

Image:

		Sum of Squares	df	Mean Square	F	Sig.
task-oriented coping	Between Groups	118,622	1	118,622	1,820	.180
	Within Groups	7040,869	108	65,193		
	Total	7159,491	109			
emotion-focused coping	Between Groups	181,932	1	181,932	1,882	.173
	Within Groups	10437,523	108	96,644		
	Total	10619,455	109			
avoidance-oriented coping	Between Groups	414,002	1	414,002	4,147	.044
	Within Groups	10781,671	108	99,830		
	Total	11195,673	109			

Table 1: Results of analysis of variance, locus of control and coping strategy

Image 2:

		N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Minimum	Maximum
						Lower Bound	Upper Bound		
task-oriented coping	internal locus control	51	61,61	8,395	1,176	59,25	63,97	35	80
	external locus control	59	59,53	7,787	1,014	57,50	61,55	41	75
	Total	110	60,49	8,105	,773	58,96	62,02	35	80
emotion-focused coping	internal locus control	51	43,98	8,705	1,219	41,53	46,43	25	65
	external locus control	59	46,56	10,707	1,394	43,77	49,35	25	68
	Total	110	45,36	9,870	,941	43,50	47,23	25	68
avoidance-oriented coping	Internal locus control	51	53,94	9,052	1,268	51,40	56,49	30	79
	External locus control	59	50,05	10,736	1,398	47,25	52,85	23	72
	Total	110	51,85	10,135	,966	49,94	53,77	23	79

Table 2: Descriptive data, locus of control and coping strategies

Image 3:

		N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Minimum	Maximum
						Lower Bound	Upper Bound		
task-oriented coping	male	47	61,51	8,137	1,187	59,12	63,90	35	75
	female	63	59,73	8,061	1,016	57,70	61,76	41	80
	Total	110	60,49	8,105	,773	58,96	62,02	35	80
emotion-focused coping	male	47	43,72	10,170	1,483	40,74	46,71	25	67
	female	63	46,59	9,539	1,202	44,18	48,99	25	68
	Total	110	45,36	9,870	,941	43,50	47,23	25	68
avoidance-oriented coping	male	47	52,13	10,288	1,501	49,11	55,15	23	72
	female	63	51,65	10,097	1,272	49,11	54,19	30	79
	Total	110	51,85	10,135	,966	49,94	53,77	23	79

Table 3: Descriptive data, gender differences, and stress coping strategies, p je 1.00

Conclusions: This research actually confirmed the importance of individuality and various factors that can affect a person, and because of this, it was very likely that not all hypotheses could be answered in the way the author expected before the research began. With this, it can be assumed that the personality of a person can hardly be related to broad styles of coping with stress, and that generalizations regarding gender, age, education and work experience cannot be made, because there are predominantly individual differences in the development of an individual.

Disclosure of Interest: None Declared

EPP0161

Factors associated with insomnia and aggression among healthcare workers during the COVID-19 pandemic

D. Schneider-Matyka^{1*}, A. M. Cybulska¹, K. Rachubińska¹, S. Grochans² and A. Weymann³

¹Department of Nursing; ²Department of Clinical Nursing and ³Student Scientific Club of Department of Nursing, Pomeranian Medical University, Szczecin, Poland

*Corresponding author.

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Introduction: Healthcare workers are exposed to increased risks of insomnia and aggression during the COVID-19 pandemic.

Objectives: The aim of the study was to estimate the prevalence rate of insomnia and aggression and identify associated risk factors among healthcare workers during the COVID-19 pandemic

Methods: A total of 264 healthcare workers participated in the study. The study was conducted with the diagnostic survey method, using the Buss-Perry Aggression Questionnaire, the Athens Insomnia Scale, the Pittsburgh Sleep Quality Index, and a questionnaire of our authorship.

Results: The vast majority of the respondents (81.06%) suffered from insomnia and had poor sleep quality (78.03%). Education (p=0.038), marital (p=0.043) and parental status (p=0.004), and contact with patients suffering from COVID-19 (p=0.024) were statistically significant contributors to insomnia. Working time was found to significantly correlate with insomnia (r=0.124 p=0.044) and a physical aggression (r=0.168 p=0.006), anger (r=0.121 p=0.05), a verbal aggression (r=-0.132 p=0.032). Age was found to significantly correlate with total aggression (r=-0.133 p=0.031), verbal aggression (r=-0.138 p=0.025), anger (r=-0.151 p=0.014). Sex was found to be statistically significantly related to physical aggression (p=0.017), anger (p=0.032), and hostility (p=0.002).

Conclusions: A considerable proportion of HCWs experienced sleep disorders during the pandemic, emphasizing the need to establish ways to reduce long-term adverse outcomes associated with chronic insomnia and adjust interventions under pandemic conditions. Our findings confirm that insomnia and poor sleep quality are consistently associated with aggression.

Disclosure of Interest: None Declared

EPP0162

The impacts of the COVID-19 pandemic on adults who experience imprisonment in Greece – A qualitative study

L. Tsitsoni¹, K. Argyropoulos², D. Avramidis^{3*}, G. Charalambous¹, P. Gourzis⁴ and E. Jelastopulu⁵

¹Postgraduate Programme “Health Management, University of Frederick, Nicosia, Cyprus; ²Public Health, School of Medicine, University of Patras, Greece; ³School of Medicine, University of Patras, Patras, Greece; ⁴Psychiatry and ⁵Public Health, School of Medicine, University of Patras, Patras, Greece

*Corresponding author.

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Introduction: The prison environment and health of people who experience incarceration increase the risks of contracting COVID-19. Aside from the risks of infection and transmission, one should also examine the impact on their mental health state and identify their needs, since prison inmates experience already disadvantages and inequalities to a large extent.

Objectives: The aim of the study was to explore the experiences of inmates with the pandemic and the restrictions, their insights into the pandemic and the impact of social distancing in prison on their emotional status and management.

Methods: We used in-depth interviews with 5 inmates and 6 prison employees of a state prison in Athens, to produce an analysis of the challenges that the inmates faced during the pandemic. The study took part from February till June 2022. Each participant was asked semi-structured questions and a thematic content analysis was performed.

Results: The results of the interviews revealed several key themes, that have emerged from the COVID-19 pandemic. The challenges that the participants faced were in relation to communication, feelings of heightened isolation and detachment from family, friends, and the normal rhythms of life in and out of prison. Furthermore, our study has shown that COVID-19 pandemic resulted in higher levels of anxiety, lack of positive stimuli, of work and education, of day-to-day interaction, and of information.

Conclusions: This study highlights the dramatic reduction in opportunities for prisoners to rehabilitate themselves and build productive and meaningful lives. A decline in the emotional, psychological and physical well-being of the prisoners as well as resignation with their situation can be expected due to the lack in purpose. There is a need to improve the information and communication and support them with continuous psychological care, especially when prison services are confronted with additional health or other crises.

Disclosure of Interest: None Declared

EPP0163

The impact of the COVID-19 pandemic and related measures on people with psychiatric disorders in a small town in Greece

S. Kostarelou¹, K. Argyropoulos², V. Mproumas³, D. Avramidis^{4*}, K. Assimakopoulos⁵, P. Gourzis⁵ and E. Jelastopulu²

¹MSc Public Health; ²Public Health, School of Medicine, University of Patras, Greece, Patras; ³Psychiatry, Messolonghi General Hospital, Messolonghi; ⁴School of Medicine, University of Patras, Greece and ⁵Psychiatry, School of Medicine, University of Patras, Patras, Greece

*Corresponding author.

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Introduction: A pandemic can have significant effects on people's emotional wellbeing. Infection control measures such as social distancing can lead people to feel isolated and to increased feelings of fear, anxiety, anger, and sadness. Recent research showed a worrying increase in depression and anxiety disorders, general distress, and sleep disorders. People who already suffer from a mental illness may be more vulnerable to stress caused by the pandemic and may experience a deterioration of already preexisting symptoms of anxiety and depression.

Objectives: The purpose of the present study was to assess the pandemic's psychological impact on people with preexisting mental illness, to investigate their COVID-19-related fear, anxiety, and depression in association with various variables and to explore their behavioral responses regarding the measures against the pandemic.

Methods: A cross-sectional study was conducted from March to May 2022 in the outpatient mental health clinic of a provincial hospital in Greece. Participants were patients, who were not fully disorganized and have been diagnosed with a mental illness before the COVID-19 pandemic. Among the 50 adult patients, 11 lived in assisted living facilities. The study included sociodemographic questions, questions about fear of COVID-19, negative feelings, safety measures and behaviors, disease progression, and compliance with their therapists. DASS-21 scale was used to measure the 3 subscales of emotional states.

Results: Sadness was reported as the most unpleasant emotion of the lockdown, following by hopelessness and denial. Several participants (36%) reported high levels of COVID-19-related fear, mainly patients living in the community and not in assisted facilities (40.1% vs 18.2%) and males compared to females (42.1% vs 32.3%). The majority (70%) declared high compliance with the therapy. A moderate to severe deterioration in disease progression during the pandemic was observed in 28%, mainly in females compared to males (38.7% vs 10.6%). Based on DASS-21 the mean scores ranged from moderate to severe symptoms in depression (16.2/42), anxiety (14.3/42), and stress (18.4/42) without a statistically significant correlation with age, gender, and living situation. However, 34%, 22% and 56% screened positive for severe and extreme severe depression, anxiety, and stress, respectively.

Conclusions: The study revealed a substantial proportion of patients with mental disorders to experience unpleasant emotions and increased levels of psychological distress and highlights the need for supportive mental health services to address the increased mental health symptoms in people with pre-existing mental illnesses during a pandemic.

Disclosure of Interest: None Declared

COVID-19 and related topics 03

EPP0164

Post-traumatic stress disorder and post COVID 19 syndrome

N. Halouani¹, D. Gdoura^{1*}, N. Bouattour¹, M. Turki¹, N. Moussa², S. Ellouze¹ and J. Aloulou¹

¹Psychiatry "B" Departement and ²Pulmonology Departement, Hedi Chaker Hospital, Sfax, Tunisia

*Corresponding author.

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Introduction: Patients hospitalized in the case of COVID19 have had to face a complex and potentially very stressful situation. In this context a screening program for psychological distress in patients with COVID19 is necessary.

Objectives: To screen for post-traumatic stress disorder post COVID19 and to identify the epidemiological and clinical factors correlated with this disorder in post COVID19 patients.