

and there is also a significant and inverse relationship between the total score of mental health and dimensions of quality of life and their total score of quality of life. Paying attention to the mental health problems of Covid-19 survivors by health system staff, especially nurses, and choosing supportive strategies for them is one of the priorities that should be considered. Psychological support for these people can improve their mental health and indirectly increase their quality of life.

**Disclosure of Interest:** None Declared

## EPP0466

### Impact of living with bipolar patients: caregivers' mental health and quality of life

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**Introduction:** Bipolar disorder is a common chronic illness with progressive intermittent. The new health policy, which advocates the deinstitutionalization of patient's mental illnesses, caused, for a part, a transfer of the load of these patients from the specialized care services to natural caregivers, which can involve a great burden for family members as well as an altered quality of life, anxiety and depressive symptoms.

**Objectives:** The aim of the study was to evaluate the rate of anxiety, depression and the repercussions on life quality in natural caregivers of patients with bipolar disorder.

**Methods:** This is a descriptive cross-sectional study that involved a group of 50 caregivers of patients with bipolar disorder treated at psychiatry department 'A' at Razi Hospital. We applied a questionnaire recording the different socio-demographic data. To determine the impact on the caregivers mental health and life quality we used the WHOQOL-brief (World Health Organization Quality Of Life-abbreviated version) and the HAD (Hospital Anxiety and Depression) Scale.

**Results:** Our sample consisted of 32 women and 18 men. The mean age was 52.12 years with extremes ranging from 28 to 79 years. A majority were parents (60%), 18% spouses, 16% siblings and 6% descendants.

The repercussions of management of patients with bipolar disorder on the life and health of the caregivers were significant. Indeed, more than half of the caregivers (52%) (n=26) had a definite anxiety symptomatology on the Hospital Anxiety and Depression Scale (HAD). Twenty-two percent (n=11) presented definite depressive symptomatology and thirty percent (n=15) doubtful depressive symptomatology on this same scale. The most impaired domains on the World Health Organization Quality of Life Scale-version abbreviated (WHOQOL) were first: the environment domain with an average of 25.9 and second: the physical health domain with an average of 23.9.

**Conclusions:** Being a caregiver for a patient with bipolar disorder is associated with a great burden that can be the cause of anxiety-depressive complications and an alteration in the caregiver's quality of life. It is important to assess this burden and its repercussions in

order to preserve good family dynamics and ensure the proper functioning of the helping relationship and consequently improve the prognosis.

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## EPP0467

### Procrastination among students of Polish universities. Protective and predisposing factors

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**Introduction:** Procrastination is a widely recognized phenomenon that can be defined as a tendency to delay important life activities and decisions. This seems to be a common issue among school-children and students, however is not limited to those populations and may also be observed among other social groups. Research shows that the indices of the occurrence of procrastination may reach even as much as 20-25% of the total population. However, the frequency of the phenomenon seems to be considerably higher among academic environment.

**Objectives:** We sought to investigate the association between the phenomenon of procrastination and the individual's resiliency, sense of coherence and the development of the identity.

**Methods:** A web-based questionnaire study was performed on a random sample of Polish students of various fields of study, aged 18-30 years. A 131-item questionnaire was built based on an original questionnaire and four standardized tools for the assessment of procrastination tendencies, resiliency, sense of coherence and the development of the identity (polish-Kwestionariusz Zwlekania-KZ), the Sense of Coherence Questionnaire-SOC-29, the Ego Resiliency Scale, The Dimensions of Identity Development Scale- DIDS).

**Results:** This questionnaire study included 294 participants, median age 22 (IQR=21-24). Mature forms of identity development (meaning the commitment making (CM) and identification with commitment (IC)) correlated negatively with the occurrence of procrastination (R=-0.186, p<0.005 for CM; R=-0.288, p<0.05 for IC). Ruminative exploration (RE) correlated positively with tendency to procrastinate (R=0.218, p<0.05). Procrastination correlated negatively with the resiliency evaluation (R=-0.229, p<0.05) and the optimal regulation(OR) assessment (R=-0.255, p<0.05). All the SOC-29 domains along with its total score correlated negatively with the tendency to procrastinate (p<0.05 for all).

**Conclusions:** Based on the conducted study, there seem to be measurable psychological benefits regarding the individual's personal performance resulting from a proper psychoeducation in the field of procrastination.

**Disclosure of Interest:** None Declared