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Introduction: The outbreak of COVID-19 has long-term negative effects on mental health. This study shows the negative mental health effects of studying under pandemic limits involving distance learning and social isolation.
Objectives: The specialized studies carried out after the emergence of the Coronavirus revealed the impact of the measures implemented during the period of restrictions and after the outbreak of the pandemic, as well as the way in which these measures were felt by the general population.
Methods: Qualitative analysis of students' answers regarding the stress felt after the outbreak of the pandemic.
Results: Social and individual anxiety remains a subject of investigation among female students, who are in the process of emotional maturation and professional training.
Conclusions: Students remain a vulnerable population category, in the conditions in which society is in full post-pandemic adaptation process.

Disclosure of Interest: None Declared

EPV0290

Quality of sleep among healthcare workers treating patients with coronavirus disease-19

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Introduction: Since the declaration of the first Covid-19 case on December 08th ,2019, and to curb the spread of this pandemic, each country and notably Tunisia, has implemented a preventive strategy dominated by general lockdowns in accordance with social distancing and basic hygiene measures. These measures were not applicable in the health care sector as health care workers are at the forefront in the fight against COVID-19. This condition affects not only their physical health caused by elevated workload, but also their mental health causing anxiety, fear, and depression. Previous studies have reported that health care professionals feel stigmatized, experience high levels of anxiety and symptoms of depression, and have sleep problems. Impaired Quality of Sleep (QoS) can affect their efficiency in providing medical services and adequate psychological support for patients suffering from COVID-19.
Objectives: To evaluate the QoS among health care professionals treating patients with COVID-19 and quantifying the symptoms of depression and levels of anxiety.
Methods: A cross-sectional study was conducted in 75 health care professionals matched by age and sex working in public hospital Taher Sfar Mahdia. The study was based in a self administred, French language questionnaire containing three validated questionnaires: 7-item Generalized Anxiety Disorder (GAD-7) Scale, 9-items Patient Health Questionnaire (PHQ-9) Scale, Pittsburgh Sleep Quality Index (PSQI) and additional survey constructed for the purpose of the study.
Results: Healthcare professional treating COVID-19 patients (Group I) group was predominately females mean aged of 32.67±7.04. The health professionals treating COVID-19 patients had poorer Quality of Sleep; Pittsburgh score 10.6 ± 742 vs 7.89 ± 6.14 in the group not treating COVID-19 patients (p=0.001). Levels of anxiety and depression were significantly higher in the group I (respectively p=0.005 and 0.03). Multiple linear regression analysis revealed that higher scores on GAD (beta = .809, p < .01) and the lower one was the number of persons in charge (beta = –0.632; p < .01) were independent predictors of a poorer quality of sleep
Conclusions: This study has revealed the heavy mental health burden health care professionals treating infected patients in Tunisia during the COVID-19 pandemic are exposed to. Providing early psychological support and a psychologically safe environment for these healthcare workers may alleviate their stress and, consequently, ameliorate their QoS. More attention should be devoted to their quality of sleep and work schedules. In many countries, online training, telehealth supports, behavioral group therapy, cognitive behavioral therapy, and mindfulness-based therapy have been deployed for frontier Healthcare workers and have proven effective in such circumstances.

Disclosure of Interest: None Declared

EPV0291

EEG CORRELATES OF SOMATIC DISORDERS IN DEPRESSIVE PATIENTS WHO SURVIVED AND HAVE NOT BEEN ILL WITH COVID-19

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Introduction: Coronavirus infection is accompanied by the development of a wide range of neuropsychiatric and somatic complications.
Objectives: The aim of the study is to assess the severity of somatic disorders and to identify their EEG correlates in depressive patients who had and did not have COVID-19.
Methods: The study involved 30 female depressive patients (F31.3-4, F21.3-4 + F34.0, according to ICD-10), aged 16-25 years, who previously had a mild or asymptomatic coronavirus infection (group "COVID"), and 40 depressive patients matched in gender, age and syndrome structure to patients of the "COVID" group, but who did not have COVID-19 ("non-COVID" group). The pre-treatment severity of depressive symptoms was assessed by the total sum, and by sums of clusters: depression (items 1, 2, 3, 7, 8), anxiety (items 9, 10, 11), sleep disorders (items 4, 5 , 6) and somatic disorders (items 12, 13, 14) of HDRS-17 scale. All patients underwent pre-treatment multichannel (16 leads) recordings of the background EEG followed by analysis of the absolute EEG spectral power (SP) in 8 narrow frequency sub-bands. Statistical analysis