

Results: The investigations carried out suggested that the quarantine restrictions could be predisposing factors for mental health impairments. The threat of coronavirus disease, a disruption of a habitual life stereotype, leisure restrictions, a harmful interest in news about the pandemic, and tobacco abuse play an important role in mechanisms of distress formation. The analysis of examination of the quality of life has demonstrated, that 8.14 % had a low level of its physical component, 15.55 % had a low level of its emotional component, and 10.21 % had a low level of a social activity. Under these conditions, risks of increased stress pressure, anxiety, and depression are rising. During the quarantine period, 10.53% recorded a high level of stress, 11.75% had an average level of anxiety, 7.43% had a high level of anxiety, 9.53% had severe depression, and 7.76% had very severe depression. 5.93% were obsessed with information related to the pandemic, at the level of "addiction", 9.95% "use" information with "harmful consequences", 20.14% a "risky" level. A low level of vitality had a direct correlation with an excessive interest in news and the use of maladaptive strategies of the types of ignoring, dissimulation and confusion (cognitive), submissiveness, suppression of emotions and self-blame (emotional), avoidance (behavioral) - that is, passive forms of solving problems due to despair in one's own strength and intellectual resources, with a deliberate underestimation of troubles

Conclusions: Measures on psycho-prevention should be performed on the base of the regularities identified

Disclosure of Interest: None Declared

EPV0347

The relationship between anxiety, productivity and self-compassion of healthcare professionals in COVID19 time

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Introduction: During the Corona virus pandemic, anxiety was one of the most felt emotions. Anxiety can lead to maladaptive coping behaviors, including decreased productivity at work. There are some mechanisms that buffer the devastating effect that anxiety can have, and one of them is self-compassion. The impact on mental health during the pandemic has increased, especially among healthcare professionals, and needs further exploration

Objectives: This study aims to investigate the relationships between anxiety, productivity and self-compassion at work among healthcare professionals, as well as, the possibility of self-compassion playing the role of a relationship's moderator, in a pandemic context.

Methods: The study gathers the result from 202 participants, who completed a questionnaire on an online platform. We examined the link between anxiety, respectively COVID-19 anxiety, productivity and self-compassion, as well as the link between self-compassion and productivity among healthcare workers in a pandemic context. In order to emphasize the objectives, the validated BAI, CAS, SPS-SV and SCS-SV scales were used.

Results: In terms of results, significant negative correlations were identified in the relationships between anxiety, COVID-19 anxiety,

productivity and self-compassion, and a significantly positive correlation in the self-compassion-productivity relationship. Also, we studied if self-compassion could be a relationship moderator. As the results show, the study identified a statistically insignificant effect of self-compassion on the relationships anxiety-productivity and anxiety of COVID-19-productivity, among health workers.

Conclusions: The present study has achieved its proposed objectives, so that through future research, anxiety, productivity and self-compassion can be explored not only in a pandemic context, but also in a normal context of professional activity in the medical field, and it can also contribute to the identification of other moderators of the anxiety-productivity relationship.

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EPV0348

The impact of the COVID 19 pandemic on the mental health of employees at the Dobrota Kotor Special Hospital for Psychiatry

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Introduction: The impact of the pandemic on mental health is already evident. In the Special Hospital for Psychiatry Dobrota, Kotor, the number of employees who suffer from anxiety and depression has increased, but the intensity of these disorders has increased in people who were already in some phase of this condition.

Objectives: Besides the influence of Covid 19 pandemic on the physical health, the pandemic has left a much deeper impact on the mental health of society, especially on the employees of Health Institutions. There is an evident increase of anxiety and depression as well as burn-out syndrome among employees. The purpose of this paper is to investigate the impact of COVID 19 on the mental health of employees at the psychiatric hospital Dobrota, Kotor.

Methods: Data were collected through interviews, anxiety and depression scales from each employee individually. The hospital employs 189 workers, 55 men, 134 women. 42% tested positive once, 12% tested twice or more than once. Of the total number of infected, 86% were women, and 14% were men.

Results: - Our study showed a significant association between the Covid pandemic and mental disorders such as anxiety and depression. These mental disorders were more common in female than in male employees of the Hospital.

Conclusions: In general, the most common feelings are a strong sense of anxiety followed by intense fear and thoughts, tension, excessive caution, increased irritability, resentment, anger and aggression, emotional flatness, anger, sadness and burn out. Depression symptoms that were noticeable were a mood swings, lethargy, a feeling of hopelessness, aimlessness. The anxiety, on the other hand, was determined through various fears, whether a person will find or lose a job, whether he will get sick or not.

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