

disorders in accordance with the PSQI questionnaire was recorded in 32 (27.0%) patients. Sleep disorders were manifested by dissatisfaction with sleep quantity or quality that is associated with difficulty falling asleep. All patients have asthenic symptom.

**Conclusions:** It was noted that in most patients with COVID-19, along with a depressive and anxiety disorders, an asthenic symptom complex, sleep disturbances are recorded. The choice of the medical intervention should be based on the severity of the violations identified taking into account the side effects of the prescribed drugs, drug interactions and somatic status of patients

**Disclosure:** No significant relationships.

**Keywords:** Disorders; sleep; Covid-19; Depression

### EPV0363

#### Psychological resilience and anxiety in response to COVID-19

T. Ionescu<sup>1\*</sup>, V. Boscaiu<sup>2</sup>, B. Fetecau<sup>3</sup> and C. Tudose<sup>1</sup>

<sup>1</sup>University of Medicine and Pharmacy Carol Davila, Neuroscience 6, Bucharest, Romania; <sup>2</sup>Romanian Academy of Sciences, Institute Of Mathematical Statistics & Applied Mathematics Of Romanian Academy, Bucharest, Romania and <sup>3</sup>University of Medicine and Pharmacy Carol Davila, Cardiology, Bucharest, Romania

\*Corresponding author.

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**Introduction:** In Romania, the first case of COVID-19 was detected on 26 February 2020 and the number of cases has been rising afterward.

**Objectives:** The goal of this study was to assess anxiety and resilience regarding the COVID-19 pandemic and to analyse possible protective measures and risk factors.

**Methods:** This is a cross-sectional study and data were collected March and April 2021. Participants filled in the Zung Self-Rating Anxiety Scale and the Connor-Davidson Resilience Scale.

**Results:** The sample consisted of 440 participants who presented to the general practitioner (female-65.7%) and the most representative age group was 35-64 years old; 18.4% of the participants stated that they were infected; 56.6% reported that they do not know anyone in their entourage who was infected/ has died of COVID-19 (group A), 32.9% knowing people with an infection in their close social environment (group B) and 10.5% had close people who died (group C). Almost half of the respondents (49,3%) scored above the cut-off point of the anxiety index (mild 38.6%, moderate 9.9%, severe 0.8%). As we expected, there is a strong negative correlation between anxiety levels and resilience (Pearson Correlation=-.551,  $p < 0.01$ ). If groups A and B had similarities regarding anxiety levels (44.97 and 44.23), those knowing someone who died of COVID-19 (group C) had a higher anxiety level (47.81%) ( $p < 0.05$ ).

**Conclusions:** The recent COVID-19 pandemic has caused an understandable surge in anxiety among the general population. Low level of resilience is predictive of the phenomenon of having high anxiety in the face of the death of others.

**Disclosure:** No significant relationships.

**Keywords:** Covid-19; general practitioner; pandemic; Anxiety

### EPV0364

#### Depressive disorders among Tunisian high school teachers in the face of COVID-19

N. Regaieg<sup>1\*</sup>, L. Zouari<sup>1</sup>, Y. Mejdoub<sup>2</sup>, R. Feki<sup>1</sup>, I. Gassara<sup>1</sup>, N. Smaoui<sup>1</sup>, S. Omri<sup>1</sup>, M. Maalej<sup>1</sup>, J. Ben Thabet<sup>1</sup>, N. Charfi<sup>1</sup> and M. Maalej<sup>1</sup>

<sup>1</sup>Hedi Chaker University Hospital, Psychiatry C, Sfax, Tunisia and

<sup>2</sup>Hedi Chaker University Hospital, Epidemiology, Sfax, Tunisia

\*Corresponding author.

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**Introduction:** The constraints linked to COVID-19 may reduce resilience and intensify depressive feelings especially in vulnerable populations such as teachers.

**Objectives:** To understand the psychological distress in terms of depression of the COVID-19 pandemic among secondary school teachers in Sfax, Tunisia and to determine the correlated factors.

**Methods:** This was a descriptive and analytical cross-sectional study of 97 medium and high school teachers from Sfax, Tunisia. The study was conducted on google drive in May 2021, including an information sheet and the Patient Health Questionnaire (PHQ)-9 to assess depression.

**Results:** In our study, the sex-ratio (M/F) was 0.32 and the average age was 44.23 years old. The median professional seniority was 16 years (minimum=1, maximum=37). Suicidal thoughts were described by 10.4% of teachers while 54.2% reported the presence of sleep disturbances since the onset of the pandemic. The median PHQ-9 score was 8 (Q1=4, Q3=15). The distribution of scores indicated that 59.7% of participants had no to mild symptoms of depression while 40.3% had moderate to severe depression. Furthermore, the presence of depression was associated with an age  $\leq 40$  years old ( $p=0.037$ ), a professional seniority  $\leq 20$  years ( $p=0.035$ ), the female gender ( $p=0.005$ ), the presence of sleep disturbances ( $p < 0.001$ ) as well as with suicidal thoughts ( $p=0.006$ ).

**Conclusions:** It seems that COVID-19 health situation in education have led to the emergence of a teacher overexertion and a depth adaptation to the new environment demands. Thus, clinical attention to the depression level of the teachers is certainly warranted.

**Disclosure:** No significant relationships.

**Keywords:** Depression; high school teachers; Covid-19

### EPV0365

#### Perceived stress among physician parents during COVID-19 pandemic

N. Regaieg\*, D. Ben Touhemi, A. Fayala, J. Boudabous, W. Kammoun, K. Khemakhem, I. Hadj Kacem, H. Ayadi and Y. Moalla

Hedi Chaker University Hospital, Child And Adolescent Psychiatry, Sfax, Tunisia

\*Corresponding author.

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**Introduction:** Stress among physician parents is still poorly studied, especially during the SARS-COV-2 pandemic.

**Objectives:** To describe the stress of being both a doctor and a parent during COVID-19 epidemic.

**Methods:** It was a cross-sectional, descriptive and analytical study, carried out on google drive in March 2021, and relating to 93 Tunisian medical parents. We used a questionnaire containing the parents' personal and professional data as well as the perceived stress scale (PSS10).

**Results:** The majority of parents (94.7%) were women. The average age was 34.43 years old. The average age of marriage was 29.6 years for men and 25.4 years for women. The majority of parents (89.4%) had one or two children and 70.2% were satisfied with their relationship with their children. On another side, 71.3% of doctors had to provide on duty services in the hospital, with 44.1% providing 3-4 on-calls per month, while 69% were providing on duty services in the COVID units. The average PSS score was 22.6. The distribution of scores indicated medium and high stress level in respectively 84.9% and 14% of parents. Furthermore, the PSS score was negatively correlated with the marriage age ( $p = 0.046$ ,  $r = -0.2$ ). On the other hand, no association was observed with the children number nor with the satisfaction of the relationship with his child.

**Conclusions:** It follows from our study that stress among physician parents is at a fairly high level. Managing this stress during a pandemic is not easy and requires the activation of several defense mechanisms.

**Disclosure:** No significant relationships.

**Keywords:** physician parents; Covid-19; Perceived stress

### EPV0366

#### An increase in somatization in pandemic time in association with lexical characteristic of statements about pandemic

T. Medvedeva<sup>1</sup>, S. Enikolopov<sup>1</sup>, O. Boyko<sup>1\*</sup>, O. Vorontsova<sup>1</sup> and M. Stankevich<sup>2</sup>

<sup>1</sup>Federal State Budgetary Scientific institution "Mental health research center", Clinical Psychology, Moscow, Russian Federation and <sup>2</sup>Federal Research Center "Computer Science and Control" of RAS, Institute For Systems Analysis, Moscow, Russian Federation

\*Corresponding author.

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**Introduction:** One of the negative consequences of the COVID-19 pandemic may be an increase in somatization.

**Objectives:** identification of implicit characteristics of texts indicating the peculiarities of the opinion about the pandemic by people with high somatization level.

**Methods:** Survey (03/23/2020–01/29/2021, N=1188). Used: SCL-90-R, COPE, Constructive Thinking Inventory (CTI). It was offered to express an opinion on the pandemic. The statements were divided into the two text arrays - "high somatization" and "low somatization" (based on the parameter "somatization" SCL-90R). The frequency of words in these text arrays was estimated (LIWC).

**Results:** The analysis showed an increase in somatization as the pandemic developed (Std.J-T Statistic=4,327). The relationship between somatization and anxiety, sleep disturbances, and depression was revealed. Higher rates of somatization are associated with a decrease in emotional coping, «global constructive thinking» and «personal superstitious thinking», an increase in «categorical thinking». The connection between somatization and a number of non-constructive copings is shown. Texts associated with high somatization demonstrate higher number of pronouns of the first person (30.77%, 17.19%), a decrease in the tonality of words, a vocabulary (LIWC) of suffering, negative sthenic emotions (1,53%, 0,93%), a decrease in the

vocabulary of motivation and resistance (0,93%, 1,49%), a decrease in vocabulary associated with the body (0,20%, 0,32%).

**Conclusions:** The connection between somatization and high emotional distress, which manifests itself in negative emotional vocabulary and is associated with a low level of emotional coping, is shown. The "representation" of the pandemic, presented in the text, is "divorced" from somatic manifestations, fear of illness and death.

**Disclosure:** No significant relationships.

**Keywords:** lexical analysis of statements; somatization; quarantine; Covid-19

### EPV0367

#### Sleep in COVID-19 recovery period and its impacts on Quality Of Life

S. El Sayed<sup>1\*</sup>, S. Gomaa<sup>1</sup>, A. Eissa<sup>2</sup>, D. Shohry<sup>3</sup> and A. Kabil<sup>4</sup>

<sup>1</sup>Faculty of Medicine-Mansoura University, Department Of Psychiatry, faculty Of Medicine, Mansoura University, Mansoura, Egypt; <sup>2</sup>Faculty of Medicine-Port Said University, Department Of Neuropsychiatry, port Said University, Portsaid, Egypt; <sup>3</sup>Faculty of Medicine, Mansoura University, Community Medicine, Mansoura, Egypt and <sup>4</sup>Faculty of Medicine, Al Azhar University, Pulmnology, Cairo, Egypt

\*Corresponding author.

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**Introduction:** According to the World Health Organization (WHO), the COVID-19 infection became a worldwide devastating health issue starting in December 2019 in China and then gradually was a global pandemic. PTSD after recovery from COVID-19 has been correlated to sleep problems, high anxiety level and depressive manifestations. These sleep problems have their drastic effect on the recovered patients' quality of life including physical, psychological and social domains.

**Objectives:** 1-To investigate the sleep in the post Coronavirus -19 period 2-If has an impact on the different items of patients' quality of life.

**Methods:** 1-Socio-demographic characteristics of 500 recovered COVID-19 patients 2-Insomnia Severity index a brief scale evaluating the patient's insomnia. The ISI evaluates the subjective complaints and results of insomnia as well as the level of dysfunctions from these sleep disturbances 3-Pittsburgh sleep quality index (PSQI):The Pittsburgh Sleep Quality Index (PSQI) is a scale that study the subjective sleep quality and different domains of sleep over a period of 1-month 4-Quality Of Life (QOL) by the SF36 Health Survey is a 36-item -report survey that evaluate eight domains of physical and mental wellbeing ranging from 0 to 100.

**Results:** The mean score of insomnia severity index was  $13.01 \pm 4.9$ . Regarding Pittsburgh sleep quality index ,Sum of seven component scores was  $15.37 \pm 4.43$ .Also QOL SF36 showed higher scores of the 8 domains including physical and mental

**Conclusions:** High score of insomnia and sleep disturbances during the recovery period of COVID-19 infection which affecting the Quality Of Life

**Disclosure:** No significant relationships.

**Keywords:** sleep; sleep;covid-19;quality;life; quality; Covid-19