

Image 2:



Conclusions: The long-term prognosis for the patient remains uncertain, given the multifaceted nature of the condition and the extent of brain damage. Continuous monitoring, rehabilitation, and ongoing support will be essential to assess cognitive recovery and improve the patient's quality of life.

Disclosure of Interest: None Declared

EPV0346

Mental well-being of Tunisian COVID-19 survivors: a cohort study

M. Turki¹, N. Bouattour^{1*}, H. Ben Ayed², S. Ellouze¹, R. Jbir¹, S. Msaad³, S. Kammoun³, N. Halouani¹ and J. Aloulou¹

¹Psychiatry "B" department; ²Preventive medicine and hospital hygiene and ³Pneumology department, Hedi Chaker university hospital, Sfax, Tunisia

*Corresponding author.

doi: 10.1192/j.eurpsy.2024.1076

Introduction: COVID-19 affected humankind worldwide in different aspects of life. Survivors still report the effects of the pandemic on daily life, physical health, and mental health.

Objectives: To assess effects of the pandemic on the mood and the quality of life of the survivors.

Methods: We conducted a prospective cohort study including 121 Tunisian COVID-19 inpatients who had been discharged alive from hospital. Each enrolled patient was asked about the period before the hospital stay, and the 6-9 month-period after hospital discharge, using several scales: the validated Arabic version of

"Patient Health Questionnaire" (PHQ-9) to screen for depressive symptoms, and "EuroQol five-dimension three-level" (EQ-5D-3L) to assess the quality of life.

Results: The median age of participants was 59 years, with extreme values ranging from 18 to 80. Among them, 51.2% were females. As compared with baseline status of patients, the depressive dimension assessed through PHQ was significantly impaired (7.05 vs 1.12; $p < 0.001$). The different dimensions of the EQ-5D-3L showed significant deterioration in mean scores (mobility: 1.09 vs 1.31, $p < 0.001$; selfcare: 1 vs 1.11, $p = 0.001$; daily activities: 1.09 vs 1.49, $p < 0.001$; pain and disturbance: 1.17 vs 1.49, $p < 0.0005$ and anxiety and depression: 1.07 vs 1.57, $p < 0.001$). Depressive symptoms were 10 times more frequent in post-COVID (57.9% vs 5.7%). The post-COVID PHQ-9 score was correlated with the post-COVID EQ-5D-3L score ($p = 0.033$).

Conclusions: This study points out the long-term impact of the COVID infection. Therefore, the clinician should screen for possible psychological distress even after resolution of the disease, in order to guarantee a better quality of life.

Disclosure of Interest: None Declared

EPV0347

Quality of sleep among trainee doctors at the Charles Nicolle Hospital after vaccination against COVID19

Z. Athimni, G. Bahri, M. Mersni, I. Youssef, D. Brahim, H. Ben Said, N. Mechergui, N. Ladhari and K. Imene*

Department of Occupational Pathology and Fitness for Work - Charles Nicolle Hospital, Tunis, Tunisia

*Corresponding author.

doi: 10.1192/j.eurpsy.2024.1077

Introduction: Sleep quality depends on several factors such as smoking, physical activity, diet, and certain pathologies, namely obstructive sleep apnoea syndrome. Indeed, following their vaccination against COVID19, several medical trainees complained about a deterioration of their sleep quality.

Objectives: To evaluate the quality of sleep of medical trainees who work at Charles Nicolle Hospital and who were vaccinated against SARS-COV2.

Methods: We conducted a descriptive cross-sectional study among medical trainees at Charles Nicolle Hospital who were vaccinated against COVID-19 during the period from March 2020 to August 2022. Sleep quality was evaluated by the Pittsburgh Sleep Quality Index (PSQI) questionnaire. Trainees were contacted during the period August 2022 to September 2022.

Results: Sixty-nine medical trainees, vaccinated against Covid19 joined our study. Forty-nine of them had a significant sleep disturbance: Pittsburgh Sleep Quality Index (PSQI) greater than five. The average age was 29.39 ± 3.04 years with a female majority (73.5%). No psychiatric history was found. The most affected category of trainees were residents (71.4%). Forty-three of them were inoculated with the messenger RNA vaccine and 4 with inactivated vaccine. Twenty-one patients vaccinated with the messenger RNA vaccine received two doses, seventeen received three doses and only one received a single dose. Sleep latency was high in 20,4% of cases. A sleep duration of less than five hours per night was found in 18,4% of the cases. Six participants reported using a sleep aid three to four times a week.

Conclusions: Our study revealed a significant sleep disturbance in medical trainees at Charles Nicolle Hospital. This could be due to the SARS-COV2 vaccination but can also be explained by the night shifts and the stress to which they are exposed, especially during this pandemic period.

Disclosure of Interest: None Declared

EPV0348

Peculiarities of the first time diagnosed mental disorders formation in after the coronavirus disease COVID-19

N. O. Maruta*, V. Y. Fedchenko, T. V. Panko and I. O. Yavdak
Borderline psychiatry, "Institute of Neurology, Psychiatry and Narcology of the NAMS of Ukraine" SI, Kharkiv, Ukraine
*Corresponding author.
doi: 10.1192/j.eurpsy.2024.1078

Introduction: The world community is only at the beginning of awareness of the peculiarities of the formation, course and outcome of the psychopathological consequences of the impact of the SARS-CoV-2 pandemic.

Objectives: To investigate the clinical and anamnestic features and their influence on the formation of psychopathological consequences in patients with first diagnosed mental disorders who have experienced COVID-19 and were exposed to the stressors of the SARS-CoV-2 pandemic.

Methods: 97 patients with first diagnosed mental disorders who have experienced COVID-19 and were exposed to the stressors of the SARS-CoV-2 pandemic were examined (F 32.0-32.2 – 34 patients, F 40-45 – 32 patients, F 06.3-06.6 – 31 patients). Clinical-psychopathological, clinical-anamnestic methods, including information about the experienced coronavirus disease COVID-19, the impact of the stressors of the SARS-COV-2 pandemic, and methods of statistical analysis were applied.

Results: The conducted research made it possible to identify the phenomenological structure of mental disorders that develop after the coronavirus disease COVID-19. This structure includes depressive disorders (35.05%), neurotic, stress-related and somatoform disorders (32.99%), as well as mental disorders of organic genesis (31.96%). An important result of the study was the determination of the heterogeneity of mental pathology in the context of the influence of stressogenic factors of the pandemic and other psychogenies. In this aspect, all mental and behavioral disorders must be divided into 3 variants of pathology, which differ in the mechanisms of formation: caused by the pathoplastic factors of COVID-19 and the patient's personal reactions to the disease; related to the psychogenic effects of the stressors of the SARS-COV-2 pandemic; with a combined mechanism of influence of pathoplastic and psychogenic factors. Certain diagnostic and phenomenological regularities characteristic of each of the options are defined. The influence of pathoplastic factors and personal reactions to the disease is associated with the formation of depressive disorders. Pandemic stressors most often cause the development of neurotic, stress-related and somatoform disorders. Under the influence of combined factors, disorders of organic genesis are formed to a greater extent. The initial manifestations of pathology also differ with different formation mechanisms: when pathoplastic factors predominate, asthenia, depression and sleep disturbances prevail; with leading psychogenic influences – anxiety and tension; when the above factors are combined - asthenia, stress and cognitive disorders.

Conclusions: The significance of the obtained data lies in the possibility of studying the role of the psychopathological consequences of COVID-19 in the genesis of mental disorders.

Disclosure of Interest: None Declared

EPV0349

The impact of the COVID-19 pandemic on the mental health of nursing professionals in the state of São Paulo

M. C. V. R. De Oliveira^{1*}, E. Ribeiro dos Santos² and E. C. Araujo³
¹Medical College, UNOESTE, PRESIDENTE PRUDENTE; ²Regional Nursing Council of the State of São Paulo Brazil, COREN-SP and ³CORENSP, SÃO PAULO, Brazil
*Corresponding author.
doi: 10.1192/j.eurpsy.2024.1079

Introduction: This is a descriptive cross-sectional clinical study with professionals from the Nursing Team (Nursing Assistant, Nursing Technician and Nurse).

Objectives: To assess the psychological impact of the Covid-19 pandemic on nursing staff professionals.

Methods: A descriptive, quantitative, cross-sectional study will be applied to a structured interview aimed at collecting sociodemographic and occupational data, Mental Health Scales evaluating professional exhaustion - Oldenburg Burnout Inventory and Beck's Anxiety Rating Scale to assess the state of anxiety.

Results: About 13,587 nursing professionals were interviewed, including nurses, technicians and nursing assistants. They were evidenced through the behavior indexes related to insomnia, the desire to cry and appetite variation may be related to the long working hours, the fear of contamination and the consequent absence from work, as well as the fear of getting sick may be related to the fact that the professional stops being a caregiver and starts to be cared for.

Conclusions: the study denotes the importance and need for interventions to promote and prevent mental well-being in health professionals exposed to COVID-19, these need to be implemented immediately, for nursing professionals, as they are on the front line, demanding attention Special. In this sense, the Nursing Council of the State of São Paulo created and implemented some bills such as the Obligation of Rest Rooms in Health Units, the Cuidando de Quem Cuida Program and the Yellow September Campaign in Allusion to actions for Nursing professionals for the prevention and promotion in mental health category.

Disclosure of Interest: None Declared

EPV0350

Coping self-efficacy and personal growth in the situation of the COVID-19 threat

O. G. Kvasova^{1*}, E. A. Karacheva^{1,1}, P. I. Prichkodko¹, M. S. Magomed-Eminov² and O. O. Savina¹

¹Psychological Helping and resocialization Department and ²Head of the Psychological Helping and resocialization Department, Moscow State University after M.V.Lomonosov, Moscow, Russian Federation
*Corresponding author.
doi: 10.1192/j.eurpsy.2024.1080