

PTSD and should probably be precociously screened and treated in this population.

Disclosure of Interest: None Declared

EPP0686

Psychological impact of the covid 19 pandemic on health care workers

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Introduction: The COVID 19 pandemic had a significant psychological impact worldwide. Health care workers (HCWs) were the most affected because of the pandemic burden and occupational exigencies.

Objectives: To describe epidemiological characteristics of HCWs with post COVID19 anxiodepressive disorders.

Methods: A descriptive cross-sectional study was carried out. It included HCWs of a university hospital who consulted the Occupational Medicine Clinics for the three-month post-COVID's medical visit. The study was carried out during the period March 2020 to January 2022. The data was collected using a questionnaire including socio-occupational and medical characteristics. Psychometric evaluation was carried out using « the Hospital Anxiety and Depression Scale »

Results: We have collected 164 HCWs. The sex ratio (M/F) was 0.29. The average age was 41±9.8 years. They belonged to the pneumology (27%), intensive care (11%) and biology laboratory (11%). The prevalence of anxiety and depression was 34% and 30% respectively. We found an association between sleep disorders and anxiety (p=0.000), OR=5 IC95%[2.4-10.3] and depression (p=0.000), OR= 4 IC 95%[2.0-9.3]. We found an association between anxiety and persistent fatigue (p=0,000), OR=4[2,0-8,6], anxiety and concentration and memory difficulties (p=0,000), OR=3 IC 95%[1,7-6,9]. Referral to psychiatric consultations were done in 16% of the cases.

Conclusions: Post-COVID anxiety disorders were frequent among HCWs and associated with neurocognitive disorders. Psychiatric support and early treatment are necessary to prevent mental deterioration.

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EPP0687

Anxio-depressive disorders among healthcare workers in COVID-19 department

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Introduction: The COVID pandemic has troubled the world and disrupted the professional and personal lives of healthcare workers, putting their mental health at risk.

Objectives: Determine the prevalence of anxiety-depressive disorders among health personnel assigned to the COVID-19 circuit.

Methods: Cross-sectional study carried out on healthcare personnel assigned to departments dedicated to the care of patients hospitalized for a SARS-COV2 infection. The study took place between March and September 2021. Data collection was done from a pre-established sheet. Anxiety-depressive disorders were screened using the HAD scale.

Results: The study included 140 health personnel. The sex ratio (M/W) was 0.62 with 54 men and 86 women. The mean age was 36.4±9 years. Nurses represented the largest professional category (64.6%). Professional seniority was 10 ± 9 years. Staff had been caring for patients with COVID for an average of 9 ±5 months. They worked an average of 4 days a week. The number of patients ranged from 1 to 55 per department. Psychiatric history was found in 29 participants, depression in 7% and anxiety in 2%. The workload was rated very hard at 42.1% and hard at 37.1%. Thirty percent of the population declared having received the moral support necessary to face the wave. The prevalence of anxiety and depression were 75.7% and 72.9% respectively. With 48.6% of patients presenting with definite anxiety and 27.1% with probable anxiety. Depression was certain in 40% of cases and doubtful in 32.9% of cases.

Conclusions: Anxio-depressive disorders are common among healthcare staff assigned to the COVID circuit. Setting up listening cells with regular monitoring of these staff is very important to avoid psychological impact

Disclosure of Interest: None Declared

E-mental Health 02

EPP0689

Experiences with a blended cognitive behavioral therapy (bCBT) intervention for the treatment of depression and anxiety in university students: A qualitative study

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Introduction: Internet-based cognitive behavioral therapy (iCBT) programs have been widely acknowledged as effective resources to treat common mental health disorders (CMDs) like depression or anxiety. However, real-world uptake rates remain low, which could be associated to low individualization options of iCBT. Blended cognitive behavioural therapy (bCBT) allows for more personalized care by combining regular face-to-face therapy sessions with digital therapeutics (DTx). However, in-depth experiences with DTx in bCBT programs have yet rarely been examined. In this study, we

focused on university students as they are particularly at risk for developing CMDs.

Objectives: The aim of this study was to evaluate experiences with the smartphone-based DTx *elona therapy* among university students with mild to moderate depression or anxiety symptoms for the use within bCBT.

Methods: Semi-structured interviews were conducted via video-conference between January and April 2022 with N = 102 students from universities in North Rhine-Westphalia, Germany, after they had received weekly individual CBT sessions (25 minutes each) via videoconference for six weeks and regularly used the depression (N = 67) or anxiety module (N = 35) of the DTx. Interviews were coded according to the approach of grounded theory.

Results: In general, most participants stated that they benefitted from the bCBT program. Many highlighted the intuitive handling of the DTx and indicated that they perceived it as useful for structuring their therapy progress. As other benefits, participants listed e.g., increased self-reflection and disorder-specific knowledge as well as the transfer of the content of therapy sessions into their daily life. Participants differed with respect to the preferred design of the DTx. While some liked the clean look, others would have favoured more colours. Participants mentioned time constraints, data security concerns or the feeling of being left alone with potentially arising emotions while working on tasks for the next therapy session as possible barriers to the usage of DTx.

Conclusions: Interviewed participants mostly had positive attitudes toward *elona therapy* as part of the bCBT program. Our study shows that DTx as part of bCBT can be perceived as helpful tools to accompany university students with mild to moderate anxiety or depression symptoms in their daily life.

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EPP0690

Reliability of electronic patient reported outcomes vs. clinical assessment

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Introduction: The importance of inter-scale and inter-rater reliability is a well-studied factor in maintenance of data consistency in clinical research. The use of patient reported outcomes poses another risk for compromising data integrity, as some studies show that patients tend to report their symptoms differently in direct clinician-lead interview and self-administered questionnaires. Additionally, as technology is advancing and digital endpoints in CNS clinical trials are becoming a reality, we need to further evaluate if the digital means of self-reporting (e.g., mobile app questionnaires) per se could potentially be a contributing factor in data inconsistency.

Objectives: To assess reliability between clinician-assisted evaluation and electronic patient reported outcomes of depressive and anxiety symptoms.

Methods: Patients not previously diagnosed with depression or anxiety disorders were asked to complete PHQ-9 and/or GAD-7,

both verbally administered by a physician. Within 24 hours they were asked to complete a digital form of the same questionnaires.

Results: The analysis of 40 completed double assessments showed no correlation for depressive symptoms presence and severity measured by clinician-lead evaluation and electronic patient reported outcomes (Spearman rho = + 0.191, p=0.686), and poor correlation for anxiety symptoms (Spearman rho = + 0.466, p=0.080).

Conclusions: Many factors interfere with data consistency in clinical research, thus the methods and means of evaluation need to be taken into consideration. The reliability of electronic patient reported outcomes needs to be further assessed and preferably cross-checked by using other validated methods of assessment.

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EPP0691

The EXPERIENCE system for the investigation of behavioral differences between depressed and healthy-control participants in Virtual Reality

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Introduction: The EXPERIENCE project aims to enable the creation and sharing of extended-personal realities in virtual reality (VR). Currently, software and hardware technology are under development, that will automatically generate VR environments based on neurophysiological, psychological, cognitive, and behavioral data to support not only the recording of personal experiences but the transmission as well to another user. Potential use cases include enhanced treatment and the assessment of symptom severity of affective disorders.

Objectives: The objective is to design and create a virtual reality environment that enables the identification of between-group differences in behavioral measures when comparing depressed and healthy-control participants.

Methods: We conducted a literature review to identify measures that can be implemented in VR and have the potential to show differences between depressed and healthy-control participants. PubMed and ResearchGate databases were screened to identify potential cognitive tasks. A selection protocol was developed considering effect size, homogeneity of results, risk for cybersickness, cognitive demand, domain heterogeneity, and VR compatibility to choose 4 out of the 47 initial tasks. In addition to the cognitive tasks, behavior measures were considered as well and a virtual environment has been equipped to assess (1) exploratory behavior; (2) engagement with emotionally valenced stimuli (via eye-tracking); (3) metacognitive sensitivity, (4) persistence/grit, and (5) possible effects of mood induction.

Results: Based on the above review, a virtual environment has been developed which is composed of four rooms and a hallway where the starting point is. After an initial tutorial on how the environment/controllers work participants are free to explore and instructions are only provided for the specific cognitive tasks which have to be solved to open the doors and move between rooms. The rooms are equipped with numerous interactive objects and images with