EPV0554

Perceived Stress and risk of infection among Covid-19 frontline Healthcare workers

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Introduction: Working at Covid-19 frontline may threaten physical and mental health healthcare workers (HCWs). Assessing perceived Stress in HCWs is important to prevent serious mental illness
Objectives: Assess the association between perceived stress and risk perception among healthcare workers working in the Covid-19 unit.
Methods: We conducted a cross-sectional study among healthcare workers working in a COVID-19 unit between March and July 2021 through a self-administered questionnaire. The Perceived Stress Scale (PSS-10) was used to assess perceived stress. The perceived risk of getting infected was assessed by a 5-item Likert Scale. The perceived risk of family members' infection was evaluated by a Scale from 0 to 10.
Results: A total of 85 participants were included. The mean age was 31±6 years. About 87% of participants lived with their families. Seventy-six per cent of HCWs rated their health status greater than or equal to 8/10. A percentage of 18,8% of HCWs have been infected with the Covid-19. Our population consisted of 44.7% technicians and 24,7% nurses, and 80% of the participants reported direct contact with COVID-19 confirmed patients. The level of the perceived risk of getting infected was high to very high in 95% of the HCWs. The mean score of the perceived risk of family members contracting the virus was 5.7 and 27,1% rated it greater than or equal to 8. The PSS-10 showed moderate and high perceived stress in 82,3% and 7,1% of participants, respectively. Only 10,6% of HCWs presented low-stress perception.
Conclusions: Frontline healthcare providers have high perceived stress and are at risk of mental health disorders

Disclosure: No significant relationships.
Keywords: Covid-19; healthcare workers; Perceived stress

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Social medias in increasing anxiety around COVID-19 in Morocco

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Introduction: Discovered in December 2019, COVID has affected the entire planet, through direct exposure to its virus; SARS-COV-2, or indirectly through the media, Indeed, on January 20, 2020, the World Health Organization declared COVID-19 to be "a public health emergency of international concern." Along with other public health crises and other collective trauma (terrorism, H1N1 epidemic or SARS-COV), exposure to publicized information on this virus generates psychiatric disorders, in particular anxiety and absence of well-being.
Objectives: To link exposure to information about this pandemic through social media and anxiety and lack of well-being.
Methods: Use of a questionnaire consisting of three sections, individual status and conditions, the French versions of the GAD-7 scale for anxiety (Generalized anxiety scale of 7items) and the WHO-5 (five well-being index). This questionnaire is dedicated to the general population who have not been in direct contact with the virus, but through the media.
Results: We were able to collect 209 participants, they were essentially females with a mean age of 28yo, 17,7% had psychiatric history of anxiety and depression, the median use of social medias was 5.7 hours per day. And they were essentially getting their information about the pandemic from Instagram, Facebook, the Moroccan ministry of health's website and electronic newspapers. 31,1% of our participants had anxiety which was above a Chinese study, and had a poor well-being.
Conclusions: the use of social media to get information about the pandemic had an impact on well-being and anxiety..

Disclosure: No significant relationships.
Keywords: well-being; Covid-19; social media; Anxiety

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High Resolution Covid Program. Purposely a case.

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Introduction: The covid pandemic has become a unique phenomenon in world history with great impact on mental health.
Objectives: A great growth of anxious depressive pathology in relation to the Covid situation has appeared with the need to increase the psychiatric approach in the general population
Methods: A 58-year-old woman with no personal medical story of interest is referred to the high-resolution Covid program due to severe depressive symptoms: intense apathy, abulia, anhedonia, weight loss, insomnia and important social distancing after the beginning of the confinement due to the Covid Pandemic. 4 psychotherapy sessions are performed, with a maximum duration of 45 minutes. It is necessary to add antidepressant medication with sertraline up to 100mg to improve psychotherapeutic work.
Results: A complete recovery of symptoms is achieved even their severity with normalization of daily life.

Conclusions: Small psychotherapeutic interventions have been shown, even with critically ill patients, to be very effective in helping patients regain their baseline status.

Disclosure: No significant relationships.
Keywords: High resolution program; covid

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Impact of the Covid-19 pandemic on people with a pre-existing psychiatric disorder

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Introduction: The Covid-19 pandemic has had a deleterious impact on populations across the world. Yet it remains unclear how this pandemic is affecting the psychological health of people with a previous history of mental illness.
Objectives: This study aims to investigate the impact of Covid-19 on patients with established mental disorders.
Methods: The PubMed and science direct databases were systematically searched using the keywords combination "Covid-19" and "psychiatric disorders", "the pandemic" and "mental disorders ", from inception up to November 2021. We adopted a broad inclusion criterion for the study requiring patients to have a pre-existing mental disorder, excluding narrative reviews and preclinical studies. In addition, a search of google scholar was conducted to identify any additional relevant publications.
Results: We have found 26 studies but only 19 met our inclusion criteria. Included studies were published between 2020 and 2021. 2 major results were identified. Symptoms deterioration was reported in individuals with severe mental disorders and those with schizophrenia in particular, such as depressive or anxiety symptoms, substance use and suicidal ideation, due to the psychological stress and physical distancing measures associated with the Covid-19 outbreak. The symptomatic treatments used in Covid-19 had frequent interactions with the most used antipsychotic drugs leading to a substantial increase in relapse rates in people with mental disorders.
Conclusions: The Covid-19 pandemic has a serious impact on individuals with pre-existing mental illness reinforcing symptom severity and psychological stress. Additional studies are needed to strengthen current findings with pre-pandemic records.

Disclosure: No significant relationships.
Keywords: psychiatry; Covid-19; schizophrénia

EPV0556

Study of mental health of medical staff in a specialized hospital for COVID-19 in Novi Sad

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Introduction: The highly infectious novel coronavirus disease (COVID-19) emerged in Wuhan, China in late 2019 and soon became a global pandemic. COVID-19 is escalating medical staff psychological stress and creating an increasingly heavy professional burden. Fear of transmitting the virus to family, community perception of frontline workers as potential disease carriers, extreme workloads and moral dilemmas add additional stressors. In Novi Sad Clinical Centre of Vojvodina (CCV) for the past 2 years there has been a continuous struggle against the COVID-19 crisis. Both senior specialist doctors and newly hired young doctors, some without work experience, were hired immediately after completing their studies.
Objectives: To investigate the mental health of clinical first-line medical staff in COVID-19 pandemic.
Methods: This is a cross-sectional study involving CCV staff who worked in the first line of patient treatment during the COVID-19 pandemic. They were given a self-administered questionnaire which included information on demographic and socio-economic characteristics and the validated Depression, Anxiety, and Stress Scales (DASS-21) and the Impact of Events Scale–Revised (IES-R) instrument. A total of 190 medical workers were involved.
Results: Sixty-two (32,6%) participants screened positive for anxiety, 38 (20%) for depression, 68 (35,8%) for stress, and 22 (11,5%) for clinical concern of PTSD. The most endangered are young nurses and doctors with less than 6 months of previous work experience.
Conclusions: In conclusion, our results suggest frontline medical staff involved in treatment of COVID-19 patients should be closely monitored as a high-risk group for depression and anxiety, and given proper training before deployment.

Disclosure: No significant relationships.
Keywords: COVID19 pandemic; mental health; medical staff; affective symptoms

EPV0558

The impact of the COVID pandemic on the attitude and mental health of healthcare professionals working in COVID departments

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Introduction: The COVID pandemic brought an overwhelming impact on hospital systems and personnel in the world.
Objectives: Our study aimed to examine the impact of the COVID pandemic on the attitude and mental health of healthcare professionals working in COVID departments.
Methods: We included 23 healthcare professionals working in the COVID departments of the Hospitals of Sfax. Sociodemographic data, medical history and COVID related details were collected from the participants. Their mental health was assessed by the Hospital anxiety and depression scale (HADS).
Results: In our sample, 26.1% were men and 73.9% were women, they were aged from 26 to 52. They worked for 57 hours per week, including 27.38 hours of direct contact with COVID positive patients and 5.43 nightshifts per month. A rate of 52.2% of the participants claimed having enough protection tools and 13% confirmed having enough equipment for patient management.