

and 41.44 in the study group, while the mean DrVac-COVID19S score was 51.25 for pregnant women and 55.85 for women of reproductive age. The mean CAS score was 0.61 in the pregnant group and 1.03 in the control group, respectively, suggesting a low level of anxiety associated with COVID-19. Other results on the severity of anxiety and fear of coronavirus were obtained using the FCV-19S. The mean score oscillated around 15 out of a possible 35, indicating moderate anxiety.

Conclusions: Pregnant women generally showed moderate COVID-19 anxiety, but the results varied depending on the tool used. VAC-COVID-19 and DrVac-COVID19S scores confirmed the high level of vaccine acceptance among the women surveyed and positive attitudes towards it. There was a strong positive correlation between VAC-COVID-19 and DrVac-COVID19S. Insufficient knowledge of the effects or complications of the vaccine in the foetus were the most common reason for COVID-19 vaccine refusal among pregnant women.

Disclosure of Interest: None Declared

EPP0960

Losing psychiatric or psychological follow-up during the first COVID-19 confinement in Portugal: outcomes in mental health

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Introduction: The COVID-19 outbreak imposed several periods of lockdown to stop the pandemic, with a determinant impact on access to mental health services. In Portugal, the first State of Emergency was declared on the 18th of March 2020, with the obligation of mandatory confinement and circulation restriction. Restrictive measures were alleviated on the 2nd of May 2020.

Objectives: We aimed to investigate the impact of the first confinement on the maintenance or loss of psychiatric and psychological follow-up. Also, we aimed to explore the outcomes in the mental health of losing psychiatric or psychological consultations.

Methods: We conducted an online survey among the Portuguese population to evaluate demographic, clinical and mental health variables (STAI, DASS-21, PHQ, OCI-R, Quality of Life [QoL] and PSS). Individuals were invited to answer the survey at two timepoints: third week of March 2020 and third week of May 2020. Concerning the first timepoint, we used independent t-tests to compare the mental health variables in the individuals who loss and who did not lose consultations. Then, we evaluated the impact of losing consultations across time in those individuals who continued responding in the second timepoint, through a Linear Fixed Model. All the analyses were performed using JASP software.

Results: From the total sample (n=2040), 334 individuals (84.4% female gender) had psychiatric and/or psychological consultations

previously to the confinement. In March 2020, the individuals who maintained the consultations (35.0%) showed best mental health indicators in the QoL Self Evaluation (p=0.002), QoL Satisfaction (p=0.037), STAI State (p<0.001), DASS-21 (p=0.001), PHQ (p<0.001), OCI-R (p=0.002) and PSS (p<0.001). Among the matched individuals who answered the survey in May 2020 (n=93), we found that the group who maintained follow-up (n=24) did not improve significantly more than the other group (n=69) for any of the mental health variables in study.

Conclusions: The results indicate that stopping psychiatric and psychological follow-up represented worse mental health outcomes at the beginning of the first confinement. However, anxiety feelings improved at the end of the first confinement, which happened independently of psychiatric/ psychological follow-up.

Disclosure of Interest: None Declared

EPP0961

Symptoms of Depression and Anxiety Among Elite High School Student-Athletes in Sweden During the COVID-19 Pandemic: A Longitudinal Study

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Introduction: The COVID-19 pandemic precipitated numerous changes in daily life, including the cancellation and restriction of sports trainings and competitions globally. Because engagement in sports contributes positively to the physical and psychosocial development of adolescents, restricting these activities may have led to long-term changes in mental health, especially among high school student-athletes that spend a significant amount of time training and competing.

Objectives: We sought to (1) compare overall prevalence rates and symptom severity of depression and anxiety between 2021 and 2022, (2) assess cohort and class-level differences on internalizing measures, and (3) identify demographic and health risk factors for developing depressive and anxiety symptoms in 2022 and compare the composition of these models predicting depression and anxiety with those proposed by Håkansson et al. (Front. sports act. living 2022; 4 943402) on student-athletes in the 2021 sample.

Methods: Using a cross-sectional study design with repeated measures, we measured rates of depression using the Patient Health Questionnaire-2 scale (PHQ-2) and anxiety using the Generalized Anxiety Disorder-2 scale (GAD-2) in student-athletes attending elite sport high schools in Sweden during the second wave of the pandemic (February 2021) and after all restrictions were lifted (February 2022).

Results: As illustrated in Table 1, the overall prevalence of depression among student-athletes declined significantly from 19.8% in 2021 to 17.8% in 2022, whereas the percentage of student-athletes screening for anxiety did not change significantly (17.4% in 2021 to 18.4% in 2022).

Table 1 Depression and Anxiety Measures 2021-2022

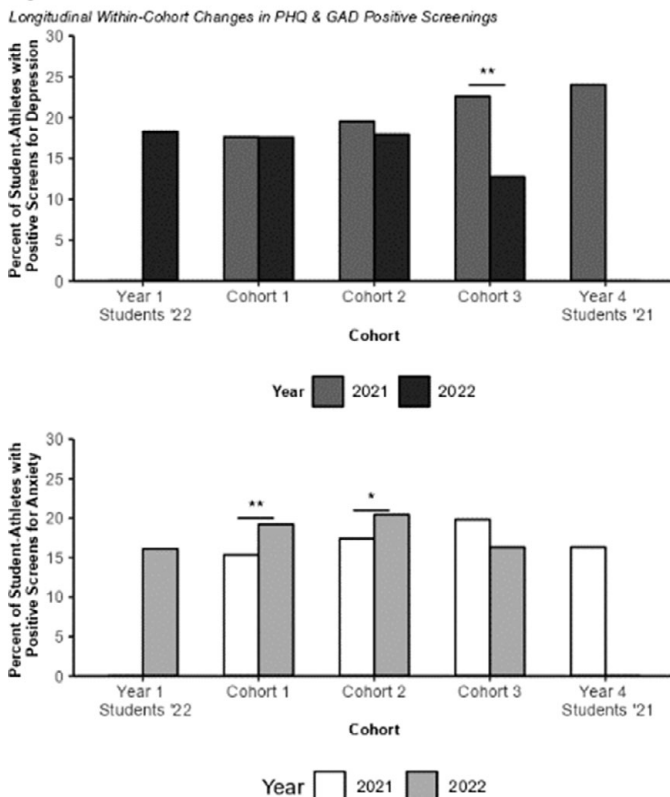
Variable	2021	2022	<i>P_{raw}</i>	<i>P_{adj}</i>
Positive diagnosis, <i>n</i> (%) ^a				
PHQ-2 ≥ 3	1390 (19.8%)	1107 (17.8%)	.002	.007
GAD-2 ≥ 3	1219 (17.4%)	1147 (18.4%)	.125	.187
Symptom measure <i>M</i> (<i>SD</i>) ^b				
PHQ-2 [0-6]	1.38 (1.52)	1.25 (1.48)	< .001	< .001
GAD-2 [0-6]	1.35 (1.57)	1.36 (1.59)	.784	.840

Note. Comparison of psychological health measures across years. *P*-values adjusted for multiple comparison using Benjamini & Hochberg (1995)³⁶ procedure.^aChi-square test of homogeneity
^bindependent-samples *t*-test

Cohort-level analyses revealed older students exhibited decreases in depressive symptoms (Figure 1), while younger cohorts experienced increases in symptoms of anxiety (Image 2) from 2021 to 2022. Logistic regressions revealed that being female, reporting poorer mental health due to COVID-19, and excessive worry over one's career in sports were significant predictors of both depression and anxiety screenings in the 2022 sample (Image 2).

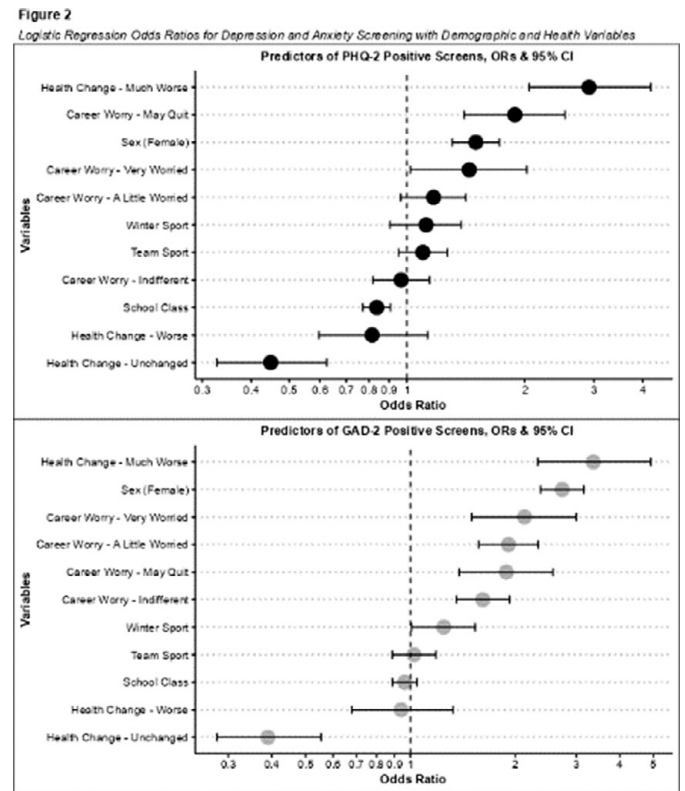
Image:

Figure 1



Note. Cohort 1 = year 1 students in 2021 and year 2 students in 2022, Cohort 2 = year 2 students in 2021 and year 3 students in 2022, etc. Created using the ggplot2() package. **p* < .05, ***p* < .01.

Image 2:



Note. Adjusted odds ratios (OR) for variables predicting positive screenings for PHQ and GAD scales. References for each variable are as follows: (a) Health Change - Improvement; (b) Sex - Male; (c) Career Worry - Unworried; (d) Individual Sport. Health Change (Much Worse), Career Worry (May Quit), Sex (Female), School Class and Health Change (Unchanged) were significant predictors of PHQ-2 positive/negative screenings. For GAD-2 results, Health Change (Much Worse), Sex (Female), Career Worry (Very Worried, A Little Worried, May Quit) and Health Change (Unchanged) were significant (*p* < .0045). Created using the OddsPlotly() package.

Conclusions: In comparison to periods when sports participation was limited in February 2021, the lifting of restrictions in February 2022 was associated with overall reduced levels of depression, but not anxiety.

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EPP0962

The mental health of young doctors during the omicron wave

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Introduction: The healthcare environment is a special work environment. It exposes the staff to physical and psychological