

Hoc Scheffe, it was shown that the levels of depression, anxiety and stress in autumn 2020 and winter 2021 were significantly higher than in spring 2020 ( $p < 0.05$ ). The WEMWBS values differ significantly ( $p < 0.05$ ) throughout the periods. The level of mental well-being among students in spring 2020 was significantly higher than in autumn 2020 and in winter 2021 ( $p < 0.05$ ).

**Conclusions:** It was revealed that despite the rather severe restrictions in Russia at the beginning of the pandemic, and relatively mild measures taken afterwards (compared to many countries), the indicators of students' mental health as well as the level of their mental well-being continued to decline. The reported study was funded by RFBR, project number 20-04-60174.

**Disclosure:** No significant relationships.

**Keywords:** university students; Covid-19; mental health; mental well-being

### EPV0423

#### Emotional reactions and hardiness among Russian students during the first wave of the COVID-19 pandemic

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**Introduction:** The COVID-19 pandemic provoked emotional reactions in Russian student populations. Hardiness is seen as a personality predisposition that increases individuals' resilience to stress.

**Objectives:** The study aimed to determine the severity of depression, anxiety, stress, and various components of hardiness in Russian students. In addition, the correlations between emotional reactions and hardiness components were also analysed.

**Methods:** Data collection was carried out between 29 May and 06 July 2020. A total of 129 medical and non-medical students participated in the study. The DASS-21 was used to measure depression, anxiety, and stress levels, while the Personal Views Survey-III examined hardiness. Both questionnaires were adapted for use in Russia.

**Results:** We found that medical students were less likely to be depressed than non-medical students ( $M = 4.03$  and  $M = 6.01$  respectively,  $p < 0.05$ ). Medical students had higher levels of the component of hardiness such as commitment ( $M = 20.95$  and  $M = 18.43$  respectively,  $p < 0.05$ ). In both groups, all hardiness components have negative relationships with depression, anxiety, and stress, but in the medical group control is associated only with depression ( $r_x = -0.446$ ,  $p < 0.01$ ), whereas the other group also has associations with anxiety ( $r_x = -0.356$ ,  $p < 0.01$ ) and stress ( $r_x = -0.407$ ,  $p < 0.01$ ).

**Conclusions:** Hardiness was negatively related to depression, anxiety, and stress in a pandemic setting. Medical students were more adaptable to the pandemic than non-medical students.

**Disclosure:** No significant relationships.

### EPV0424

#### Impact of covid 19 outbreak on mental health of patients with cancer

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**Introduction:** The COVID19 outbreak was declared a public health emergency by The World Health Organisation (WHO) on January 2020. By spring 2020, more than half of the world's population had experienced a lockdown with strict pandemic prevention such as physical distancing measures. The COVID-19 pandemic have negatively affected many people's mental health especially the ones who are at risk such as patients with cancer.

**Objectives:** This study aimed to screen mental health problems among patients with cancer during the first wave of COVID 19.

**Methods:** To assess the impact of COVID-19 outbreak on mental health of patients with cancer, a Survey was conducted at the department of medical oncology in Nabeul (Tunisia) between March and May 2020. The patients were asked to answer a socio-demographic questionnaire. The COVID-19 infection-related mental health problems were measured using the Hospital Anxiety and Depression Scale (HADS). Medical conditions and clinical characteristics were extracted from patients healthcare records.

**Results:** The median age was 53 years (range, 34-70) with sex ratio 0.35. The majority of the patients had a social support (85%) and lived in urban areas (60%). Only 19 % of them had college degree. Almost quarter of patients had medical conditions. The most common cancer in our cohort was breast cancer (54%) followed by colorectal cancer (20%). Sixty four per cent of them were on adjuvant chemotherapy. Among the 80 person surveyed, 20% had depression and 39 % anxiety.

**Conclusions:** Further investigations are required to screen mental health status for all cancer patients in order to help them coping.

**Disclosure:** No significant relationships.

**Keywords:** cancer; mental health; COVID 19 outbreak; depression and anxiety

### EPV0425

#### Pregnancy and dysfunctional anxiety in women recovered from Covid-19

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**Introduction:** Studies have shown an increasing prevalence of mental health issues in the general population during the COVID-19 pandemic. Among them, pregnant women are a specific population at particular mental risk.

**Objectives:** The objectives of our study were to assess dysfunctional anxiety in women recovered from COVID-19 and to identify the impact of pregnancy on coronavirus-related dysfunctional anxiety.

**Methods:** This was a cross-sectional case-control study.

The women in the case group have been infected with Sars-Cov 2, with a benign or pauci-symptomatic clinical form, and cured for one to two months at the time of the study without any post-COVID complications. Women included in the control group have not been infected with Sars-Cov 2. Anxiety was assessed by the Coronavirus Anxiety Scale (CAS).

**Results:** In total, we recruited 30 women in the case group and 30 women in the control group. The average age of the case group was  $35.8 \pm 6.8$  years versus an average age of  $35.3 \pm 6.33$  years in the control group. In each group, four women were pregnant (13.3%). Nearly one-third of the patients in the case group had a CAS score indicating dysfunctional anxiety probably related to coronavirus (33.3%), with a significant difference with the control group ( $p=0.026$ ). In the case group, pregnancy was a risk factor for dysfunctional anxiety with  $p=0.036$ ,  $OR=19.46$  and  $CI95\% = [1.21-314.00]$ .

**Conclusions:** COVID-19 has a negative impact on perinatal mental health. Specific support for pregnant women is recommended during the COVID-19 pandemic.

**Disclosure:** No significant relationships.

**Keywords:** Anxiety; women; Pregnancy; Covid-19

## EPV0426

### “Protect, test, vaccinate”: dealing with Covid-19 in outpatient psychiatric care

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**Introduction:** Curbing the spread of the coronavirus and stabilizing the overall psychosocial situation requires compliance with preventive measures: “Protect, test, vaccinate”.

**Objectives:** Population groups with psychosocial problems which are difficult to reach and have a high risk of infection, morbidity and mortality as well as unfavorable help-seeking behavior and generally lower vaccination rates need support.

**Methods:** In the outpatient psychiatric facilities of the Psychosocial Services in Vienna (PSD-Wien), specific concepts to support “protect, test, vaccinate” were implemented to protect patients and employees. Information about the benefits and risks of vaccination, relieving fears and support in registering and attending vaccination appointments were of special significance.

**Results:** Analyses of selected data from 1,319 patients at PSD-Wien show (period: 1st half of 2021) that these measures made it possible to achieve a significantly higher vaccination willingness in people with severe mental illnesses (84 %) than in the general Austrian population (based on the date of examination, currently approximately 60 %). The same applies to vaccination rates: at least 47 % have received a partial vaccination, of which about half have already received both partial vaccinations.

**Conclusions:** High vaccination willingness and rates as well as the necessary protection (wearing masks, keeping distance, complying with hygiene rules) and regular testing must not be a phenomenon of privileged population groups. Psychosocial support is needed so that the trilogy “Protect, test, vaccinate” becomes possible for everyone, including people with severe mental illnesses. Social

psychiatry is not just about mental health, but also about physical health care and prevention.

**Disclosure:** No significant relationships.

**Keywords:** vaccination; serious mental illnesses; Covid-19

## EPV0428

### Mental Health Impact among Survivors from COVID 19 Pneumonia, Almoosa Hospital Experience

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**Introduction:** COVID-19 is associated with mental manifestations, Anxiety and depression appear to be common amongst people hospitalized for COVID-19.

**Objectives:** evaluate the emotional stress resulting from infection and assess its impact on the mental health of patients who recovered from COVID-19 pneumonia.

**Methods:** It is a cross-sectional study, The mental health assessment tool DASS2 (Arabic version) was applied in collecting the data for the study. Demographic characteristics, chronic disease status, COVID 19 pneumonia, oxygen saturation level were recorded at the follow-up visit, soon after the psychiatric evaluation. Psychological distress was assessed An Arabic version of the Depression, Anxiety, and Stress Scale-21 (DASS-21) was used to assess the mental health status. **Statistical analysis by** (SPSS, version 25).

**Results:** 466 patients were consented prior to enrollment in the study, out of the total respondents; (53.2%) were females, anxiety rate was found in (18%), stress in (17%), and depression in (14%) of the patients, significantly elevated blood levels of the inflammatory marker in patients with depression and anxiety, increase in the rates of depression with male gender, increasing age and longer duration of ICU stay respectively, with non-significant p-values. There was also a small increase in the period stayed in ICU among those who developed depression and anxiety. Reduced oxygen saturation in COVID-19 patients with depression was 4 times those with no depression.

**Conclusions:** prolonged ICU stays and reduced oxygen saturation was associated with a high rate of depression in patients with COVID-19, as well as elevated levels of the inflammatory marker D-dimer with depression and anxiety.

**Disclosure:** No significant relationships.

## EPV0429

### Tunisian mothers facing the covid-19 pandemic: what are the risks for their mental health?

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**Introduction:** Covid-19 pandemic put parents under great pressure, and the most vulnerable parents may have become too overwhelmed to find appropriate ways to be supportive caregivers and to address children’s fears and insecurities.