

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.

**Disclosure of Interest:** None Declared

### 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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