

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.

**Objectives:** Assess the level of parental stress experienced by mothers during the COVID-19 pandemic and compare it with that experienced by fathers.

**Methods:** This was a descriptive and comparative analytical study, shared on social networks during the period from 8 to 20 April 2021, targeting mothers of children aged 2 to 18 years. The mother answered the questionnaire for herself and her child. The level of stress experienced by the mother in the parent-child relationship during the COVID-19 pandemic was assessed by the brief version of the Parental Stress Index (PSI-SF).

**Results:** The total number of participants was 65 mothers. Parental stress level in mothers was high in 58.5%, the average PSI score was 94.25; the mean score of the parental distress subscale was 34.06; the mean score of the dysfunctional child-parent interaction subscale was 27.86; and the average score of the child difficulty subscale was 32.32. The mean scores of the parental distress subscale, the child difficulty subscale, as well as the mean PSI total score were significantly higher in mothers than in fathers, with  $p=0.010$ ;  $p=0.022$  and  $p=0.017$  respectively.

**Conclusions:** Our results highlight a higher level of stress in mothers than in fathers. This can be explained the parental, marital and professional responsibilities imposed on women, underlining the urgent need to provide mothers with adequate support.

**Disclosure:** No significant relationships.

**Keywords:** mental health; Covid-19 pandemic; parental stress; Tunisian mothers

## EPV0430

### Stressors in nursing students during the COVID-19 pandemic

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**Introduction:** The coronavirus epidemic started in Tunisia on March 12, 2020. Nursing students in hospital internship are among the professional categories most exposed to the virus.

**Objectives:** To identify stressors during a COVID-19 pandemic among senior nursing students at the military health school.

**Methods:** Descriptive, retrospective study conducted in March 2021 of the 60 senior nursing students enrolled in the military health school. We developed a self-questionnaire with questions about potential stressors during a COVID-19 pandemic.

**Results:** Our population was 54.3% male and 45.7% female. The mean age was 22.6 years. Most of the senior students (54.3%) worked in units dedicated to the care of patients with COVID-19. The main stressors reported by the students were fear of seeing patients die (84%), contaminating family (81.4%), being assigned to a COVID unit (78%), lack of protective equipment (75%), catching COVID-19 (67%), contaminating colleagues (64%), delay in teaching (61%), lack of competence and making mistakes (53%).

**Conclusions:** The COVID-19 pandemic is a time of major stress for nursing students. Psychological support should be provided.

**Disclosure:** No significant relationships.

**Keywords:** Stress; nurse student; stressors; Coronavirus

## EPV0431

### Validation of the Naimigen questionnaire among the healthy population of Russia during the COVID-19 pandemic

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**Introduction:** The Naimigen questionnaire (Van Dixhoorn, Dui-venvoordent, 1985) was developed in the 1980s to assess the severity of hyperventilation syndrome, which causes respiratory alkalosis and, as a result, polysystemic functional symptoms. Later, this questionnaire was recommended for use in the diagnosis of dysfunctional breathing. The COVID-19 pandemic provokes anxiety as a stressful event and objectifies the respiratory function, which becomes a favorable ground for the growth of the prevalence of dysfunctional breathing in society.

**Objectives:** To validate the Naimigen questionnaire in the context of the COVID-19 pandemic among the Russian-speaking population.

**Methods:** The author's socio-demographic questionnaire and the Naimigen Questionnaire (NQ) were used (Van Dixhoorn, Dui-venvoordent, 1985). The study was conducted online from April 27 to December 28, 2020. It was attended by 1,362 people from all regions of Russia, including 1,153 women and 209 men aged 15 to 88 years ( $38.3 \pm 11.4$ ).

**Results:** The stable reliability of the Alpha-Kronbach coefficients ( $>0.877$ ) was revealed for all NQ points. To check the factor structure of the Naimigen questionnaire, we conducted an exploratory factor analysis using the direct Oblimin criterion, which, when explaining 57.3% of the total variance, allowed us to identify 4 factors: respiratory symptoms, paresthesia and gastrointestinal symptoms, tension, derealization.

**Conclusions:** Checking the reliability and factor structure of the Naimigen questionnaire allows us to reasonably use this questionnaire on a Russian-language sample in the conditions of the COVID-19 pandemic. **Disclosure:** Research is supported by the Russian Science Foundation, project No. 21-18-00624.

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**Keywords:** Covid-19 pandemic; dysfunctional breathing; psychosomatics; Naimigen questionnaire

## EPV0433

### Covid-19 Barrier gestures for patients with schizophrenia: A therapeutic "dead end"?

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