

Results: Cannabis use is a modifiable risk factor for the development and exacerbation of mental illness. The strongest evidence of risk is for the development of a psychotic disorder, associated with early and consistent use in youth and young adults. Cannabis-related mental health adverse events precipitating Emergency Department (ED) or Emergency Medical Services presentations can include anxiety, suicidal thoughts, psychotic or attenuated psychotic symptoms, and can account for 25–30% of cannabis-related ED visits. Up to 50% of patients with cannabis-related psychotic symptoms presenting to the ED requiring hospitalization will go on to develop schizophrenia. With the legalization of cannabis in various jurisdictions and the subsequent emerging focus of research in this area, our understanding of who (e.g., age groups and risk factors) are presenting with cannabis-related adverse mental health events in an emergency situation is starting to become clearer.

Conclusions: There's a need to provide a reconciliation of the addiction vulnerability and allostatic hypotheses to explain addiction comorbidity in mentally ill cannabis users, as well as to further aid in developing a rational framework for assessment and treatment of problematic cannabis use in these patients.

Disclosure of Interest: None Declared

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EPP0863

Dentists' level of stress and used coping strategies during COVID-19

K. S. Serota^{1*}, I. Kovács², A. Balint³ and K. Nagy⁴

¹Doctoral School of Clinical Medicine, Albert Szent-Györgyi Medical School, University of Szeged; ²Department of Psychiatry, Albert Szent-Györgyi Medical School, University of Szeged; ³Department of Psychiatry, Albert Szent-Györgyi Medical School, University of Szeged and ⁴Department of Oral Surgery, Faculty of Dentistry, University of Szeged, Szeged, Hungary

*Corresponding author.

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Introduction: COVID-19 has increased the levels of psychological stress experienced by the dental team, and higher level of constant stress negatively impacts mental health.

Objectives: The study aimed to 1) assess dentists' level of stress and compare it to normal population data; 2) identify the hierarchy of coping strategies chosen by dentists and their perception of those chosen by team members to manage psychological stress caused by the pandemic; and 3) to ascertain the effects of these coping strategies on dentists' higher stress level.

Methods: Data from an electronic test battery comprising of general demographic and dental-related variables was collected from 182 licenced Hungarian dentists at the outset of the pandemic. Responses to an empirical series of questions regarding their perceived level of stress, choice of interventional coping skills and their perception of those used by team members were recorded.

Results: Dentists' level of stress was significantly lower than the stress level measured in a Hungarian normal population ($t(386)=-2.227, p=0.027$), while financial status has a moderating effect ($F(3,176)=4.851, p=0.003$). The hierarchy of coping

strategies chosen by the dentist indicated that physical activity and exercise, particularly in groups settings ($M=4.78, SD=0.463$), and socialization with family ($M=4.72, SD=0.626$) were the most effective coping management strategies, superior to financial compensation, shifting work patterns, systems level change, and decisions within the team structure. Inclusionary strategies with family ($M=4.64, SD=0.587$), participating in individual leisure activities ($M=4.49, SD=0.621$) and socializing with friends ($M=4.44, SD=0.825$) were seen by dentists as more important to team members. Regression analysis was used to ascertain whether the use of these coping strategies increased the likelihood of having higher levels of perceived stress. The model was significant ($F(4,169)=8.292, p\leq 0.001$) with R^2 of 16.4%. Older age ($B=-0.179, S.E.=0.050, t=-3.582, p\leq 0.001$), gender ($B=4.214, S.E.=1.423, t=2.961, p=0.004$), active participation in developing COVID-19 protocols ($B=-1.619, S.E.=0.575, t=-2.815, p=0.005$) and socialization with family ($B=-2.108, S.E.=1.058, t=-1.993, p=0.048$) were the most effective coping mechanisms for having lower levels of perceived stress.

Conclusions: Our study provided insights into the value of importance attributed to perceived stress and a series of coping strategies used by the respondents and their perception of value ascribed to the same series by their team members. Active participation both in family life and in professional environment proved to be protective in such a highly stressful time like the COVID-19 pandemic.

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Prevalence of mental health effects among healthcare professionals during the COVID-19 pandemic

M. Bakola¹, K. S. Kitsou^{1*}, C. Kalogirou¹, N. Vaitis¹, S. Aggelakou-Vaitsi¹, K. Argyropoulos¹, M. Kampouraki¹, E. Gkatsi¹, K. Tsolaki¹, M. Vakas¹, A. Theochari¹, K. Mavridou¹, S. Karatzeni¹, M. Siali¹, X. Bazoukis¹, M. Chalkidou¹, V. Karagianni¹, P. Gourzis² and E. Jelastopulu¹

¹Department of Public Health and ²Department of Psychiatry, University of Patras, Medical School, Patras, Greece

*Corresponding author.

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Introduction: The COVID-19 pandemic has placed extraordinary mental health burdens on healthcare professionals. For women, it is a major challenge to reconcile the diverse roles of a professional, mother, and wife. The COVID-19 pandemic has exacerbated this, increasing their vulnerability to mental health issues.

Objectives: The aim of the study was to assess COVID-19-related mental health of healthcare professionals and to investigate whether possible gender differences as well as other parameters are associated with mental health disturbances.

Methods: We conducted a nationwide cross-sectional study of healthcare professionals working in hospitals or primary care settings in Greece from April to June 2022. Participants answered a questionnaire that included socio-demographic and other parameters, the Coronavirus Anxiety Scale (CAS), the Coronavirus Reassurance-Seeking Behaviors Scale (CRBS), and the Obsession with COVID-19 scale (OCS).

Results: A total of 464 healthcare professionals participated in the study, 71.2% were females and two-thirds were 31-50 years old.