demonstrated its importance in preventing and reducing these negative outcomes.

Objectives: This study aims to assess the vaccination rate of people with mental illness in comparison with the general population.

Methods: We will conduct a retrospective evaluation of vaccine uptake in a sample of patients admitted to a psychiatric hospital between the 1st of July of 2021 and the 30th of June of 2022 in the Porto region. According to their vaccination plan, all patients were offered the possibility vaccination. Statistical analysis will be performed to analyse the data.

Results: We expect to assess over 1500 patients. Regarding other studies on the same subject, although in different countries, we may predict that the vaccination rate in our sample will not, statistically, differ from the general population.

Conclusions: Some studies have shown higher resistance and hesitancy towards the COVID-19 vaccination in mental health patients, however others did not find differences between these patients and the general population. Therefore, this study will allow us to better understand the impact of mental illness in the vaccination rate in our population.

Disclosure of Interest: None Declared

EPV0306

Psychological distress in Portuguese university students during COVID-19 pandemic: relationship with stress, sleeping and emotion regulation strategies

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doi: 10.1192/j.eurpsy.2023.1655

Introduction: During the COVID-19 pandemic outbreak, psychological distress, anxiety and depression reached new highs associated with a number of variables such as pandemic related-stress and sleep difficulties. These later two are known to be the precipitant and risk factors for psychological distress/mental disorders, respectively, and negative cognitive emotion regulation strategies can also have a key role on psychological/mental health problems generation and maintenance.

Objectives: To study stress, sleep difficulties and the use of cognitive emotion regulation strategies by groups of students with different levels of psychological distress during the COVID-19 pandemic.

Methods: 496 university students (mean age ± SD=20.99 years ± 2.27; 78.6% women) completed an online questionnaire between January and April, 2021, which included the Mental Health Inventory, the Perceived Stress Scale (PSS) and the Cognitive Emotion Regulation Questionnaire, as well as three questions from the Insomnia Scale to evaluate Difficulties in Initiating Sleep (DIS), Maintaining Sleep (DMS) and Early Morning Awakening (EMA). A Sleep Difficulties Index (SDI) was calculated by summing the scores of these three items.

Results: 18.3% of the students showed high levels of psychological distress (group 1; scores 1 SD =/< Mean), 62.7% average levels (group 2), and 19% low levels (group 3; Scores 1SD =/>Mean). The group 1, compared with group 3, showed higher levels of sleeping difficulties (DIS, DMS, EMA and SDI), greater stress levels and an increased use of negative emotion regulation strategies, as well as a lesser use of positive emotion regulation strategies. Furthermore, the group 2, with average levels of psychological distress is significantly distinct from the group with better mental health when comparing these same variables.

Conclusions: Almost one fifth of the Portuguese university students report elevated levels of psychological distress during the COVID-19 pandemic. Clinical interventions to promote psychological/mental health in this population should focus on reducing stress, promoting adequate sleep habits, reducing the use of negative cognitive emotion regulation strategies and increasing the use of positive ones.

Disclosure of Interest: None Declared

EPV0307

Perinatal depressive symptoms in Portuguese new fathers and mothers during COVID-19 pandemic

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doi: 10.1192/j.eurpsy.2023.1656

Introduction: Postpartum depression, refers to depressive symptoms within a 12-month period after the birth of an infant in a new father or mother. It's have been a growing mental health concern, as it is one of the leading causes of poor familial and infant health outcomes. Despite the growing attention being given to fathers' depression, including in Portugal, prevalence data and its possible correlates are still scarce compared to depression in mothers, especially during the COVID-19 pandemic.

Objectives: To explore and compare levels of depressive symptomatology and to analyze potential correlates for postpartum depression in Portuguese new mothers and fathers during the COVID-19 pandemic.

Methods: 153 men and 187 women (mean age: 36.61± 4.99 vs. 32.98 ±5.00 years, respectively) were recruited in the perinatal period (7.29±3.22 vs 8.58± 0.97 months post-partum) and answered to an online survey that included questions related to sociodemographic and psychosocial variables and validated questionnaires: Perinatal Depression Screening Scale (PDSS), Perseverative Thinking Questionnaire (for Repetitive Negative Thinking/RNT) and Dysfunctional Beliefs Towards Motherhood/Fatherhood Scale (DBTM/F). Statistical analysis was performed using IBM Statistical Package for the Social Sciences (SPSS Version 26 for Mac).

Results: New-mothers had significantly higher levels of depressive symptoms than new-fathers (41.89±16.94 VS. 33.95±14.99, p<.001). Based on the PDSS' cutoff point the prevalence of clinically relevant depressive symptoms in male and female progenitors was 21.6% and 39.6%, respectively (p<.001).

DBTF were significantly higher compared to DBTM (p<.05). Male and female progenitors did not differ regarding levels of RNT.

DBT-M/F (r».40) and RNT (r>.55) significantly and positively correlated with PDSS scores.