

**Introduction:** Health workers especially in the emergency rooms and emergency medical services are exposed to sustained stress which had increased due to the Pandemic situation

**Objectives:** To search for factors associated with mental disorders among health workers during the Covid 19 pandemic

**Methods:** Data were collected through a questionnaire, with demographic variables and different scales to evaluate the degree of symptoms of depression, anxiety, insomnia, distress, and the level of work engagement (PHQ-9, GAD-7, ISI, IES-R, UWES-9).

**Results:** Of the 217 participants, 46% were physicians, 42% were nurses and 12% were emergency medical technicians. We also found a female predominance of 66%, 55% were single and a total of 155 participants of whom 71% were frontline health workers. In our study, 54.8% of the HCWs had symptoms of depression, 68.2% had symptoms of anxiety and insomnia and 71.4% had symptoms of distress. Binary logistic regression analysis showed that being married was associated with depression, anxiety, and insomnia, and being a frontline worker appeared to be a risk factor for depression and insomnia. Psychiatric support was an independent risk factor for all psychiatric symptoms. In addition, living in a rural area was associated with depression, and age 31 or older was associated with anxiety. In addition, having a history of psychiatric illness was a risk factor for insomnia. Being a nurse was identified as a risk factor for psychiatric distress. We also found a moderate level of professional commitment to be a protective factor.

**Conclusions:** Protecting healthcare workers is a crucial part of the public health response to the COVID-19 outbreak.

**Disclosure:** No significant relationships.

**Keywords:** Covid-19 pandemic-mental health-health care workers-depression-insomnia-distress-anxiety-work engagement

## EPV0455

### The support of healthcare workers suffering from COVID 19.

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**Introduction:** The COVID-19 pandemic has focused attention on the challenges and risks faced by frontline healthcare workers (HCW).

**Objectives:** To describe the quality of management of HCW affected by the COVID-19.

**Methods:** This is a cross-sectional study enrolling all HCW of Farhat Hached Academic hospital who had been affected by COVID-19 during the period from September to December 2020.

**Results:** During the study period, 267 HCW were affected with a mean age of  $42.3 \pm 10$  years and a ratio-sex of 0.25. The most represented category was nurses (33.3%) followed by technicians (26.1%). Gynecology department had the highest number of affected HCW (14.4%). The majority of participants (97.4%) reported a medical care. Twelve HCW (4.5%) were hospitalized

with an average length of hospital stay of  $7.55 \pm 6.12$  days. The average length of sick leave was  $18.68 \pm 10.99$  days. During the lockdown, 38.6% of HCW took care of their children without any external help. All of the HCW were supported by phone calls from colleagues in 88.4% of cases, the hierarchy in 67.4% of cases, occupational medicine in 60.3% of cases.

**Conclusions:** The impact of COVID 19 is greater in HCW than in the general population. The affected staff should have a multidimensional management to avoid post covid sequelae in both physical and mental levels.

**Disclosure:** No significant relationships.

**Keywords:** support; healthcare workers; covid 19

## EPV0456

### The relationship between burnout and self-regulation resources in teachers during COVID-19 pandemic

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**Introduction:** Burnout is understood as a stable professional and personal deformation, which can be typical for teachers (Maslach, Schaufeli, 1993). Multilevel structure of burnout that include physiological, affective-cognitive, and behavioral dimensions was described (Perlman, Hartman, 1998). C. Maslach proposes a three-dimensional burnout model, including emotional exhaustion, depersonalization and reduction of personal achievements (Maslach, 2000; Schaufeli, Enzman, 1998). It is especially important to prevent burnout by effective using of self-regulation resources during the COVID-19 pandemic, when the level of stress increases (Samanta et al., 2020; Pascale, 2020).

**Objectives:** The study was held in 50 teachers, who worked remotely during the self-isolation due to COVID-19 pandemic, and aimed to estimate the relationship between psychological resources of self-regulation and signs of reduced professional burnout in teachers during the COVID-19 pandemic.

**Methods:** . The assessment methods included: 1) Maddi's "Hardiness survey"; 2) Hobfoll's "SACS"; 3) Maslach's "Burnout inventory".

**Results:** The results revealed that the teachers with high and medium burnout differ in terms of engagement as a component of hardiness ( $p=0,002$ ). The teachers with less pronounced burnout syndrome have more developed involvement, which means that these teachers enjoy their own activities and, perhaps, this is what becomes a psychological resource and allows to overcome emotional exhaustion. There is an inverse relationship between such a sign of professional burnout as emotional exhaustion and involvement as a component of hardiness ( $r=-0,521, p=0$ ).

**Conclusions:** The results of the study can be applied to develop programs to improve the psychological well-being and performance of teachers working under stress due to COVID-19 pandemic.

**Disclosure:** No significant relationships.

**Keywords:** COVID-19; burnout; self-regulation resources; hardiness