

Table 1: Pearson correlations between the Emotional exhaustion and the empathy

Variables	1	2	3	4
1. Emotional Fatigue	----	,205**	,60	,523**
2. Depersonalization		----	,41	,318*
3. Personal Realization			----	-,167
4. Increased workload				-----

Nota: ** $p < .01$; * $p < .05$

Conclusions: It was possible to conclude that the significant increase in the workload in teachers correlates positively with levels of emotional exhaustion and depersonalization; however, no correlations were observed between workload and personal achievement of higher education teachers.

Keywords: workload; burnout; teachers; COVID-19

EPP0324

Mental health of israeli employees with autism spectrum disorders following COVID-19-related changes in employment status

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Introduction: The COVID-19 pandemic caused employment related challenges worldwide. Adults diagnosed with Autism Spectrum Disorders (ASD) are especially vulnerable, due to pre-existing employment challenges, intolerance to changes and uncertainty and high levels of related anxiety.

Objectives: To examine COVID-19 related changes in work experiences and mental health of employees with ASD who held a steady job before the COVID-19 outbreak.

Methods: Data were collected from 23 participants diagnosed with ASD (4 females), aged 20–49, who answered an online administered survey at two timepoints: prior to the COVID-19 outbreak, and during the outbreak. Self-reports included measures of background and employment status; mental health (General Health Questionnaire-12); job satisfaction (Minnesota Satisfaction Questionnaire); and satisfaction of psychological needs at work (Psychological Need Satisfaction and Frustration – Work domain).

Results: Participants who continued to physically attend work maintained pre-COVID-19 levels on all assessed variables. Participants who transitioned to remote work from home preserved their salary levels and job satisfaction, but showed a marginally significant deterioration in mental health and a significant decrease in the satisfaction of their needs for competence and autonomy at work. Unemployed participants showed a significant decrease in mental health.

Conclusions: Results highlight employment as a protective factor from the potential negative implications of COVID-19 on mental-health of employees with ASD. Employees who transition to working from home

require personalized work-support plans due to the possible negative effects of this transition on mental health. Maintaining the routine of physically reporting to work should be preferred, when possible.

Keywords: Adults with ASD; Employment; COVID-19; Mental health

EPP0325

COVID-19 pandemic's burden on healthcare professionals' mental health

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Introduction: Healthcare professionals report about anxiety, depression, and fear during pandemic COVID-19 worldwide. Resilience becomes the high-powered important mechanism that reduces stress impact on the emotional state of healthcare professionals.

Objectives: We suggested that effective resilience is associated with less COVID-19's fear, as well as less anxiety, and depression; healthcare professionals' mental health depends on age, gender, as well as involvement in the care of patients with COVID-19.

Methods: 211 healthcare professionals participated in the study and were evaluated with the Connor-Davidson Resilience 10-item scale (CD-RISC-10), Fear of COVID-19 Scale, PHQ-9, GAD-7.

Results: A negative correlation between resilience and fear of COVID-19 ($p \leq 0.01$), anxiety ($p \leq 0.01$), and depression ($p \leq 0.001$) was found. Positive correlations were found between depression, anxiety, and fear of COVID-19 ($p \leq 0.001$), between age and fear of COVID-19 ($p \leq 0.05$). No statistically significant association between age and depression, anxiety, or resilience was found. The significant difference of COVID-19 fear depending on gender – female vs male ($p \leq 0.05$) was found. No statistically significant difference in resilience and emotional state in healthcare professionals depending on the involvement in the care of patients with COVID-19 were found.

Conclusions: Resilience is associated with better mental health in healthcare professionals during the COVID-19 pandemic. Anxiety and depression are connected with the fear of COVID-19 and highly comorbid in healthcare professionals. The elder age and female gender are among the risk factors for a more deteriorated mental state. Fear of COVID-19, mental state, and resilience are not associated with healthcare professionals' involvement in the care of patients with COVID-19.

Keywords: COVID-19; mental health; Healthcare professionals; resilience

EPP0326

Post-traumatic stress disorder and its relation to the pandemic of the novel corona virus (COVID-19) in the bahraini society

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Introduction: The world has given serious thought to epidemics, disasters and crises. One of the most important mental disorders that can be caused by epidemics, disasters and crises is the Post-Traumatic Stress Disorder (PTSD). The Coronavirus (COVID-19) pandemic is one of the most serious global health crises.

Objectives: We deal with the appearance of symptoms of PTSD among Bahraini society as a consequence to COVID-19 pandemic. We aim to investigate two main aspects: PTSD and the correlation between the pandemic COVID-19 and the appearance of PTSD symptoms in the Bahraini society.

Methods: This research was conducted based on the Davidson Trauma Scale (DTS), developed by Jonathan Davidson in 1995, according to the DSM-IV criteria.

Results: The findings of our research concluded that the percentage of PTSD among a group of Bahraini society members following the outbreak of COVID-19 was 11.1%.

Conclusions: conducting awareness campaigns as part of the media plan to combat COVID-19. Designing and applying treatment programs for PTSD for those in need. Allocating mental institutions from the public and private sectors to be used as rehabilitation centers for PTSD patients.

Conflict of interest: No significant relationships.

EPP0327

Initial impact of the COVID-19 pandemic on tunisian parents and children

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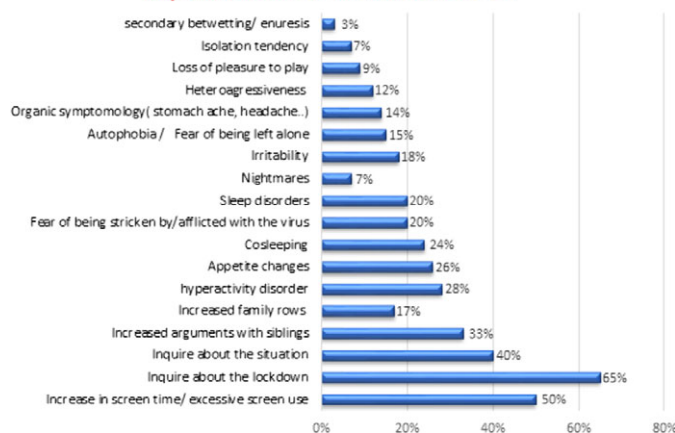
Introduction: Due to the Covid 19 pandemic, the Tunisian government has taken several measures, which had a psychological impact on adults and children.

Objectives: Studying the initial impact of the Covid 19 pandemic on Tunisian parents and children.

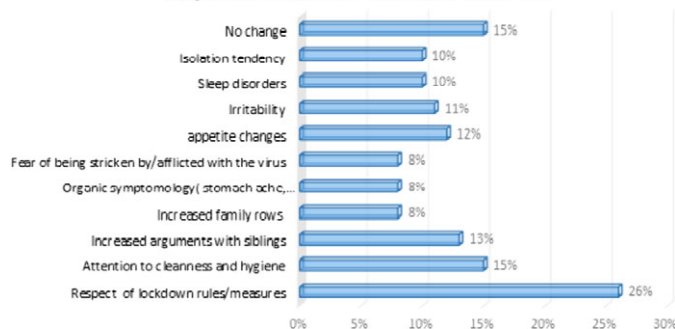
Methods: One week after the proclamation of sanitary lockdown in Tunisia, parents were invited to answer voluntarily an anonymous questionnaire posted on social media. The stress level of the parent was measured by the Impact Event Scale Revised (IES-R).

Results: This questionnaire was answered by 138 parents. 88% of them were mothers. Changes in working arrangements were made by 87.2% of fathers and 79.8% of mothers. Only 1% of parents did not teach their children about hygienic rules. Parents had a child aged 12 or less in 91% and aged more than 12 in 41.4%. Behavioral changes were reported in 60% for children aged 12 or younger (Graphic 1) and in 20% for those older than 12 (Graphic 2). The IES-R mean score was 28.9 ± 18 . The severity of the impact was associated with the female sex ($p=0.04$). We found a positive correlation between the IES-R score and the symptomatology of children with $p=0.001$ and $r=0.518$ when the age was superior to 12 and with $p<0.001$ and $r=0.52$ when the age was under 12.

Repercussions on children under 12



Repercussions on children over 12



Conclusions: The Covid pandemic in Tunisia affected both parents and children. Psychological intervention is essential to help them get out of this crisis with less damage.

Keywords: adaptation; Behaviour changes; covid 19; security measures

EPP0328

Pregnancy and mental health in times of COVID-19

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Introduction: The new coronavirus (COVID-19) is being a threat to global health. Pregnancy is considered a state of vulnerability to mental health and can be even greater if they are facing the current pandemic.

Objectives: Within this framework, we wanted to inquire about the state of mental health, and more specifically, about depression, during pregnancy during pandemic COVID-19 and their opinion of the health team's professionals that controls pregnancy and how they are involved in the assessment of their mental health status. Also know her fears and uncertainties about the virus and its