

**Conclusions:** Our study revealed a significant sleep disturbance in medical trainees at Charles Nicolle Hospital. This could be due to the SARS-COV2 vaccination but can also be explained by the night shifts and the stress to which they are exposed, especially during this pandemic period.

**Disclosure of Interest:** None Declared

## EPV0348

### Peculiarities of the first time diagnosed mental disorders formation in after the coronavirus disease COVID-19

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doi: 10.1192/j.eurpsy.2024.1078

**Introduction:** The world community is only at the beginning of awareness of the peculiarities of the formation, course and outcome of the psychopathological consequences of the impact of the SARS-CoV-2 pandemic.

**Objectives:** To investigate the clinical and anamnestic features and their influence on the formation of psychopathological consequences in patients with first diagnosed mental disorders who have experienced COVID-19 and were exposed to the stressors of the SARS-CoV-2 pandemic.

**Methods:** 97 patients with first diagnosed mental disorders who have experienced COVID-19 and were exposed to the stressors of the SARS-CoV-2 pandemic were examined (F 32.0-32.2 – 34 patients, F 40-45 – 32 patients, F 06.3-06.6 – 31 patients). Clinical-psychopathological, clinical-anamnestic methods, including information about the experienced coronavirus disease COVID-19, the impact of the stressors of the SARS-CoV-2 pandemic, and methods of statistical analysis were applied.

**Results:** The conducted research made it possible to identify the phenomenological structure of mental disorders that develop after the coronavirus disease COVID-19. This structure includes depressive disorders (35.05%), neurotic, stress-related and somatoform disorders (32.99%), as well as mental disorders of organic genesis (31.96%). An important result of the study was the determination of the heterogeneity of mental pathology in the context of the influence of stressogenic factors of the pandemic and other psychogenies. In this aspect, all mental and behavioral disorders must be divided into 3 variants of pathology, which differ in the mechanisms of formation: caused by the pathoplastic factors of COVID-19 and the patient's personal reactions to the disease; related to the psychogenic effects of the stressors of the SARS-CoV-2 pandemic; with a combined mechanism of influence of pathoplastic and psychogenic factors. Certain diagnostic and phenomenological regularities characteristic of each of the options are defined. The influence of pathoplastic factors and personal reactions to the disease is associated with the formation of depressive disorders. Pandemic stressors most often cause the development of neurotic, stress-related and somatoform disorders. Under the influence of combined factors, disorders of organic genesis are formed to a greater extent. The initial manifestations of pathology also differ with different formation mechanisms: when pathoplastic factors predominate, asthenia, depression and sleep disturbances prevail; with leading psychogenic influences – anxiety and tension; when the above factors are combined - asthenia, stress and cognitive disorders.

**Conclusions:** The significance of the obtained data lies in the possibility of studying the role of the psychopathological consequences of COVID-19 in the genesis of mental disorders.

**Disclosure of Interest:** None Declared

## EPV0349

### The impact of the COVID-19 pandemic on the mental health of nursing professionals in the state of São Paulo

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doi: 10.1192/j.eurpsy.2024.1079

**Introduction:** This is a descriptive cross-sectional clinical study with professionals from the Nursing Team (Nursing Assistant, Nursing Technician and Nurse).

**Objectives:** To assess the psychological impact of the Covid-19 pandemic on nursing staff professionals.

**Methods:** A descriptive, quantitative, cross-sectional study will be applied to a structured interview aimed at collecting sociodemographic and occupational data, Mental Health Scales evaluating professional exhaustion - Oldenburg Burnout Inventory and Beck's Anxiety Rating Scale to assess the state of anxiety.

**Results:** About 13,587 nursing professionals were interviewed, including nurses, technicians and nursing assistants. They were evidenced through the behavior indexes related to insomnia, the desire to cry and appetite variation may be related to the long working hours, the fear of contamination and the consequent absence from work, as well as the fear of getting sick may be related to the fact that the professional stops being a caregiver and starts to be cared for.

**Conclusions:** the study denotes the importance and need for interventions to promote and prevent mental well-being in health professionals exposed to COVID-19, these need to be implemented immediately, for nursing professionals, as they are on the front line, demanding attention Special. In this sense, the Nursing Council of the State of São Paulo created and implemented some bills such as the Obligation of Rest Rooms in Health Units, the Cuidando de Quem Cuida Program and the Yellow September Campaign in Allusion to actions for Nursing professionals for the prevention and promotion in mental health category.

**Disclosure of Interest:** None Declared

## EPV0350

### Coping self-efficacy and personal growth in the situation of the COVID-19 threat

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doi: 10.1192/j.eurpsy.2024.1080