

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

H. El Kefi, W. Kabtni*, I. Bouzouita, C. Bencheikh, O. Torkhani, I. Gafsi, A. Baatout, W. Krir and A. Oumaya

Hmpit, Psychiatry, Tunis, Tunisia

*Corresponding author.

doi: 10.1192/j.eurpsy.2022.1287

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

J. Koniukhovskaia^{1,2*}, E. Pervichko^{1,2}, O. Mitina², O. Stepanova², I. Shishkova^{2,3}, E. Dorokhov² and V. Petrenko²

¹Pirogov Russian National Research Medical University, Clinical Psychology Department, Moscow, Russian Federation; ²Lomonosov Moscow State University, Psychology, Moscow, Russian Federation and ³Ryazan State Medical University named after I.P. Pavlov, Faculty Of Clinical Psychology, Ryazan, Russian Federation

*Corresponding author.

doi: 10.1192/j.eurpsy.2022.1288

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 ± 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"?

I. Bouguerra^{1*}, E. Khelifa², B. Abassi², S. Ben Aissa², O. Maatouk¹, N. Kouki³ and L. Mnif²

¹Razi Hospital, F Adult Psychiatry Department, Manouba, Tunisia;

²Razi, Skolly, Manouba, Tunisia and ³Hôpital Razi, Psychiatry F, Manouba, Tunisia

*Corresponding author.

doi: 10.1192/j.eurpsy.2022.1289

Introduction: Since the beginning of Coronavirus pandemic, the world is facing huge challenges for the prevention of mass infection. Studies shows that wearing facemasks and hand washing seems to be the best protection from disease transmission. Indeed, the spread of SARS-CoV-2 was efficaciously controlled in countries where mask wearing is respected. However, such recommendations may not be easily established with inpatients with mental disorders due to limited ability to embrace instructions.

Objectives: The purpose of this study was to evaluate the use of facemasks and hand's wash among inpatients with mental disorders during coronavirus pandemic in a psychiatric hospital in Tunisia.

Methods: This hospital-based cross-sectional study was conducted from September to October 2021 among thirty hospitalized inpatients in a psychiatric department suffering from schizophrenia. All patients responded to an anonymous questionnaire about mask wearing and washing hands status. Knowledge about COVID-19 was assessed by a 6-item questionnaire inspired from a Korean study.

Results: Preliminary findings showed that most patients are aware of covid-19 pandemic and about barrier gestures but only a very few (less than 20%) wear masks. Inpatients with schizophrenia were in most cases not afraid from covid-19 contamination within the hospital and less that 50% were vaccinated.

Conclusions: During a pandemic, psychiatric departments needs an extra attention because of the high-risk of spreading infections in inpatients with mental diseases. Communication has to be clearer, and repeated assistance by correctly reminding measures has to be implanted above all for patients with schizophrenia.

Disclosure: No significant relationships.

Keywords: Covid-19; masks; schizophrenia; washing hands

EPV0434

The COVID-19 pandemic impact on prenatal depression : A Cross-sectional comparative study

O. Maatouk^{1*}, E. Khelifa¹, K. Nourchene¹, B. Abassi^{1,2}, I. Bouguerra^{1,3}, F. Amdouni¹, A. Ben Amor¹ and L. Mnif¹

¹Razi Hospital, F Adult Psychiatry Department, Manouba, Tunisia;

²Razi Hospital, Psychiatry Ibn Omran, Manouba, Tunisia and ³Errazi hospital-Mannouba, F, Ben Arous, Tunisia

*Corresponding author.

doi: 10.1192/j.eurpsy.2022.1290

Introduction: Coronavirus disease 2019 (COVID-19) is the current world issue, with huge impact on mental health. More specifically, we expect that it will have a noocif effect on the pregnant women's mental health and their well being, since they are more likely to be hospitalized *and* require more intensive care units admission than non-pregnant women.

Objectives: The aim of this work was to evaluate the evolution of depression symptoms in the time of pandemic and their associated factors.

Methods: In the current work, we conducted a comparative in field cross-sectional study. We compared depressive scores and prevalences before and after the COVID-19 outbreak in Tunisia in pregnant women. The sampling period was outside the lockdown period to avoid quarantine bias. The sampling period was from September to October 2020.

Results: showed a significantly higher prevalence of depressive symptoms in expecting mothers during the pandemic. Multivariate analysis showed that the pandemic multiplied by 3 the risk of severe

depression symptoms. The impact of the COVID-19 period on depression was independent of sociodemographic and obstetric changes related to the pandemic.

Conclusions: These results highlighted the emergency of preparing strategies to avoid post-partum psychiatric disorders and to enable a healthy development of born. Screening the post-partum depression and assessing the mother-children early interactions should be considered in the up-coming births.

Disclosure: No significant relationships.

Keywords: Depression; Impact; pregnant; Coronavirus-2019

EPV0435

Paternal postpartum depression in an obsessive personality following the COVID-19 lockdown successfully treated with Vortioxetine

L. Orsolini, S. Pompili*, V. Salvi and U. Volpe

Unit of Clinical Psychiatry, Polytechnic University of Marche, Ancona, Italy, Department Of Neurosciences/dimsc, Ancona, Italy

*Corresponding author.

doi: 10.1192/j.eurpsy.2022.1291

Introduction: A growing amount of studies investigating the mental health impact of the current COVID-19 pandemic worldwide have been recently published, even though very few studies investigating the impact of the COVID-19 outbreak and lockdown on the mental health of fathers of newborns during the COVID-19 pandemic, particularly on paternal postpartum depression (PPD).

Objectives: A case report describing a 37-years-old man with an obsessive-compulsive personality who manifests the onset of a clinically relevant PPD following his wife's delivery during the COVID-19 pandemic and the onset of obsessive symptomatology.

Methods: At baseline and during a 12-months follow-up were administered the Edinburgh Postnatal Depression Scale (EPDS), Fear of COVID-19 (FCV-19-S), Coronavirus Anxiety Scale (CAS) and Y-BOCS-II (Yale-Brown Obsessive Compulsive Scale).

Results: Patient was successfully treated with vortioxetine up to 20 mg/die with a significant clinical remission of depressive and obsessive symptomatology at 6 months and a maintenance therapy with vortioxetine 10 mg daily.

Conclusions: PPD should be better investigated, particularly the impact of COVID-19 pandemic on mental health of fathers of newborns during the COVID-19-related situation.

Disclosure: No significant relationships.

Keywords: Covid-19; lockdown; paternal postpartum depression; obsessive personality

EPV0437

"I have brain fog..." About cognitive impairment after COVID-19

H. Ghabi¹, A. Aissa^{2*}, A. Zili², A. Ben Cheikh Ahmed¹, Y. Zgueb¹, S. Madouri¹, U. Ouali¹ and R. Jomli¹

¹Razi Hospital, Department Of Psychiatry A, manouba, Tunisia and

²Razi Hospital, Department Of Psychiatry A, Manouba, Tunisia

*Corresponding author.

doi: 10.1192/j.eurpsy.2022.1292