

**Methods:** The sample: 101 respondents (44 rarely ill younger adolescents (mean age  $10.6 \pm 0.1$ ), 57 frequently ill younger adolescents (mean age  $10.5 \pm 0.43$ )). We used: "Short Health Anxiety Inventory" (SHAI; Salkovskis et al., 2002), Questionnaire "Index of attitude toward health" (Deryabo, Yasvin, 1999), CPQ (Porter, Cattell, 1985).

**Results:** The results of multiple regression analysis for a sample of younger adolescents showed that the scale of actions to preserve and promote health and factor I (sensitivity) make up the level of severity of the general scale of health anxiety in rarely ill younger teenagers ( $-0.476$ ,  $p=0.045$ ;  $0.628$ ,  $p=0.039$ ). Health anxiety is determined by factor O (anxiety) in frequently ill younger teenagers ( $0.316$ ,  $p=0.029$ ).

**Conclusions:** Health anxiety can be viewed as a non-pathological construct associated with personality traits and behavior and has structural differences depending on the diseases' frequency. Research is supported by the Russian Science Foundation, project No. 21-18-00624.

**Disclosure:** Research is supported by the Russian Science Foundation, project No. 21-18-00624.

**Keywords:** health anxiety; frequently ill adolescents; subjective pattern of health

#### EPV0154

### Adolescent cognitive peculiarities and the sense of emerging adulthood

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doi: 10.1192/j.eurpsy.2022.1091

**Introduction:** The feeling of becoming an adult plays the role of central new mental formation reflecting the specificities of emotional experience and whole new mental state during adolescent development that is often misaligned with present day society attitude to adolescents. The study was conducted to explore the relationship linking cognitive peculiarities of senior adolescents and the sense of emerging adulthood

**Objectives:** This research was conceptualized to explore the way cognitive development peculiarities affect the progress in solving tasks of the transition to adulthood from the point of view of objective growing-up and subjective assessment of feeling of becoming an adult.

**Methods:** The study was based on Betensky's Adolescent Window Triptych, Akimova's Intelligence Test for Seniors, Landgarten's Personality Collage, Sacks-Levy's IST, Adolescent Social Self-Portrait Essay (D.B. Elkonin) and included 68 participants aged 15-17 years.

**Results:** Self-criticism degree in cognition of elder adolescents has an effect on the progress in solving specific tasks of the transition to adulthood (such as high degree of maturity in intellectual activity ( $r_s=.50$ ;  $p=.002$ ) and cognitive autonomy ( $r_s=.36$ ;  $p=.032$ ), understanding importance of personal professional development ( $r_s=.40$ ;  $p=.059$ ) and high value of having a family ( $r_s=.39$ ,  $p=.02$ ). Also correlation regression analysis provides support for high correlation between self-esteem of personal autonomy, intellect (in solving tasks for conceptual thinking), emotional autonomy and social/moral maturity variables.

**Conclusions:** It was confirmed that cognitive peculiarities of elder adolescents (such as academic intelligence, maturity in intellectual activity and cognitive autonomy) have an effect on the progress in solving specific tasks of the transition to adulthood.

**Disclosure:** No significant relationships.

**Keywords:** Adolescents; emerging adulthood; self-critical cognitions; cognitive autonomy

#### EPV0155

### Psychological problems in tunisian children during the covid-19 pandemic

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doi: 10.1192/j.eurpsy.2022.1092

**Introduction:** The Covid-19 outbreak and the subsequent lockdown have profoundly impacted families' daily life. Children may be among the most exposed to the psychosocial consequences of the pandemic.

**Objectives:** To assess the psychological well-being of children during the COVID-19 pandemic.

**Methods:** This was a descriptive study shared on social media during the period from 8 to 20 April 2021, targeting mothers of children aged 2 to 18 years. The first part included socio-demographic data of mothers and children. Then, to assess the behavior and coping skills of children and adolescents, we administered the Strengths and Difficulties Questionnaire (SDQ).

**Results:** Our study included 65 middle-aged moms = 35.28 years. Among mothers, 1.5% reported having at least one child with a psychiatric, medical or genetic illness. The average age of the children was 8.54 years, the sex ratio was 1.03 and they were in primary school in 52.3%. Moms had talked to their child about COVID in 93.8%, using scientific data in 69.4% of cases. The total average SDQ score was 10.82; and overall mental health was at risk in 15.4% of the children. They had risky emotional symptoms in 9.2%, risky aggressive behaviors in 12.3%, risky hyperactivity-inattention symptoms in 16.9%, relationship behaviors with at-risk pairs in 24.6%, and risky prosocial behavior in 9.2% of cases.

**Conclusions:** Researchers and government officials should be more concerned about the mental health of children who are often neglected as a result of the pandemic due to their comparatively lower mortality than older adults.

**Disclosure:** No significant relationships.

**Keywords:** psychological well-being; tunisian children; Covid-19 pandemic; psychological problems

#### EPV0156

### German-style board games in the mental development of children

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