mainly on the SOM, DEP, ANX, HOS scales. To a lesser extent - on the INT and PAR scales; were practically not determined on the PSY and PHOB scales. Most of the symptoms are significantly more intense in patients over 46 years old (n = 129) compared with the younger population (<46 years old, n = 19). Older patients according to SOM revealed 1.23 points (IQR 0.5) versus 0.85 (IQR 0.7) among young people, DEP - 0.88 (IQR 0.44) vs. 0.47 (IQR 0.44), ANX - 0.66 (IQR 0.44) vs. 0.43 (IQR 0.29), OS - 0.55 (IQR 0.5) vs. 0.31 (IQR 0.25) and HOS - 0.46 (IQR 0.34) vs. 0.29 (IQR 0.09).
Conclusions: Patients recovering from severe COVID-19 pneumonia require psychiatric evaluation and subsequent differentiated psychotherapeutic rehabilitation, especially for the age group over 46.
Conflict of interest: No significant relationships.

EPP0373

Anxiety and depression among students in a greek university amidst COVID-19 pandemic

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Introduction: The coronavirus pandemic has challenged the world with an unprecedented situation. Social distancing, self or quarantine isolation, personal hand hygiene, self-protection, and the fear of becoming infected with the virus, come with a psychological fallout. The COVID-19 pandemic has affected students around the world, in terms of their education and lifestyle.
Objectives: To investigate the impact of COVID-19 pandemic on the students' mental health and well-being at the University of Patras, in Western Greece.
Methods: An online questionnaire was prepared to collect responses from students during April 2020. Socio-demographic data, academic status, opinions about distance learning, changes in daily routine during the lockdown and anxiety and depression scores, according to the Greek version of the Hospital Anxiety and Depression Scale (HADS), were gathered.
Results: The total number of responders was 2009, of which 67.3% women. During lockdown, the 68% of the students returned to their family home. Anxiety and depression scores were higher in students with a low income, poor self-rated health, not informed about COVID-19, not satisfied with distance learning and being annoyed at staying home. Prevalence of anxiety and depression was found to be 35.8% and 51.2%, ranging from 26.7% to 48.2% for anxiety and from 36.3% to 60.5% for depression in Health Sciences and Humanities and Social Sciences, respectively.
Conclusions: Depression rates among university students in Greece were alarmingly high, denoting the impact of lockdown and changes in students' life, due to the COVID-19 pandemic.

Keywords: Anxiety; Depression; Students; COVID-19

EPP0377

Hopelessness and externality as predictors of experiencing anger during COVID-19 lockdown in Russia

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Introduction: Following Italy and many other European countries Russia entered a nationwide lockdown in March 2020. Since quarantine had impact on mental health (Gualano et al., 2020, Stanton et al., 2020), this study aimed to study the psychological predictors of low mental health and anger in Russian university students. Previous studies have shown that young people are most vulnerable part of population during Covid-19 pandemic (Pervichko et al., 2020).
Objectives: The purpose of this research was to assess the effects of externality and hopelessness on anger and irritation during COVID-19 lockdown.
Methods: The sample comprised 120 university students (86% women, M=18.84, SD=1.58) from Moscow. Online survey has been conducted in April 2020. Measures included Russian externality-internality scale based on Rotter's scale and three new scales specific for COVID-19 pandemic developed for this study to assess feeling of hopelessness (α = 0.72), anger (α = 0.70) and positive reformulation (α = 0.84).
Results: Anger shows significant correlations with hopelessness (r=0.43; p<0.001), externality (r=0.29; p<0.01) and positive reformulation (r=–0.41; p<0.001). Structural equation modeling confirms theoretical model according to which the effect of externality on anger is mediated by hopelessness and positive reformulation (negatively) (indirect effects sig. at p<0.01, $\chi 2$ = 1.32; df = 1; p = 0.251; CFI = 0.995; TLI = 0.969; RMSEA = 0.052.
Conclusions: Conclusions. Anger and irritation regarding the necessity to stay at home during COVID-19 lockdown may be caused by external locus of control which effect on anger is mediated by hopelessness and limited capacities for positive reframing.

Keywords: anger; COVID-19 lockdown; Hopelessness; externality

EPP0378

Anxiety on the lockdown resolution

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Introduction: Lockdown due to the management of infectious diseases such as corona virus disease affect mental health. We would think that with the end of the lockdown due to the corona virus pandemic, the feeling of regaining freedom and movement would be good for our morale.

Objectives: Through this servery, we examine the prevalence of anxiety symptoms in the Tunisian population face to the end of lockdown.
Methods: The survey was conducted using the online anonymous questionnaires and distributed through social networks from 24 April to 23 May 2020(which was considered the end of the lockdown in Tunisia). It included socio-demographic questions and participants' experience of SARS-CoV-2related stressful events (A member of your family was suspected of having Corona virus /someone you know had Corona virus's symptoms /You were quarantined). Anxiety symptoms were evaluated with the Hospital anxiety and depression scale-anxiety (HADS-A)
Results: Our study included 80 participants: 71.3% female and 42.5% married. The mean age of the participants was 29.30 years (SD = 8.72). The mean HADS-A score was 8.03 (SD=2.938) (maximum=16 minimum=1). Two-thirds of the participants exhibited anxiety symptoms (66.3%) with 1.3 % reported moderate severe anxiety symptoms. Anxiety was correlated with age and gender (p=0.013, p=0.027).
Conclusions: Our results suggest that in this early phase of the COVID-19 lockdown resolution we can already observe its fundamental impact on anxiety.

Keywords: Anxiety; COVID19; lokdown resolution; tunusia

EPP0379

New measure of defensive and constructive optimism towards COVID-19 pandemic

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Introduction: Individuals' beliefs about COVID-19 pandemic may affect their health-related behavior including self-isolation. "Positive" beliefs may be realistic (constructive belief that efforts help to prevent infection and spread of the virus) or rose-colored glasses (defensive belief that coronavirus problem is exaggerated aimed to cope with anxiety) with different consequences for behavior and mental health.
Objectives: Objectives: The aim was to develop the scales of defensive and constructive optimism towards COVID-19 pandemic (DCO-Covid) and analyze their psychometric properties, factor structure using CFA, internal consistency and validity.
Methods: The sample comprised 1403 university students (68% women, M=20.59, SD=3.66) from large cities of Russia. Online survey conducted from 10/4/2020 till 25/4/2020. Test battery included the scales of constructive and defensive optimism (each of 3 items) and measure of dispositional optimism (LOT-R, Scheier et al., 1994). Part of the sample (N=306) completed anxiety in a pandemic questionnaire (Tkhostov, Rasskazova, 2020).
Results: CFA indicated a good fit for the two-factor model (χ^2=27.11, df=8, p<.001, CFI =.985, TLI=.971, RMSEA = .041, p [RMSEA≤.05] = .78) with negative correlations between factors (–.28). Cronbach's alpha for defensive optimism and constructive optimism were α=.75 and α=.70 respectively. As expected constructive and defensive optimism correlated with dispositional optimism (r=.24; p < .001 and r=–.06; p<.05 respectively) and anxiety (fear of infection, r=.08; n.s and r= –.23; p < .001).
Conclusions: The results show that DCO-C is a reliable measure of defensive and constructive optimism towards COVID-19 pandemic. The construct validity of these scales is confirmed by CFA and obtained correlations.

Keywords: constructive optimism; questionnaire; COVID-19 pandemic; Defensive optimism

EPP0380

The psychological impact of the COVID-19 pandemic and confinement period on a tunisian sample

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Introduction: Coronavirus disease 2019, is now a global pandemic that has spread rapidly causing many deaths. Most countries have opted for compulsory confinement which had repercussions on mental health and well-being.
Objectives: The purpose of this study is to assess mental health consequences during the confinement period.
Methods: This is a cross-sectional descriptive study of 360 Tunisians in April and May 2020. We used an anonymous E-questionnaire that included a socio-demographic fact sheet, The HAD questionnaire, and a Q-EDD questionnaire to explore eating disorders.
Results: The subjects of our sample were mostly males with a mean age of 31. The body mass index was 25.5 (range 16.10 -46.24), 15% suffered from obesity. Half of the subjects were single and 6.7% spent the confinement time alone. 11.1% were smokers while 4.4% were alcohol users. The HAD-A and the HAD-D scores had an average of 9.1 and 8.48 respectively.A pathological threshold of anxiety and depression was found in 20% and 30% of the sample respectively.15% had an eating disorder: 76% had binge eating, 20% had bulimia and 17% had anorexia. In our study, we found an association between eating disorder and obesity, single marital status (p=0.007), living alone (p=0.001), history of depression (p=0.046), anxiety (p=0.049) and depression (p=0.038).
Conclusions: Reduced social interactions, decreased physical activity and increased stress are potentially harmful causes for our brain. Confining the population for several weeks has a negative impact on our physical and mental health. A crisis unit has been formed in Tunisia to help subjects overcome these psychological difficulties.

Keywords: COVID19; eating disorders; Depression; Anxiety

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