

The study was conducted from January 2021 to November 2022. The sample consisted of 390 patients (64 men and 326 women), whose average age was  $28.58 \pm 10.74$ .

**Results:** The subjective assessment of the duration of COVID-19 disease and its impact on the patient's life is higher if the patient is still sick with COVID-19 ( $r=0.340$ ,  $p=0.008$ ;  $r=0.312$ ,  $p=0.000$ ), in a more severe form ( $r=0.341$ ,  $p=0.000$ ;  $r=0.298$ ,  $p=0.000$ ), less satisfied with the attitude of medical workers during illness ( $r=0.151$ ,  $p=0.003$ ;  $r=0.143$ ,  $p=0.005$ ), more afraid for the health of their loved ones ( $r=-0.194$ ,  $p=0.000$ ;  $r=-0.181$ ,  $p=0.000$ ). At the same time, greater concern about COVID-19 and a greater assessment of its impact on the emotional state is associated with patients' fear for the health of loved ones ( $r=-0.267$ ,  $p=0.000$ ;  $r=-0.242$ ,  $p=0.000$ ) and more severe course of the disease ( $r=0.107$ ,  $p=0.035$ ;  $r=0.126$ ,  $p=0.013$ ). Less sense of control in a COVID-19 disease situation is associated with a more severe course of the disease and greater fear for the health of loved ones ( $r=-0.174$ ,  $p=0.001$ ;  $r=0.154$ ,  $p=0.002$ ).

**Conclusions:** Thus, whether the patient has recovered after COVID-19 or not yet, how severe this disease was, how satisfied he was with the attitude of medical workers towards him during the illness and how much he fears for the health of loved ones during the pandemic, is related to such perceptions about COVID-19 disease as an assessment of the disease duration, its impact on life, emotional state, concern about one's own illness and understanding of its nature.

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### EPV0333

#### The Impact of the COVID 19 Pandemic on Psychiatric Hospitalizations in a Portuguese Department: A Retrospective Observacional Study

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**Introduction:** The World Health Organization declared the coronavirus outbreak a pandemic on March 11th 2020. Since then, the containment measures were leading to increasing mental health problems in the general population and worsening of some pre-existing psychiatric conditions. To our knowledge, there are few studies characterizing the impact of the COVID-19 pandemic on psychiatric hospitalizations across the world.

**Objectives:** We aimed to compare the number and characteristics of the hospitalizations in the mental health department of a Portuguese psychiatric hospital from March 2nd 2019 to October 31st 2019 with those that occurred in the same period in 2020.

**Methods:** We conducted a retrospective observational study including all patients admitted to hospital during these periods ( $n=805$ ). Sociodemographic data, clinical characteristics and information about the context of hospitalization were collected. Statistical analysis was performed using t Student Test, Mann-Whitney and Chi-square.

**Results:** In the pandemic period there was a marked reduction in the number of psychiatric hospitalizations. There was a statistically significant difference in the median length of stay and in the percentage of involuntary hospitalizations between the two periods. In 2019, the most frequent International Classification of Diseases (10th Revision) diagnostic categories were F30-F39 (mood disorders) and in 2020 were F20-F29 (schizophrenia, schizotypal and delusional disorders).

**Conclusions:** The reorganization of services and the decrease in admissions through the emergency department may explain these results.

**Disclosure of Interest:** None Declared

### EPV0334

#### Enduring the unseen burden: a qualitative analysis on long-term emotional impact of COVID-19 on long-term care workers

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**Introduction:** Long-term care facilities, such as nursing homes and other assisted living facilities, have been hit particularly hard by the COVID-19. The overall pandemic created an enormous pressure on long-term care workers (LTCWs), making them particularly vulnerable to mental disorders. However, most of the existing evidence regarding the well-being of care professionals has predominantly focused on frontline healthcare workers.

**Objectives:** This study aimed to identify long-term psychological needs of LTCWs derived from the COVID-19 pandemic, as part of a project that is developing an intervention to reduce psychological distress in this population group.

**Methods:** We performed a qualitative study with a rapid research approach. Participants were recruited from long-term care facilities located in Catalonia, Spain. Between April and September 2022, we conducted semi-structured interviews inquiring about the most psychologically challenging stages of the pandemic, perceived emotions during those stages, main determinants of those emotions, and their emotional state at the time of the interview. We used a qualitative content analysis method with an inductive-deductive approach.

**Results:** Thirty LTCWs participated in the study. Mean age was 44 ( $SD=11.4$ ), 87% were females and one third were from foreign nationalities. The period of the pandemic with highest mental health burden was the outbreak, with almost every worker having experienced some form of emotional distress. Emotional distress persisted over time in more than half of participants, with fatigue and nervousness being the main emotions expressed at the time of the interview. High workload, feeling that pandemic times are not over and poor working conditions that have remained since then,

have been the most frequently expressed determinants of such emotions.

**Conclusions:** Long after the pandemic outbreak, emotional distress is still relevant. The persistent burden of psychological distress points to a need for institutions to take action to improve working conditions and promote employees' wellbeing.

**Disclosure of Interest:** None Declared

### EPV0335

#### Impact of the Second Wave of the COVID-19 Pandemic on the Quality of Life and Emotional Well-being of Students studying humanities disciplines in Russia

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**Introduction:** The second wave of the COVID-19 pandemic had a significant impact on the quality of life and emotional well-being of the Russian population, with increased emotional disorders such as depression and anxiety. This study focuses on the specific context of Russian university students studying humanities disciplines, who had to adapt to remote learning and self-education during the pandemic.

**Objectives:** This study aimed to assess the quality of life and measure the levels of depression, anxiety, and stress among Russian humanities students. Additionally, it examined the correlations between quality of life and emotional disorders.

**Methods:** Data collection was conducted between January and April 2021 using a customized Google form. The study included 35 students from Russian universities. Quality of life was assessed using the WHOQOL-BREF questionnaire, and levels of depression, anxiety, and stress were determined using the DASS-21 methodology, both adapted for use in Russia.

**Results:** The mean values for the quality of life domains were as follows: "physical and psychological well-being" ( $M = 20.65 \pm 3.85$ ), "self-image" ( $M = 19.21 \pm 3.54$ ), "microsocial support" ( $M = 10.39 \pm 2.36$ ), and "social well-being" ( $M = 27.93 \pm 4.15$ ). Notably, 54% of respondents exhibited no symptoms of depression, 66% showed no signs of anxiety, and 69% reported no stress. Correlation analysis revealed that there was no statistically significant relationship between stress and quality of life, and social well-being did not correlate with emotional disturbances.

**Conclusions:** During the second wave of the COVID-19 pandemic, the majority of Russian humanities students did not experience clinical manifestations of depression, anxiety, or stress. To improve their emotional well-being, students should prioritize their physical and psychological health, self-perception, self-esteem, and relationships with their immediate social circles, particularly their families. In this pandemic context, broader social factors such as recreational opportunities took a back seat in students' priorities.

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### EPV0336

#### Fundamental beliefs, as well as levels of depression, anxiety, and stress experienced by Russian students during the second wave of the COVID-19 pandemic

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**Introduction:** A pandemic caused by a novel coronavirus is an immensely traumatic event. Researches indicate that such events significantly impact various aspects of individuals, including their physical, emotional, cognitive, behavioural, and social functions, affecting different components of their personality structure. However, the experience of trauma itself is influenced by implicit internal structures known as underlying beliefs. Consequently, emotional responses to traumatic events may be interconnected with these core beliefs.

**Objectives:** This study aimed to explore fundamental beliefs among Russian university students and analyze their associations with emotional reactions such as depression, anxiety, and stress.

**Methods:** Data collection took place from January to April 2021 using a custom-designed Google form. The study involved 35 Russian university students. We employed the WAS-37 methodology to investigate fundamental beliefs and the DASS-21 methodology to assess the levels of depression, anxiety, and stress. Both questionnaires were adapted for use in Russia.

**Results:** We found that the mean values of the "Benevolence of the surrounding world" ( $M = 35.5 \pm 7.3$ ) and "Luck" ( $M = 31.7 \pm 5.1$ ) scales are higher than the normative mean values for the Russian population. In contrast, the mean values of the "Fairness" ( $M = 21.0 \pm 3.7$ ), "Self-image" ( $M = 26.6 \pm 7.0$ ) and "Beliefs about control" ( $M = 26.6 \pm 4.8$ ) scales are generally not different from the normative values. Depression has negative correlations with Self-image ( $r_s = -0.590$ ,  $p < 0.01$ ) and Beliefs about control ( $r_s = -0.509$ ,  $p < 0.01$ ). No statistically significant correlations of anxiety and stress with baseline beliefs were obtained.

**Conclusions:** During the second wave of the pandemic, Russian university students tend to view the world around them as less perilous than the broader population does, and they perceive themselves as more fortunate. Depressive feelings among students are linked to their lower beliefs in the value and importance of their self, as well as their perception that the world around them is not sufficiently controllable.

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