

general population with significant differences. This may be due to various factors, including unawareness, fear of the disease, and exposure during the second wave of the pandemic of health personnel. Moreover, long-lasting containment measures could have overwhelmed the GP by the third wave. Our study underscores the importance of addressing HP mental stressors to increase its resilience in similar health crises.

**Disclosure of Interest:** None Declared

## EPP0587

### Coping strategies of Health Care Workers during third wave of Covid

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**Introduction: Background:** During the pandemic, health professionals had the unprecedented experience of dealing with a new-disease with high contagiousness and mortality. The workload, but also the fear of disease management, caused significant levels of stress. Each employee managed stress in his own way. This study detects the level of stress experienced by health workers during the pandemic and the coping strategies they selected accordingly.

**Objectives:** The aim of this study was to investigate the coping strategies used by health professionals during the pandemic of coronavirus.

**Methods:** The sample comprised 180 health professionals that were working in a public hospital. The data collection tool was an anonymous questionnaire consisting of socio-demographic questions, the Toulouse Scale for coping, and a sub questionnaire to explore health professionals' views on the pandemic.

**Results:** Women (73.9%), young individuals (50.6% are up to 35 years old) and TEI graduates (53.9%) predominate in the sample. The sample consisted mainly of nurses (68.3%) and the great majority were contract workers (67%).

The most frequently used dimensions were "Active focus" (Average 3.91/5.00), "Acceptance" (3.86), "Cognitive Control and Planning" (3.61) and "Social Information Support" (3.60).

Also, health workers used more often the strategies of "Social support" (3.45), "Control" (3.33) and "Focus" (3.23), while they use the "Withdrawal" strategy less often (2.25). Finally, respondents used "Positive strategies" more often (3.54) than negative ones.

**Conclusions:** The health professionals in the present study preferred to ask for information and use cognitive and informative strategies more often and, to a lesser extent, they were overwhelmed by their emotions. The strategies of social support, control and focus were used more often, while the strategy of withdrawal was selected less often. Furthermore, positive strategies were used to a greater extent.

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## EPP0588

### Psychological consequences of Covid on general population

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**Introduction:** Pandemics affect the mental health of individuals as they cause specific reactions throughout society due to the measures taken to contain them, which lead individuals to change their behaviour and habits and generally change their daily routine and lifestyle. In addition, the real or perceived threat of the virus and what it may cause exacerbates the anxiety and stress experienced by individuals.

**Objectives:** To assess the psychological distress experienced by the Greek population due to COVID-19 and to investigate the possible determinants that contributed to negative psychological experience.

**Methods:** Methodology: A synchronic study was conducted involving 200 participants from different regions of Greece. Data collection took place from October to December 2021. The mean age of the participants was 33.5 years. 76% of the participants had a family and/or friend who had COVID-19, while 27.5% of the participants had a family and/or friend who was hospitalized in the ICU due to coronavirus. The Impact of Event Scale-Revised (IES-R-Gr) questionnaire, adapted for COVID-19, was used to assess mental disorders

**Results:** 40% of participants had no symptoms of PTSD. 14.5% of participants had symptoms of PTSD and 45.5% of participants had a probable diagnosis of PTSD. Women, participants with worse self-assessed health status and participants who had a relative and/or friend hospitalized in ICU due to COVID-19 experienced worse health outcomes due to the pandemic ( $p < 0.001$ ). In addition, women and participants, who had a family and/or friend who was hospitalized in ICU due to COVID-19, were more worried about the pandemic, while participants with worse health status assessment had more nervousness due to the pandemic.

**Conclusions:** Pandemic is an unprecedented situation experienced by people and has an impact not only on the physical but also on the mental health of the population. Therefore, special attention should be paid to the impact of COVID-19 on the mental health of the population and measures should be taken to protect the mental health of individuals.

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## EPP0589

### The psychological impact of Covid on health care professionals during the third wave

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**Introduction:** The COVID-19 pandemic is a healthcare crisis, with unprecedented impact on healthcare services, notable morbidity and mortality of the public and healthcare workers, economic