

mainly on the SOM, DEP, ANX, HOS scales. To a lesser extent - on the INT and PAR scales; were practically not determined on the PSY and PHOB scales. Most of the symptoms are significantly more intense in patients over 46 years old ($n = 129$) compared with the younger population (<46 years old, $n = 19$). Older patients according to SOM revealed 1.23 points (IQR 0.5) versus 0.85 (IQR 0.7) among young people, DEP - 0.88 (IQR 0.44) vs. 0.47 (IQR 0.44), ANX - 0.66 (IQR 0.44) vs. 0.43 (IQR 0.29), OS - 0.55 (IQR 0.5) vs. 0.31 (IQR 0.25) and HOS - 0.46 (IQR 0.34) vs. 0.29 (IQR 0.09).

Conclusions: Patients recovering from severe COVID-19 pneumonia require psychiatric evaluation and subsequent differentiated psychotherapeutic rehabilitation, especially for the age group over 46.

Conflict of interest: No significant relationships.

EPP0373

Anxiety and depression among students in a greek university amidst COVID-19 pandemic

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Introduction: The coronavirus pandemic has challenged the world with an unprecedented situation. Social distancing, self or quarantine isolation, personal hand hygiene, self-protection, and the fear of becoming infected with the virus, come with a psychological fallout. The COVID-19 pandemic has affected students around the world, in terms of their education and lifestyle.

Objectives: To investigate the impact of COVID-19 pandemic on the students' mental health and well-being at the University of Patras, in Western Greece.

Methods: An online questionnaire was prepared to collect responses from students during April 2020. Socio-demographic data, academic status, opinions about distance learning, changes in daily routine during the lockdown and anxiety and depression scores, according to the Greek version of the Hospital Anxiety and Depression Scale (HADS), were gathered.

Results: The total number of responders was 2009, of which 67.3% women. During lockdown, the 68% of the students returned to their family home. Anxiety and depression scores were higher in students with a low income, poor self-rated health, not informed about COVID-19, not satisfied with distance learning and being annoyed at staying home. Prevalence of anxiety and depression was found to be 35.8% and 51.2%, ranging from 26.7% to 48.2% for anxiety and from 36.3% to 60.5% for depression in Health Sciences and Humanities and Social Sciences, respectively.

Conclusions: Depression rates among university students in Greece were alarmingly high, denoting the impact of lockdown and changes in students' life, due to the COVID-19 pandemic.

Keywords: Anxiety; Depression; Students; COVID-19

EPP0377

Hopelessness and externality as predictors of experiencing anger during COVID-19 lockdown in Russia

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Introduction: Following Italy and many other European countries Russia entered a nationwide lockdown in March 2020. Since quarantine had impact on mental health (Gualano et al., 2020, Stanton et al., 2020), this study aimed to study the psychological predictors of low mental health and anger in Russian university students. Previous studies have shown that young people are most vulnerable part of population during Covid-19 pandemic (Pervichko et al., 2020).

Objectives: The purpose of this research was to assess the effects of externality and hopelessness on anger and irritation during COVID-19 lockdown.

Methods: The sample comprised 120 university students (86% women, $M=18.84$, $SD=1.58$) from Moscow. Online survey has been conducted in April 2020. Measures included Russian externality-internality scale based on Rotter's scale and three new scales specific for COVID-19 pandemic developed for this study to assess feeling of hopelessness ($\alpha = 0.72$), anger ($\alpha = 0.70$) and positive reformulation ($\alpha = 0.84$).

Results: Anger shows significant correlations with hopelessness ($r=0.43$; $p<0.001$), externality ($r=0.29$; $p<0.01$) and positive reformulation ($r=-0.41$; $p<0.001$). Structural equation modeling confirms theoretical model according to which the effect of externality on anger is mediated by hopelessness and positive reformulation (negatively) (indirect effects sig. at $p<0.01$, $\chi^2 = 1.32$; $df = 1$; $p = 0.251$; CFI = 0.995; TLI = 0.969; RMSEA = 0.052).

Conclusions: Conclusions. Anger and irritation regarding the necessity to stay at home during COVID-19 lockdown may be caused by external locus of control which effect on anger is mediated by hopelessness and limited capacities for positive reframing.

Keywords: anger; COVID-19 lockdown; Hopelessness; externality

EPP0378

Anxiety on the lockdown resolution

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Introduction: Lockdown due to the management of infectious diseases such as corona virus disease affect mental health. We would think that with the end of the lockdown due to the corona virus pandemic, the feeling of regaining freedom and movement would be good for our morale.