Table 1 Depression and Anxiety Measures 2021-2022

Variable	2021	2022	p_{raw}	p_{adj}
Positive diagnosis, n (%)[a]				
PHQ-2 ≥ 3	1390 (19.8%)	1107 (17.8%)	.002	.007
GAD-2 ≥ 3	1219 (17.4%)	1147 (18.4%)	.125	.187
Symptom measure M (SD)[b]				
PHQ-2 [0-6]	1.38 (1.52)	1.25 (1.48)	< .001	< .001
GAD-2 [0-6]	1.35 (1.57)	1.36 (1.59)	.784	.840

Note. Comparison of psychological health measures across years. *P*-values adjusted for multiple comparison using Benjamini & Hochberg (1995)[36] procedure.[a]Chi-square test of homogeneity
[b]independent-samples *t*-test

Cohort-level analyses revealed older students exhibited decreases in depressive symptoms (Figure 1), while younger cohorts experienced increases in symptoms of anxiety (Image 2) from 2021 to 2022. Logistic regressions revealed that being female, reporting poorer mental health due to COVID-19, and excessive worry over one's career in sports were significant predictors of both depression and anxiety screenings in the 2022 sample (Image 2).

Image:

Figure 1
Longitudinal Within-Cohort Changes in PHQ & GAD Positive Screenings
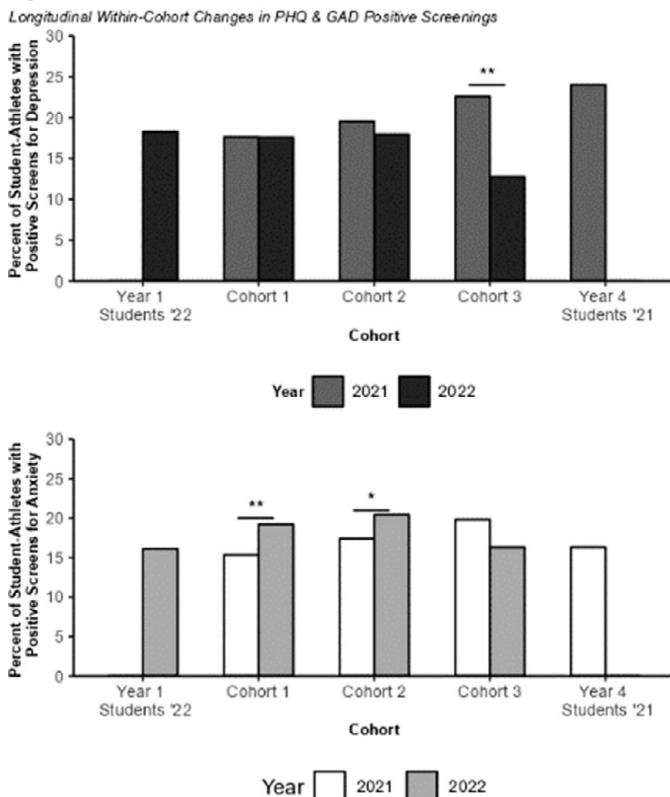
Note. Cohort 1 = year 1 students in 2021 and year 2 students in 2022, Cohort 2 = year 2 students in 2021 and year 3 students in 2022, etc. Created using the ggplot2() package. *p < .05, **p < .01.

Image 2:

Figure 2
Logistic Regression Odds Ratios for Depression and Anxiety Screening with Demographic and Health Variables
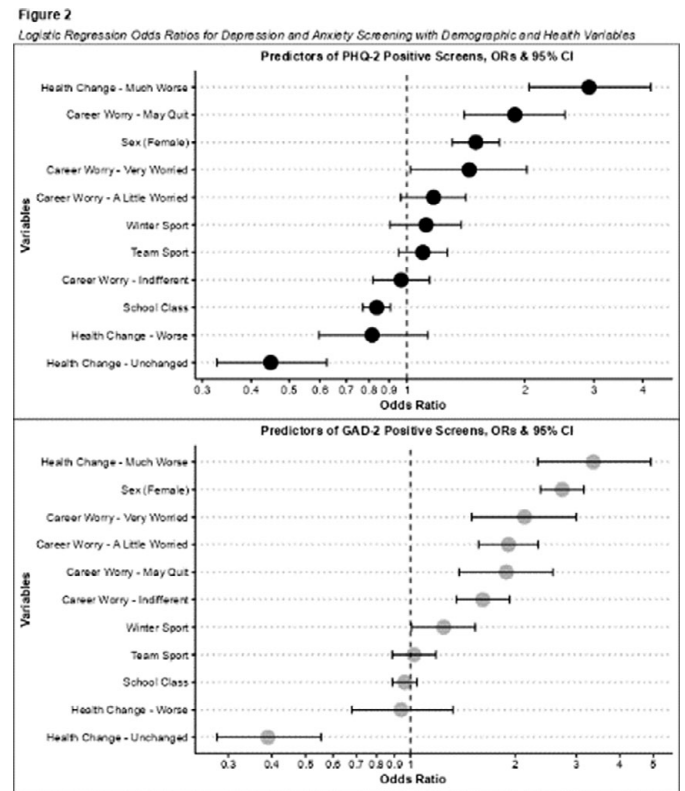
Note. Adjusted odds ratios (OR) for variables predicting positive screenings for PHQ and GAD scales. References for each variable are as follows: (a) Health Change – Improvement, (b) Sex – Male, (c) Career Worry – Unworried, (d) Individual Sport. Health Change (Much Worse), Career Worry (May Quit), Sex (Female), School Class, and Health Change (Unchanged) were significant predictors of PHQ-2 positive/negative screenings.
For GAD-2 results, Health Change (Much Worse), Sex (Female), Career Worry (Very Worried, A Little Worried, May Quit); and Health Change (Unchanged) were significant (ps < .0045).
Created using the OddsPlotty() package.

Conclusions: In comparison to periods when sports participation was limited in February 2021, the lifting of restrictions in February 2022 was associated with overall reduced levels of depression, but not anxiety.

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The mental health of young doctors during the omicron wave

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Introduction: The healthcare environment is a special work environment. It exposes the staff to physical and psychological

constraints. Interns starting their careers during this pandemic were exposed to additional stressors in the time of the COVID-19 pandemic.

Objectives: We aimed to screen for depression and generalized anxiety disorder among medical interns during the COVID-19 pandemic.

Methods: We conducted a cross-sectional study, through a pre-established anonymous questionnaire for Tunisian medical interns. This questionnaire was shared online on social networks in April 2022. Patient Health Questionnaire-9 (PHQ-9) and General Anxiety Disorder-7 (GAD-7) were used. The collected data were processed and analyzed by IBM SPSS statistics software.

Results: Our population consisted of 82 interns. The average age was 25.47 ± 1.84 and 76.8% were female. Sixty-one per cent of our population had priors of COVID-19 infection. The mean of the PHQ-9 score was 10.90 ± 6.34. Only 12.2% had a normal PHQ-9 score and nearly one-third of interns had self-harm and suicidal thoughts. Symptoms of moderate to severe depression were observed in 25.6% of interns. The mean of the GAD-7 score was 9.17 ± 5.20. A further specialized evaluation was required in 39.1% of interns who scored 10 or greater. Bivariate analysis showed that the PHQ-9 and GAD-7 scores were correlated (p=0.002, r= 0.78). They were not associated with sex, age, or medical history.

Conclusions: Medical interns, who just started their professional careers during an important COVID-19 wave, suffered greatly in terms of mental health. Serious attention and evaluation are needed for this fragile young category of healthcare professionals.

Disclosure of Interest: None Declared

EPP0963

The impact of coping styles on the mental health of healthcare workers one year after the initial COVID-19 outbreak in China

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Introduction: A 2020 study in Wuhan residents reported 70.2% of participants faced the COVID-19 pandemic using active coping strategies, and we wanted to explore its comparability in Chinese Health Care Workers (HCWs) across 7 regions in China 1 year after the initial outbreak.

Objectives: The study analyzed coping strategies utilized by different Chinese HCWs under a stressful period like the COVID-19 pandemic and three psychological scales were used to assess its effect on five psychological outcomes such as depression, anxiety, stress, post-traumatic stress disorder and suicidal ideation.

Methods: A cross-sectional self-administered online questionnaire was conducted during the period of November 2020 and March 2021 and included sociodemographic information, work environment before and during the pandemic, experiences, fears and concerns about COVID-19 and three psychological scales including Depression, Anxiety and Stress Scale-21(DASS-21), Primary Care PTSD Screen for DSM-5 (PC-PTSD-5) and Simplified Coping Style Questionnaire (SCSQ-20). Chi-square analysis was used to explore categorical association.

Results: The findings demonstrated that 633 (52.5%) of the participants used passive coping strategies, while 600 (47.5%) used active coping strategies. Passive coping strategies with at least one mental health problem were positively correlated with participants having a previous chronic disease diagnosis, working days in a week during the outbreak, PPE availability, days in isolation for being suspected or a confirmed case of COVID-19, worries about infecting relatives and the pandemic affecting family's financial situation.

Conclusions: Developing and creating intervention programs to strengthen active coping strategies will improve mental health outcomes in Chinese HCWs during the COVID pandemic.

Disclosure of Interest: None Declared

EPP0964

Changes in psychiatric admissions to psychiatric wards due to COVID-19

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Introduction: Functioning in acute inpatient psychiatric units has been challenged by the Coronavirus disease 2019 (COVID-19). Patients with more severe mental health symptoms changed their rates of voluntary admission to psychiatric wards during the onset of the pandemic. Peritraumatic distress scores and increased likelihood of being psychologically affected by the COVID-19 pandemic can lead to a psychiatric admission. However, other factors could prevent hospitalization.

Objectives: The present investigation aimed at admission rates of patients by depression, adjustment disorder or suicidal behaviour to a General Hospital Psychiatric Ward. We compared the lockdown due to COVID-19 in 2020 to similar periods of 2018 and 2019.

Methods: The data of one general hospital psychiatric ward admissions have been obtained and analysed. We compared admission characteristics of 237 patients between April and June of 2018 and 2019 with 79 patients in the same period of 2020 (lockdown).

Results: During the COVID-19 lockdown, there was a 35.8% reduction in psychiatric admissions and a significant reduction in psychiatric admission was observed due to suicidal behaviour (IRR = 0.49; 95% CI: 0.26-0.89; p=0.002) and depression (IRR = 0.24; 95% CI: 0.08-0.68; p=0.007), but similar rates of adjustment disorders (IRR = 1.12; 95% CI: 0.58-2.15; p=0.73).