

PTSD and should probably be precociously screened and treated in this population.

Disclosure of Interest: None Declared

EPP0686

Psychological impact of the covid 19 pandemic on health care workers

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Introduction: The COVID 19 pandemic had a significant psychological impact worldwide. Health care workers (HCWs) were the most affected because of the pandemic burden and occupational exigencies.

Objectives: To describe epidemiological characteristics of HCWs with post COVID19 anxiodepressive disorders.

Methods: A descriptive cross-sectional study was carried out. It included HCWs of a university hospital who consulted the Occupational Medicine Clinics for the three-month post-COVID's medical visit. The study was carried out during the period March 2020 to January 2022. The data was collected using a questionnaire including socio-occupational and medical characteristics. Psychometric evaluation was carried out using « the Hospital Anxiety and Depression Scale »

Results: We have collected 164 HCWs. The sex ratio (M/F) was 0.29. The average age was 41±9.8 years. They belonged to the pneumology (27%), intensive care (11%) and biology laboratory (11%). The prevalence of anxiety and depression was 34% and 30% respectively. We found an association between sleep disorders and anxiety (p=0.000), OR=5 IC95%[2.4-10.3] and depression (p=0.000), OR= 4 IC 95%[2.0-9.3]. We found an association between anxiety and persistent fatigue (p=0,000), OR=4[2,0-8,6], anxiety and concentration and memory difficulties (p=0,000), OR=3 IC 95%[1,7-6,9]. Referral to psychiatric consultations were done in 16% of the cases.

Conclusions: Post-COVID anxiety disorders were frequent among HCWs and associated with neurocognitive disorders. Psychiatric support and early treatment are necessary to prevent mental deterioration.

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Anxio-depressive disorders among healthcare workers in COVID-19 department

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Introduction: The COVID pandemic has troubled the world and disrupted the professional and personal lives of healthcare workers, putting their mental health at risk.

Objectives: Determine the prevalence of anxiety-depressive disorders among health personnel assigned to the COVID-19 circuit.

Methods: Cross-sectional study carried out on healthcare personnel assigned to departments dedicated to the care of patients hospitalized for a SARS-COV2 infection. The study took place between March and September 2021. Data collection was done from a pre-established sheet. Anxiety-depressive disorders were screened using the HAD scale.

Results: The study included 140 health personnel. The sex ratio (M/W) was 0.62 with 54 men and 86 women. The mean age was 36.4±9 years. Nurses represented the largest professional category (64.6%). Professional seniority was 10 ± 9 years. Staff had been caring for patients with COVID for an average of 9 ±5 months. They worked an average of 4 days a week. The number of patients ranged from 1 to 55 per department. Psychiatric history was found in 29 participants, depression in 7% and anxiety in 2%. The workload was rated very hard at 42.1% and hard at 37.1%. Thirty percent of the population declared having received the moral support necessary to face the wave. The prevalence of anxiety and depression were 75.7% and 72.9% respectively. With 48.6% of patients presenting with definite anxiety and 27.1% with probable anxiety. Depression was certain in 40% of cases and doubtful in 32.9% of cases.

Conclusions: Anxio-depressive disorders are common among healthcare staff assigned to the COVID circuit. Setting up listening cells with regular monitoring of these staff is very important to avoid psychological impact

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E-mental Health 02

EPP0689

Experiences with a blended cognitive behavioral therapy (bCBT) intervention for the treatment of depression and anxiety in university students: A qualitative study

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Introduction: Internet-based cognitive behavioral therapy (iCBT) programs have been widely acknowledged as effective resources to treat common mental health disorders (CMDs) like depression or anxiety. However, real-world uptake rates remain low, which could be associated to low individualization options of iCBT. Blended cognitive behavioural therapy (bCBT) allows for more personalized care by combining regular face-to-face therapy sessions with digital therapeutics (DTx). However, in-depth experiences with DTx in bCBT programs have yet rarely been examined. In this study, we