

Objectives: Assess the level of parental stress experienced by mothers during the COVID-19 pandemic and compare it with that experienced by fathers.

Methods: This was a descriptive and comparative analytical study, shared on social networks during the period from 8 to 20 April 2021, targeting mothers of children aged 2 to 18 years. The mother answered the questionnaire for herself and her child. The level of stress experienced by the mother in the parent-child relationship during the COVID-19 pandemic was assessed by the brief version of the Parental Stress Index (PSI-SF).

Results: The total number of participants was 65 mothers. Parental stress level in mothers was high in 58.5%, the average PSI score was 94.25; the mean score of the parental distress subscale was 34.06; the mean score of the dysfunctional child-parent interaction subscale was 27.86; and the average score of the child difficulty subscale was 32.32. The mean scores of the parental distress subscale, the child difficulty subscale, as well as the mean PSI total score were significantly higher in mothers than in fathers, with $p=0.010$; $p=0.022$ and $p=0.017$ respectively.

Conclusions: Our results highlight a higher level of stress in mothers than in fathers. This can be explained the parental, marital and professional responsibilities imposed on women, underlining the urgent need to provide mothers with adequate support.

Disclosure: No significant relationships.

Keywords: mental health; Covid-19 pandemic; parental stress; Tunisian mothers

EPV0430

Stressors in nursing students during the COVID-19 pandemic

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Introduction: The coronavirus epidemic started in Tunisia on March 12, 2020. Nursing students in hospital internship are among the professional categories most exposed to the virus.

Objectives: To identify stressors during a COVID-19 pandemic among senior nursing students at the military health school.

Methods: Descriptive, retrospective study conducted in March 2021 of the 60 senior nursing students enrolled in the military health school. We developed a self-questionnaire with questions about potential stressors during a COVID-19 pandemic.

Results: Our population was 54.3% male and 45.7% female. The mean age was 22.6 years. Most of the senior students (54.3%) worked in units dedicated to the care of patients with COVID-19. The main stressors reported by the students were fear of seeing patients die (84%), contaminating family (81.4%), being assigned to a COVID unit (78%), lack of protective equipment (75%), catching COVID-19 (67%), contaminating colleagues (64%), delay in teaching (61%), lack of competence and making mistakes (53%).

Conclusions: The COVID-19 pandemic is a time of major stress for nursing students. Psychological support should be provided.

Disclosure: No significant relationships.

Keywords: Stress; nurse student; stressors; Coronavirus

EPV0431

Validation of the Naimigen questionnaire among the healthy population of Russia during the COVID-19 pandemic

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Introduction: The Naimigen questionnaire (Van Dixhoorn, Dui-venvoordent, 1985) was developed in the 1980s to assess the severity of hyperventilation syndrome, which causes respiratory alkalosis and, as a result, polysystemic functional symptoms. Later, this questionnaire was recommended for use in the diagnosis of dysfunctional breathing. The COVID-19 pandemic provokes anxiety as a stressful event and objectifies the respiratory function, which becomes a favorable ground for the growth of the prevalence of dysfunctional breathing in society.

Objectives: To validate the Naimigen questionnaire in the context of the COVID-19 pandemic among the Russian-speaking population.

Methods: The author's socio-demographic questionnaire and the Naimigen Questionnaire (NQ) were used (Van Dixhoorn, Dui-venvoordent, 1985). The study was conducted online from April 27 to December 28, 2020. It was attended by 1,362 people from all regions of Russia, including 1,153 women and 209 men aged 15 to 88 years (38.3 ± 11.4).

Results: The stable reliability of the Alpha-Kronbach coefficients (>0.877) was revealed for all NQ points. To check the factor structure of the Naimigen questionnaire, we conducted an exploratory factor analysis using the direct Oblimin criterion, which, when explaining 57.3% of the total variance, allowed us to identify 4 factors: respiratory symptoms, paresthesia and gastrointestinal symptoms, tension, derealization.

Conclusions: Checking the reliability and factor structure of the Naimigen questionnaire allows us to reasonably use this questionnaire on a Russian-language sample in the conditions of the COVID-19 pandemic. **Disclosure:** Research is supported by the Russian Science Foundation, project No. 21-18-00624.

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Keywords: Covid-19 pandemic; dysfunctional breathing; psychosomatics; Naimigen questionnaire

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Covid-19 Barrier gestures for patients with schizophrenia: A therapeutic "dead end"?

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