

## EPP0323

## COVID-19 stigma

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**Introduction:** ‘Health-related stigma’ is typically known as social rejection or exclusion of individuals and populations suffering from specific health problems. Results on previous infectious diseases showed that stigma can be experienced by survivors but also by health-care workers (HCW). Several factors contribute to stigma associated with infectious diseases, such as people’s knowledge, myths and stories transmitted by the mass and social media and psychosocial variables, such as risk perception and fear of being infected. COVID-19 is a new disease with many unknown aspects and, naturally, people are afraid of the unknown.

**Objectives:** To reflect on infectious diseases and social stigma during covid-19 pandemics.

**Methods:** Pubmed and Google Scholar search.

**Results:** Stigmatization can considerably increase psychosomatic distress and disturbance and can negatively affect people with infection and those at risk of infection in seeking medical care. HCWs and volunteers working in the field may also become stigmatized, leading to higher rates of distress, stress, and burnout. When people avoid groups or geographic areas related to infectious diseases, this can pose significant economic losses. Thus, stigma is more than a mere negative outcome of infectious diseases; it is both a factor that contributes to the epidemics and pandemics and a disease in itself.

**Conclusions:** Anticipating disease-related stigma during the COVID-19 pandemic enables policy-makers to address it, restricting its adverse effects. The hidden burden caused by this stigma can cause severe consequences for patients, HCW, and public health measures, so, coordinated psychological interventions to overcome this crisis seems essential.

**Keywords:** infectious diseases; Stigma; COVID-19

## EPP0322

## Immediate psychological effects of COVID-2019 in Emilia Romagna, Italy

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**Introduction:** The epidemic caused by the SARS-CoV-2, which began in Wuhan city in December 2019, quickly spread to various countries around the world. On march Italy had already become the second country after China in terms of number of infections and deaths and Emilia Romagna was the second region in Italy by number of cases after Lombardy. On 11th of March 2020 through

the “Stay at home” decree, the entire nation was sheltered-in-place (SIP).

**Objectives:** Main objective is to understand immediate psychological effects on sheltered in place persons living in Emilia Romagna.

**Methods:** This study is based on a cross-sectional online survey conducted anonymously in the period between the tenth and seventeenth day of SIP. We used Zung Anxiety Self-Assessment Scale, Insomnia Severity Index and Perceived Stress Scale 4. SPSS 21.0 was used for data analysis.

**Results:** We collected data on 651 individuals. About 38% of the sample reported having sleep problems; 31% of the population has a minimal-moderate level of anxiety while 4% marked-severe; finally, 54% of the interviewees perceive a moderate level of stress while 31% high. The MANOVAs showed that anxiety is influenced by gender, age, level of education and occupational status. Greater levels of stress are shown by individuals who declared the fear of contracting the virus and the concern of financial loss.

**Conclusions:** Our results could be used as a “psychological baseline” meanwhile the outbreak of COVID-19 is still ongoing. Despite the few days of SIP, we found the presence of a significant incidence and pervasive prevalence of psychological distress.

**Keywords:** Anxiety; stress; COVID-19; shelter in place

## EPP0323

## Professional burnout and increased workload during covid-19 in higher education teachers in monteria - colombia

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**Introduction:** Faced with the global health emergency, a product of Covid-19, the educational system was forced to change its dynamics, assuming new challenges and adapting to virtual environments (Sierra, López, Azar & Trevethan, 2020). In this sense, the teaching task from home supposes an increase in the hours dedicated to their work, since they have seen the need to be trained in digital platforms to be able to respond to the changes derived from confinement; which can quietly generate professional wear and tear.

**Objectives:** Analyze the relationship between professional burnout and increased workload on teachers

**Methods:** A cross-sectional study of correlational scope was carried out in 60 (n = 60) teachers, working actively at a higher education institution. A sociodemographic scale was designed to identify the hours dedicated to work before and during confinement and to evaluate professional burnout, the adaptation of the MBI instrument for the Colombian population was used (Barbato, Córdoba, González, Martínez & Tamayo, 2011)

**Results:** A 50% increase in the workload of teachers was observed during confinement, besides, a statistically significant correlation between professional burnout and the increase in hours dedicated to work (Table 1)