

30.4% feared the lack of equipment and 39.1% considered themselves trained enough to manage COVID patients. As for the protective measures, 95.7% reduced contact with family members, 30.4% stopped visiting their parents, 8.7% left the family house and 4.3% didn't take any particular measure. The mean HADS depression score was 9.61, and 60.86% had a Depression score equal or greater than 8, indicating depression. As for the HADS Anxiety score, its mean was 10.61 and 69.56% had a score equal or greater than 8, indicating anxiety.

**Conclusions:** The pandemic had a big impact on healthcare professionals working in COVID departments, as shows the relatively high depression and anxiety rate.

**Disclosure:** No significant relationships.

**Keywords:** Anxiety; Healthcare professionals; Covid-19; Depression

### EPV0559

#### Prevalence of vaccination against the Covid19 within mentally ill population and acceptance and hesitancy factors

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**Introduction:** Vaccines are effective interventions that can reduce the high burden of COVID19 globally. However, public vaccine hesitancy is a pressing problem for public health authorities.

**Objectives:** This study aimed to assess the prevalence of vaccination within mentally ill population and to point out the factors of acceptance and reticence.

**Methods:** We conducted a cross-sectional, descriptive and analytical study. It was carried out on a clinical population who consult in the psychiatry department in Sfax's university hospital Hedi Chaker. Patients included in our study were aged between 21 and 69 years and were not in a decompensation phase of their psychiatric illness

**Results:** Forty five patients were included. The mean age was 45±13 years old. Our population was made up of 3 women (6.7%) and 42 men (93.3%). A rate of 42.2% of the patients was of urban origin, 15.6% lived with a partner, 77.8% were unemployed and 46.7% were schizophrenic. In our study population, five patients had COVID 19 (11.1%), fourteen patients (31.1%) were vaccinated and eight patients (17.8%) asked their psychiatrist to vaccinate. The main reasons of vaccination were their belief that vaccination decreases the chance of contracting COVID 19 and its complications (0.00), that COVID is lethal (0.002), and the fact that they trust it (0.001). Thirtyone patients (68.9%) refused vaccination, mainly due to reading or hearing negative information about vaccination (0.025). Vaccination wasn't correlated neither to the fact that it could be a conspiracy nor to the diagnostic.

**Conclusions:** Our study reveals that one third of mentally ill patients are vaccinated. The reasons of acceptance of vaccination are multiple in opposite of the hesitancy factors

**Disclosure:** No significant relationships.

### EPV0561

#### Promoting physical activity among university students with a co-constructed program during Covid-19 pandemic

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**Introduction:** Since the beginning of the COVID-19 pandemic, sanitary context and e-learning has greatly modified students' lifestyles. An increase of sedentary behaviors, a reduction in physical activity (PA) and a stronger tendency to move towards unhealthy diet have been demonstrated. Most of the research is largely descriptive and to date, no interventional studies have been conducted to prevent the deterioration of students' health.

**Objectives:** The objective of the present research aims to evaluate the effects of an intervention program on the lifestyle and psychological state of student. Its primary objective is to promote PA among students, to improve both physical condition and motivation to engage in physical activity for one's health by promoting motivational levers. Its second objective is to reduce and/or prevent the deterioration of the health of university students.

**Methods:** Students from University of Nimes were recruited and randomly assigned to one of the two following conditions: an experimental group and a control group. The experimental group participated to an 8-weeks program of PA (co-constructed by users during design-based innovative workshops) whereas the control group did not. For each group, measures of PA, sedentary time, anthropometric data, sleep, physical condition and psychological variables (anxiety, depression, motivation, body appreciation, perceived control, well-being, ...) were carried out before (T1: october 2021) and after (T2: December 2021) these 8-weeks in order to evaluate the benefits from the PA program.

**Results:** These assessments were performed in October 2021 (T1) and December 2021 (T2).

**Conclusions:** Data are still being collected and will be presented in April 2022.

**Disclosure:** No significant relationships.

**Keywords:** physical activity; co-construction; University student; interventional study

### EPV0562

#### Vaccination day and perceived stress among university teachers

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**Introduction:** Covid-19 vaccination in adults become a common behaviour nowadays. It may induce stress in some of the vaccinated patients.

**Objectives:** This study aimed to evaluate perceived Stress among university teachers desiring to be vaccinated.

**Methods:** We conducted a cross-sectional study on Tunisian university teachers who participated in a COVID-19 vaccination campaign organized in June 2021. A self-administered questionnaire was administered. The survey dealt with socio-professional data and the level of stress assessed with the Perceived Stress Scale (PSS-10).

**Results:** A total of 100 participants were included. The mean age was 51 years  $\pm$ 7. The Sex Ratio (M/F) was 1.7. The majority of participants were married and reported living with their families (96%). On a 0 to 10 scale, 71% of participants described an excellent health status and rated it greater than or equal to 8. The average job tenure was 15 years. The PSS-10 showed moderate and high perceived stress in 86% and 4% of participants, respectively. Only 10% of university teachers presented low-stress perception.

**Conclusions:** Getting vaccinated against Covid-19 is crucial in order to protect the population. This behaviour could be associated with a big amount of stress. Taking into account the psychiatric mental condition is crucial for the vaccinating health care providers in order to alleviate this experience.

**Disclosure:** No significant relationships.

**Keywords:** Covid-19; Perceived stress; vaccination

## EPV0563

### The consequences of the pandemic among patients with psychiatric history

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**Introduction:** Throughout this period we were confronted with news and information about the Corona virus and its consequences. Which led to the development of a huge sense of fear among people. Although fear has helped to maintain restrictions, it has also had a significant impact on mental health, especially among patients with a psychiatric history.

**Objectives:** In this paper I will highlight the consequences of the nocebo effect of the pandemic among people with a psychiatric history.

**Methods:** To complete this work I used medical articles, studies, and specialized information on the subject.

**Results:** The pandemic's restrictions have made it difficult for psychiatric patients to be compliant treatment by avoiding regular psychiatric exams. Isolation and fear of infection has led to new decompensations in existing psychiatric pathologies.

**Conclusions:** The exacerbations of psychiatric pathology increased both in number and in their intensity, ultimately determined by the increase in the number of hospitalizations in psychiatric emergencies.

**Disclosure:** No significant relationships.

**Keywords:** mental health; psychiatry; pandemic

## EPV0565

### Mental health of healthcare workers during the Covid-19 pandemic: Analysis of the psychological problems faced by the healthcare workers over a period of three months during Covid-19 pandemic

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**Introduction:** SARS-COV 2 virus and the disease caused by the virus is a challenge for the healthcare workers since the beginning of the Covid-19 pandemic. Working with huge number of patient who need hospital care at the same time but also having scare information about the virus resulted with physical exhaustion, increased workload and mostly fear among the healthcare workers.

**Objectives:** The purpose of the study was to expand our knowledge about the mental health of the healthcare workers and explore most common psychological problems they faced during the Covid-19 pandemic over a period of three month.

**Methods:** All participants in the study work in the same public hospital in Skopje, North Macedonia in one of the following job positions: physicians, nurses, paramedics, and hygienists. They anonymously filled out a google form answering questions about their mental health. Questions in the form were created based on Beck Depression Scale and the GAD-7 Scale for Anxiety along with questions about the gender, age, and job position.

**Results:** The results we gained from this study are showing that the participants experienced insomnia, reduced concentration, intense feelings of restlessness and fatigue, less energy and mostly lack of job satisfaction.

**Conclusions:** Those symptoms indicates that healthcare workers developed anxiety and depression while working with patient infected by the SARS-COV 2 virus.

**Disclosure:** No significant relationships.

**Keywords:** Depression; Anxiety; covid; Insomnia

## EPV0566

### Influence of COVID-19 in the development of delusional ideas disorder. A case report.

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**Introduction:** Hypochondria is characterized by the presence, for 6 months or more, of a generalized and non-delusional concern with fear of having (or the idea that one has) a serious illness, based on the wrong interpretation of the symptoms. In somatic-type delusional disorder, the delusional idea is fixed, indisputable, and occurs intensely because the patient is fully convinced of the physical nature of the disorder.

**Objectives:** To describe a clinical case and make a differential diagnosis of hypochondriac disorder vs somatic-type delusional disorder.