pan-
demic. The Brief RCOPE was used to assess religious coping.
Results: Our study included 80 participants: 71.3% female and 42.5%
made. The mean age of the participants was 29.30 years (SD =
8.72). The religion of all participants was Islam, and 72.5% of them
had religious practices. Participants reported much lower levels of
negative religious coping than positive religious coping (5% versus
37.5%). There were no significant differences in religious coping
activities as a function of gender (p=0.180, p= 0.192). Significant
relationships were found only for demographic variables: level of
education with Higher-educated reported more PRC (p=0.002).
Having a family member with a suspected or confirmed infection
was correlated with PRC (p=0.016). Concern with becoming infected
or having a friend with a suspected or confirmed infection did not
correlate with any coping strategy (p=0.112; p=0.489). No correla-
tion was found between religious commitment and religious coping
(p=0.897; p=0.504) however increasing religious activity during this
pandemic was correlated with PRC (p=0.013).
Conclusions: Our findings suggest that lockdown experience is
associated with higher use of NRC strategies.
Keywords: COVID19; religious coping; lockdown

EPP0382
The impact of coronavirus disease (COVID-19) pandemic on developing obsessive-compulsive disorder in saudi arabia
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Introduction: Coronavirus disease (COVID-19) is a contagious
disease. Its potential psychological impact could involve fear of
being contaminated by germs and dirt, which may lead to washing
t hands repeatedly until harm the skin.
Objectives: To explore the incidence of Obsessive-Compulsive
Disorder (OCD) symptoms during COVID-19 pandemic among
the Saudi general population, and to explore its correlation with
stress and the associated factors.
Methods: A cross-sectional survey of a sample consisting of 2909
participants was conducted during COVID-19 outbreak consists of
socio-demographic characteristics, Perceived Stress Scale (PSS) and
The Brief Obsessive–Compulsive Scale (BOCS).
Results: Most participants were female (73.9%) with university
level or above (81%) and were disciplined with quarantine
(75.6%). New onset symptoms of obsessive thoughts (worries about
germs, dirt and viruses), and compulsive behavior (excessive hand
washing) were reported by 57.8% and 45.9% of the participant.
Participants who developed these symptoms only during CODIV-
19 pandemic were significantly higher than asymptomatic partic-
ipants or those who developed symptoms before the pandemic (p-
value &lt;0.000). New onset symptoms were significantly more
among participants with high stress (57.5% and 51.4%; p-value &lt;0.000).
Some sociodemographic characteristics were significantly associated with new onset OCD symptoms such as
age group (40–49 years), employee in non-medical field, house-
wives, students, being disciplined and spending more days in
quarantine (p- value&lt;0.000, p-value&lt;0.047, p-value&lt;0.012, p-value&lt;0.015).
Conclusions: This study revealed a significantly higher prevalence
of high perceived stress in respondents with new onset OCD
symptoms. This implies that bio disaster is associated with a high
psychological morbidity which needs interventional programs.
Keywords: Obsessive-Compulsive disorder; Coronavirus Disease;
ocd; COVID-19

EPP0383
Impact of personality hardiness on anxiety dynamics during the COVID-19 outbreak in russia
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Introduction: Hardiness is a set of attitudes, providing courage and
motivation to cope with stress (Maddi, 2006). The COVID-19
outbreak and the response to it caused exceptional stress and
drastically changed the everyday routine, endangering many peo-
lies’ psychological well-being and mobilizing coping resources.
Objectives: The study aimed to determine whether hardiness pro-
vided coping resources to deal with COVID-19 outbreak-related
stressors.
Methods: 949 participants from Russia (ages 18-66) voluntarily
completed online questionnaires: BAI; BDI; SCL-90-R; Personal
Views Survey III during the early COVID-19 restrictions (24 March
Conclusions: The largest influx of calls coincides with the home confinement period, and decreased alongside the relaxation of the confinement measures held. The MHHL had enough adherence to warrant consideration of it being an alternative means of healthcare access, especially in situations where physical access to healthcare is restricted.

Keywords: mental health; COVID-19; Helpline

EPP0385

Binge eating disorder experienced by young doctors struggling with COVID-19


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Introduction: The COVID19 outbreak has disrupted the mental health of resident doctors who had to care for patients. Eating disorders were among these reported mental health problems.

Objectives: To screen binge eating disorder among young Tunisian doctors and its associated factors.

Methods: We conducted a cross-sectional, descriptive and analytical online-based survey, from April 19, 2020, to May 5, 2020 on 180 medical residents in training. We sent the survey via a google form link. We used a self-administered anonymous questionnaire containing sociodemographic and clinical data of young doctors. The Diagnostic and Statistical Manual of Mental Disorders (DSM-5) criteria were used to assess Binge-Eating Disorder.

Results: Among 180 young doctors who enrolled the survey, 70.2% were female, 16% were married. The mean age was 29 years. 51.1% were frontline caregivers, working directly in diagnosing, treating or caring for patients with coronavirus disease. Among our participants, 5% presented anxiety disorder, another 5 % presented depression disorder and 1.7% had eating disorder. Binge eating disorder were present among 8.9 % of participants and it was associated to personal history of eating disorder (7.7% vs 1.1%, p<10^-3), past history of depression disorder (7.2% vs 3.3%, p=0.008), exposure to media or news about coronavirus outbreak (0.5% vs 8.3%, p=0.04).

Conclusions: Hardiness notably contributes to personal adaptation during the COVID-19 outbreak-related restrictions.

Keywords: Anxiety; COVID-19; hardiness; Depression