Conclusions: In this study, Tunisian high school teachers in times of COVID-19 reported a high burnout rate. Thus, the protection of this vulnerable population must be an important component of public health measures.

Disclosure: No significant relationships.
Keywords: Covid-19 pandemic; high school teachers; burnout

EPV0464

Stress and sleep: impact of the main contributing factors to poor sleep experiences during the COVID-19 pandemic

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Introduction: The COVID-19 (Coronavirus Disease 2019) pandemic is associated with several stressful factors that can negatively affect peoples' sleep quality and mental health.
Objectives: The aim of the current study was to prospectively identify decreased sleep quality and associated risk factors in general population during COVID-19 pandemic.
Methods: We conducted a prospective, observational online study on a Romanian sample of 667 respondents aged >18 years. Sleep quality and quantity was evaluated with Athens Insomnia scale (AIS) and the main concerns associated with the pandemic context were evaluated through a multiple-choice question.
Results: The data collected identified important evidence regarding the prevalence and intensity of insomnia. The average score for AIS was 6.13 (cut-off point for was set at 8). However, it is worth noting that 179 respondents (26.8%) meet the criteria for insomnia. Of the 8 self-assessment items, daytime sleepiness was the criterion evaluated with the highest average score (1.01), all other items getting subunit values. A low quality of sleep was linearly related with fear of illness/death (p=0.053), fear of illness/death of close people (p=0.032), social isolation (p<0.001), economic impact (p=0.003), losing the job (p<0.001) and social stigma associated with COVID-19 infection (p=0.009).
Conclusions: More than a qurter of respondes scored above the threshold of 8 at the insomnia scale, while losing the job, social stigma associated with COVID-19 infection and social isolation are the main risk factors for a low quality and quantity of sleep.

Disclosure: No significant relationships.
Keywords: Sleep quality; Insomnia; Covid-19

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Unique combination of herbal ingredients for everyday distress in medical workers (short-term pilot study)

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Introduction: Psychological distress is a phenomenon that often occurs not only in patients but in normal subjects under excessive psychological pressure. Health care workers are at particular risk of distress in a pandemic. It negatively affects the quality of life, social and physical functioning and can be a trigger of different diseases. The pharmaceutical drugs can be unnecessary active for healthy subjects. Nutraceuticals may be the adequate choice in this situation.
Objectives: Assessing the effectiveness of the unique antistress combination of the three herbal ingredients (standardized extracts of passionfruit, melissa and catnip) in medical workers with the signs of psychological distress
Methods: Twenty-four subjects-medical doctors from 30 to 55 years old (15 women; 9 men) were included into the one-week study. Antistress combination was administered 1 tablet tid. The first part of the State-Trait Anxiety Inventory (STAI "State anxiety") andor a free self-report were done twice (before and at the end of the study)
Results: From 24 subjects 19 subjects filled out the STAI, free self-reports were received from 10 subjects (5 people provided information about their condition in two forms). STAI scores showed statistically significant decrease in anxiety at the end of the study. A positive effect the emotional condition and quality of sleep was noted in free self-reports. Adverse effects of nutraceuticals were rare, mild, and transient. No negative impact on quality of working condition was registered.
Conclusions: The pilot study showed the promising effect of antistress combination in medical workers in specific stressful situation.

Disclosure: No significant relationships.
Keywords: medical workers; herbal ingredients; Distress

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Manic episode following SARS-COV-2 Infection

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Introduction: In December 2019, infection with the novel coronavirus (SARS-CoV-2) was first reported in the city of Wuhan, China. Although generally recognized for its often fatal respiratory problems, other neuropsychiatric complications are receiving increasing attention.
Objectives: We will try through a clinical case to explain the psychiatric disorders in the context of this infection, and to highlight the two main explanatory theories of psychiatric disorders, in relation with the SARS-Cov-2 infection.
Methods: We report here a case of SARS-CoV-2 infection in a 54-year-old female patient with no specific pathological history, including psychiatric, who presented a fever, anosmia, and asthenia in the absence of any respiratory signs. Her PCR came back positive and her chest CT scan was normal.The patient was treated with paracetamol with vitamin C,with good clinical improvement. She came 15 days later to the psychiatric emergency room with psychomotor excitement. The patient was motorically unstable, could not hold still, her mimicry was hypermobile, contact with her was