

of education, the sample included specialists with secondary general education (4.14%), with secondary special education (19.4%), with incomplete higher education (11.46%), with higher education (59.87%) and PhD (5.1%). 35 people (11%) of the surveyed medical workers worked in the red zone.

**Results:** Working in the red zone is significantly associated with Emotional Exhaustion ( $p=0.002$ ) and Depersonalization ( $p=0.002$ ), but not with a Reduction in Professionalism.

The working conditions of medical workers who were significantly associated simultaneously with Emotional Exhaustion, Depersonalization and Reduction of professionalism (respectively): (1) Lack of confidence in support from the health system and the state in case of illness ( $r=0.170$ ,  $p=0.002$ ;  $r=0.202$ ,  $p=0.000$ ;  $r=-0.171$ ,  $p=0.002$ ); (2) Inability to meet the usual personal needs (daily routine, nutrition, communication with loved ones) as employment increases at work ( $r=0.200$ ,  $p=0.000$ ;  $r=0.154$ ,  $p=0.006$ ;  $r=-0.186$ ,  $p=0.001$ ); (3) Lack of confidence in their own professional competence in the fight against COVID-19 due to lack of knowledge about COVID-19 ( $r=0.202$ ,  $p=0.000$ ;  $r=0.148$ ,  $p=0.009$ ;  $r=-0.211$ ,  $p=0.000$ ); (4) Lack of confidence in their own effectiveness in the fight against COVID-19 due to the increase in the volume of work and the expansion of the scope of professional responsibilities ( $r=0.234$ ,  $p=0.000$ ;  $r=0.152$ ,  $p=0.007$ ;  $r=-0.177$ ,  $p=0.002$ ); (5) Lack of access to up-to-date information about COVID-19 ( $r=0.190$ ,  $p=0.001$ ;  $r=0.158$ ,  $p=0.005$ ;  $r=-0.140$ ,  $p=0.013$ ).

The Emotional Exhaustion scale is also associated with the fear of getting infected and getting sick with COVID-19 ( $r=0.125$ ;  $p=0.026$ ), as well as the lack of quick access to testing when COVID-19 symptoms appear ( $r=0.169$ ;  $p=0.003$ ).

**Conclusions:** Thus, not only work in the red zone, but also many specific working conditions during the COVID-19 pandemic can become a provocateur factor for the deterioration of the emotional state of medical workers.

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## EPV0328

### The connection between professional burnout of medical workers and the self-help methods during the COVID-19 pandemic

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**Introduction:** Many medical workers suffered from severe professional burnout while working in the conditions of the COVID-19 pandemic, but few of them had the opportunity to find psychological help.

**Objectives:** The aim of the research was to study the relationship between emotional burnout and self-help strategies in medical professionals during the pandemic.

**Methods:** The Maslach Burnout Inventory (MBI) was used to measure the level of professional burnout. It was filled out by medical workers from January 2021 to November 2022.

The sample consisted of 314 medical workers (57 men and 255 women), whose average age was  $36.97 \pm 11.93$ . According to the level of education, the sample included specialists with secondary general education (4.14%), with secondary special education (19.4%), with incomplete higher education (11.46%), with higher education (59.87%) and PhD (5.1%). 35 people (11%) of the surveyed medical workers worked in the red zone.

**Results:** When medical workers experience severe Emotional Exhaustion and Depersonalization, they often try to help themselves by drinking alcohol ( $r=0.156$ ;  $p=0.005$ ;  $r=0.184$ ;  $p=0.001$ ), eating ( $r=0.227$ ;  $p=0.000$ ;  $r=0.151$ ;  $p=0.007$ ), taking medications ( $r=0.204$ ;  $p=0.000$ ;  $r=0.212$ ;  $p=0.005$ ), solitude ( $r=0.204$ ;  $p=0.000$ ;  $r=0.133$ ;  $p=0.019$ ), watching TV series ( $r=0.173$ ;  $p=0.002$ ;  $r=0.146$ ;  $p=0.01$ ). With an increase in the Reduction of professional skills, medical workers also eat more ( $r=-0.148$ ;  $p=0.009$ ) and try to learn something new, engage in self-development ( $r=-0.137$ ;  $p=0.015$ ). It is important to note that the desire to seek psychological help is associated only with Emotional Exhaustion ( $r=0.121$ ,  $p=0.032$ ), that is, he/she may be aware at an early stage of professional burnout, when the symptoms of depersonalization and reduction of professional skills have not yet occurred.

**Conclusions:** Thus, all the considered self-help methods are already used with pronounced symptoms of professional burnout, but do not lead to its pronounced decrease. It is important to note that seeking psychological help is possible with awareness of emotional exhaustion, but not with depersonalization and reduction of professional skills.

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## EPV0329

### Comparison of perceptions about COVID-19 disease in patients and in medical professionals during the pandemic

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**Introduction:** The COVID-19 pandemic poses a serious threat to mental well-being both for patients who have suffered from coronavirus disease and for medical workers of this period. The difference in perceptions about COVID-19 in patients and those who care for them reflects the peculiarities of assessing the coronavirus pandemic and their own coping capabilities.

**Objectives:** The aim of the research was to compare the perceptions about COVID-19 in patients and medical professionals during the pandemic.

**Methods:** A Short questionnaire of Disease Perception (E. Broad-bent) was used to study patients' perceptions about COVID-19