

Introduction: The COVID-19 pandemic was originally of a magnitude exceeding that of previous epidemics, placing a heavy burden on healthcare systems in general and healthcare professionals in particular.

Objectives: To assess the prevalence of depressive and anxiety symptoms among healthcare professionals at Farhat Hached Hospital in Sousse during the COVID-19 pandemic and to identify associated risk factors.

Methods: This is a descriptive cross-sectional study conducted among healthcare professionals practicing in the Farhat Hached Hospital of Sousse, which took place during the period extending between August and November 2021. The 9-item Patient Health Questionnaire (PHQ-9), the 7-item Generalized Anxiety Disorder (GAD-7), were used to assess depression and anxiety respectively.

Results: Our study included 326 healthcare professionals from the Farhat Hached University Hospital. The mean age of our population was 36.38 ± 10.19 years, with a clear female predominance of 81.3%. The prevalences of depression and anxiety were 46% and 35.3% respectively. Female gender and being a paramedical staff were risk factors for depressive and anxiety symptoms. On the other hand, professional seniority of over 5 years was statistically significantly associated with anxiety. Sporting activity was inversely associated with depressive and anxiety symptoms.

The multi-variate analytical study revealed that the practice of leisure activities other than sport was a protective factor against the occurrence of depressive symptomatology in healthcare professionals, while current smoking and the practice of a sporting activity were inversely associated with the occurrence of anxious symptomatology.

Conclusions: These findings underline the need for specific prevention strategies to reduce these symptoms and help healthcare professionals maintain their mental health. This will help to guarantee the quality and efficiency of work in the medical environment, to better control the pandemic.

Disclosure of Interest: None Declared

EPV0340

Hematological impact of COVID-19 mRNA vaccination in patients treated with Clozapine

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Introduction: Clozapine is an atypical antipsychotic that is primarily prescribed for treatment-resistant schizophrenia. Despite its proven efficacy, the prescription of clozapine is sometimes limited by its hematologic side effects, including agranulocytosis. During the SARS-CoV-2 pandemic, schizophrenia is recognized as a risk factor for developing severe forms of the infection. Early and complete vaccination of patients has been recommended. However, there is limited data on the effect of the vaccine on the risk of hematologic abnormalities in patients treated with clozapine.

Objectives: To study the hematologic effect of the mRNA vaccine against COVID-19 in a population of patients with treatment-resistant schizophrenia treated with clozapine.

Methods: Twenty-five patients hospitalized for schizophrenia at the forensic psychiatry department of Razi Hospital in Manouba, Tunisia, were included. Eighteen patients were treated with clozapine, and seven patients were treated with other antipsychotics. Consent from patients and/or their relatives was obtained before vaccination. The results of complete blood counts performed as part of the therapeutic protocol were compared between the two groups before and after administration of the vaccine.

Results: No patient experienced agranulocytosis induced by clozapine after vaccination against COVID-19. Blood cells counts, red blood cells counts, and platelets were within the normal ranges. However, a decrease in the number of WBCs, neutrophils, and lymphocytes was observed in patients treated with clozapine without significant difference compared to the patients treated with other neuroleptics, but there was no severe neutropenia or need to stop treatment.

Conclusions: The prescription of clozapine, the introduction protocol, and treatment administration have been greatly influenced by the COVID-19 pandemic due to the hepatotoxic risk of the drug. Vaccination is essential to prevent severe forms of the infection, especially in at-risk populations such as patients treated for schizophrenia. The potentiation of hematologic side effects induced by clozapine by the vaccine is not documented. The COVID-19 mRNA vaccine is safe even with clozapine

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EPV0341

The impact of COVID-19 mRNA vaccination on somatic and psychiatric symptoms in patients with treatment-resistant schizophrenia: a cohort study

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Introduction: Patients with mental illness, particularly those with treatment-resistant schizophrenia, are at increased risk of severe COVID-19. The protective effect of vaccination against severe disease has been demonstrated, and vaccination of vulnerable individuals was a priority during the vaccination campaign. However, the effect of vaccination on the psychiatric symptoms of the disease is not well understood.

Objectives: To investigate the impact of COVID-19 vaccination on psychiatric symptoms and somatic symptoms in patients hospitalized for treatment-resistant schizophrenia.

Methods: Thirty patients hospitalized for treatment-resistant schizophrenia with a history of medico-legal acts were admitted to the forensic psychiatry department at Razi Hospital in Manouba, Tunisia. The consent of patients and/or their relatives was obtained before vaccination, and potential side effects were explained to patients and their families. A neuropsychiatric assessment and clinical examination of patients were performed by their referring psychiatrist before vaccination and one month after.

Results: The patients were all male, with a mean age of 42.3 years. No patient had an allergic reaction to the vaccine. No patient was infected with the virus one month after vaccination. On the clinical level, 30% of patients had general symptoms such as fatigue and

myalgia, which improved spontaneously within a few days. On the psychiatric level, exacerbation of positive symptoms such as hallucinations and delusions was found in 26% of patients. No increase in the frequency of agitation episodes or risk of hetero-aggressive behavior was reported. Sleep disturbances such as difficulty falling asleep and fragmented sleep were reported. The most common functional complaints reported by patients were palpitations, which were a source of somatic concern.

Conclusions: Several side effects of the vaccine have been documented and are taken into account in the daily practice of practitioners, but psychiatric effects are poorly reported and are sometimes attributed to the underlying disease. A complete examination, objective assessment, and regular follow-up are necessary to identify symptoms early and prevent relapses. Because of the small size of the sample, results could not be generalized. Further studies on a larger scale should be conducted.

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EPV0342

depressive symptoms, insomnia and dyspnea in COVID-19 survivors: a tunisian study

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Introduction: The coronavirus infection emerging in 2019 caused a plethora of physical and mental health problems around the world. Recent studies showed a persistent psychological distress even after few months of the infection.

Objectives: To determine the prevalence of depressive symptoms, insomnia and dyspnea among covid-19 survivors.

Methods: We conducted a prospective cohort study including 121 Tunisian COVID-19 inpatients who had been discharged alive from hospital. Each enrolled patient was asked about the period before the hospital stay, and the 6-9 month-period after hospital discharge. Patient Health Questionnaire-9 (PHQ-9) was used to assess depressive symptoms. We assessed *insomnia via the insomnia severity index (ISI) and dyspnea through the mMRC* (modified British Medical Research Council).

Results: The median age of participants was 59 years. The prevalence of depressive symptoms and insomnia increased significantly after the pandemic (5.7% vs 57.9%, $p=0.038$, $r=0.189$; and 4.9% vs 26.4%; $p<0.0001$, $r=0.349$ respectively). Younger patients presented more depressive symptoms ($p<0.0001$). females were more likely to suffer from depressive symptoms ($p<0.0001$). Dyspnea was more prevalent among survivors with depressive symptoms ($p=0.001$). Patients with depressive symptoms exhibited more insomnia ($p<0.0001$).

Conclusions: The pandemic of covid19 emerged a wide range of physical and mental health problems with complex physiopathology. The early detection of these disorders improves the quality of life of these patients.

Disclosure of Interest: None Declared

EPV0343

Multifaceted Impact of the COVID-19 Pandemic and Lockdown on Physical and Mental Health: Insights from a Cross-Sectional Study

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Introduction: The global COVID-19 pandemic and subsequent lockdowns have significantly impacted global wellbeing and highlighted the close link between mental and physical health. Social isolation and quarantine have proven to be major stressors, leading to emotional distress and unpredictable psychological consequences.

Objectives: We explored the pandemic's impact on individuals' physical and mental health and social relationships.

Methods: We conducted a cross-sectional study using a questionnaire which included among other socio-demographic questions, the Fear of COVID-19 Scale, the World Health Organization Quality-of-Life Scale (WHOQOL-BREF) and the Toronto Empathy Questionnaire (TEQ).

Results: A total of 511 adults (55.1% males) participated in this study. Participants reported increased social media use (more than 4-5 times/week) during the lockdown, which was associated with increased fear of COVID-19 and negative effects on mental and physical health, and social relationships ($p<0.01$). Conversely, non-work-related outings (once a week) were associated with lower fear ($p<0.01$) and better well-being ($p<0.05$). Higher fear, particularly for loved ones, was associated with negative effects. The level of physical health was moderate to high, with varying levels of satisfaction in different areas. Empathy correlated with increased fear ($p<0.01$) and reduced mobility ($p<0.05$).

Conclusions: The COVID-19 pandemic and lockdowns significantly affected physical and mental health, highlighting the importance of tailoring interventions for vulnerable populations and promoting adaptive coping strategies in times of crisis.

Disclosure of Interest: None Declared

EPV0344

Effects of the COVID-19 Pandemic on Anger and Life Satisfaction among Children Aged 10-12 years old in Preveza

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