

Introduction: COVID-19 is a multifaceted disease establishing differences in terms of its occurrence, manner of clinical presentation and disease predilection. While mental health becomes one of the less analyzed aspects, addressing anxiety and depression allows clinicians to provide more patient-centered care in this pandemic era.

Objectives: This study determined the prevalence of anxiety and depressive symptoms among patients admitted for at least 14 days at COVID wards of East Avenue Medical using the validated Filipino version of the Hospital Anxiety and Depression Scale (HADS-P), and described the socioeconomic, psychosocial, clinical factors affecting its development among COVID-19 patients.

Methods: 232 patients admitted at COVID ward of East Avenue Medical Center for at least 14 days were included in the study. Participants were interviewed using the validated Filipino version of the Hospital Anxiety and Depression Score (HADS-P) questionnaire. STATA 13.1 was used for data analysis at 95% confidence interval

Results: Anxiety was significantly correlated with hypertension ($p=0.044$), diabetes ($p=0.008$), employment status ($p=0.038$), and with patients who had family members with COVID-19 ($p=0.033$). Depressive symptoms occurred more likely in Chronic Kidney Disease and in COVID-19 suspects. Most participants had a normal HADS-P anxiety (6) and depression (4) median scores. Mild symptoms of anxiety ($n=55$) and depression ($n=30$) were noted among participants. The severity of COVID-19 classification was a statistically significant variable for developing anxiety symptoms.

Conclusions: Identifying predictors of developing anxiety and depressive symptoms enables us to develop better strategies in addressing mental health as one of the important aspects of patient management during this pandemic.

Disclosure: No significant relationships.

Keywords: Depression; Anxiety; HADS; Covid-19

EPV0531

Student mental health during the first two years of the COVID-19 pandemic

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Introduction: The COVID-19 pandemic have had deleterious effects on mental health of students. Authors suggest that the psychological effects will persist long after COVID-19 has peaked, but we have no data to confirm this.

Objectives: Objective: The objective of this study is to compare clinical issues (concerns, anxiety and depression symptoms) and adjustment (coping strategies) in French university students during different phases of the COVID-19 pandemic in 2020 and 2021 (during two periods of lockdown and two periods after lockdown)

Methods: Method: Data were collected anonymously at four time-points: during France's first national lockdown (23 April- 8 May 2020; $n_{T1} = 1294$); during the period after lockdown (9-23 June 2020; $n_{T2} = 321$); 1 year after the first lockdown, which was also a lockdown period (23 April- 8 May 2021; $n_{T3} = 2357$); and 1 year after the first unlockdown, which was also a unlockdown period (9-23 June 2021, $n_{T4} = 1174$). The following variables were measured: concerns, coping strategies, anxiety and depressive symptoms.

Results: In 2021, students have significantly higher levels of anxiety and depressive symptoms than in 2020, and this is even more pronounced during the lockdown periods. For example, 44.1% had probable anxiety symptoms in the 2021 lockdown, compared to 33% in the 2020 lockdown. In the unlockdown periods, the rates are 21.7% in 2020 and 26.4% in 2021.

Conclusions: Our results suggest that university students, known to be a vulnerable population with significant mental health deterioration, have become even more vulnerable with the COVID-19 pandemic.

Disclosure: No significant relationships.

Keywords: coping; mental health; UNIVERSITY; Covid-19

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Anxiety symptoms in critically ill COVID-19 survivors and its association with post-discharge health concerns

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Introduction: Evidence suggest that critically ill COVID-19 patients are at higher risk of developing anxiety symptoms, which may be related to or exacerbated by patients concerns regarding their health status and recovery.

Objectives: To assess anxiety symptoms in critically ill COVID-19 survivors, 1-2 months after hospital discharge and to analyze its association with concerns reported by patients regarding their own health status and recovery.

Methods: In the framework of MAPA prospective research, this preliminary study included COVID-19 patients admitted in the Intensive Care Medicine Department (ICMD) of a University Hospital. Patients were excluded if they had an ICMD length of stay (LoS) ≤ 24 h, terminal illness, major auditory impairment or inability to communicate at the evaluation time. Participants were assessed at a scheduled telephone follow-up appointment, with Generalized Anxiety Disorder Scale (GAD-7). Additional questions were asked to assess the survivors' post-discharge concerns regarding discrimination against for COVID-19, infection of a family member, re-infection or sequelae related to COVID-19.

Results: Eighty-three patients were included (median age=63 years; 63% male) and 24% had anxiety symptoms. Anxiety scores were higher in survivors who reported being afraid of being discriminated against for COVID-19 (30% vs 10%; $p=0.034$), being re-infected (100% vs 79%; $p=0.032$) and having sequelae (94% vs 44%; $p<0.001$).

Conclusions: These findings revealed that anxiety is common in COVID-19 survivors and is associated with post-discharge patients concerns that may limit patient daily living. This study emphasizes