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**Introduction:** The Coronavirus pandemic has been causing a significant psychological impact on the population, showing symptoms such as anxiety, depression, post-traumatic stress disorder, among others. In addition, health professionals, who are on the front line, need to act promptly seeking unceasingly to save lives, predisposing to psychosocial events due to the risk of contamination, family distance and frustration in relation to death.

**Objectives:** To analyze the profile of the psychosocial care performed in workers of a Brazilian university hospital who sought care to control the anxiety-stress resulting from the pandemic

**Methods:** Cross-sectional observational study, using a questionnaire to survey psychosocial demands and evaluate the care of workers who sought assistance in this service (n=61). As a dependent variable, the sector of action was stipulated and as independent the sex, age and the demands that justified the need for assistance. The data were analyzed by Pearson's correlation with 5% of significance through the statistical software SPSS.

**Results:** There was a statistic difference between the groups in the variables age and psychosocial interventions for anxiety and stress management. The most part of the sample was composed of health professionals, women, with an average of 33 years old, motivated, technically prepared, scared and not overloaded.

**Conclusions:** Psychosocial care to health professionals for the management of anxiety and depression is indispensable either during or after the pandemic by seeking Mental Health interventions to minimize the suffering of these workers.

**Keywords:** mental health; pandemics; Psychological Distress

### EPP0435

#### COVID-19 and psychological support by phone: Demands assisted at a call center service of a brazilian university

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**Introduction:** Throughout the COVID-19 Pandemic, it was recommended to implement mental health care services mediated by Information and Communication Technologies to alleviate the suffering caused by the social distance.

**Objectives:** To characterize the demands and the possibilities of psychological support at the Call Center of a Brazilian public university, which aims clarifying doubts about COVID-19 and to forward suspected cases of contamination.

**Methods:** Cross-sectional, quantitative study with secondary data. The data came from 60 Psychological Support attendance records, carried out over 24 weeks. The data were analyzed descriptively and by the paired test and McNemar.

**Results:** The majority of consultations were for people aged among 51 and 60 years (21.7%). The main demands were social (40.0%), related to feelings (40.0%) and self-reported diagnosis (18.3%), with

each service mostly split into two (31.7%) or three (31.7%) conducts. There was a significant increase in the average number of reports of symptoms of psychological distress experienced during the pandemic ( $p < 0.001$ ), including changes in sleep patterns ( $p < 0.001$ ) and appetite ( $p = 0.002$ ), physical symptoms ( $p = 0.001$ ), physical and emotional discomfort ( $p < 0.001$ ) and crying / depressive mood attacks ( $p = 0.002$ ). As conducts, there was a predominance of psychoeducation (78.3%) and strategies for managing suffering (68.3%) at the expense of referrals to specialized in-person services (21.7%).

**Conclusions:** There were several demands of the evaluated Psychological Support service, which presents an important and promising strategy for meeting the demands of psychological distress in the midst of Pandemic, especially for the adult and elderly public.

**Keywords:** mental health; COVID-19; Psychology

### EPP0436

#### The behavior of tunisians during the lockdown of COVID-19

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**Introduction:** The general confinement in Tunisia in the covid-19 pandemic is a new event for the Tunisian society with economic, social and psychological repercussions.

**Objectives:** To evaluate the behavior of Tunisians during the general confinement of 2020.

**Methods:** descriptive and analytical study through a questionnaire sent online under the model of "google forms".

**Results:** Our sample is composed of 500 people, mostly women, with an average age of about 40 years, an average to good economic level, and a secondary and higher education level. In the Tunisian family, the most discussed topic during the lockdown is the covid-19 and its evolution in the world and the country. The most avoided subject is the behavior of neighbors. The Tunisian's main sources of information on covid-19 are television and social networks. The behavior most adopted to avoid contamination is hand washing. Only 2/3 of the group applied the measures announced by the government. A quarter of our sample spent more than 5 hours in front of the computer screen or smartphone. During confinement the most important behaviors are smoking, eating, doing nothing and playing cards. Only 10% of our sample have plans for next year.

**Conclusions:** For our sample, covid-19 has greatly transformed the behavior in daily life which has become dominated by anxiety and fear of contamination.

**Keywords:** COVID19; Tunisia; behavior; general confinement

### EPP0437

#### Personal traits and coping strategies in compliance with COVID-19 preventive measures.

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**Introduction:** There is not much data on the psychological predictors of compliance with Covid-19 preventive measures (self-isolation, social distancing, etc.), that are one of the most effective ways to combat the spread of the disease

**Objectives:** This study is aimed to examine the role of personal traits in compliance with the Covid-19 preventive measures, and to identify the psychological features of those who are unmotivated to comply with quarantine.

**Methods:** The study involved 256 participants aged from 16 to 73 years from Russia, and was conducted in March-April 2020. The coping strategies questionnaire (COPE), Big five personality questionnaire were used.

**Results:** Compliance with the coronavirus preventive measures is positively associated with such personality traits as conscientiousness and friendliness, and productive coping strategies (active coping, planning, positive reformulation, acceptance). Another significant predictors of compliance with restrictive measures are explaining the reasons for the spread of coronavirus by lack of responsibility of people and violation of quarantine measures (positive predictor), as well as downplaying the risk of the disease (negative predictor).

**Conclusions:** Cluster analysis identified two most common motivational profiles: unmotivated and motivated. Unmotivated people are less willing to comply with Covid-19 preventive measures. Unmotivated people trust various sources of information less often, use unproductive coping strategies (denial), and are more likely to believe that the coronavirus is used to hide the presence of other problems in the society and to increase the control over citizens by the state.

**Keywords:** big five; coping strategies; pandemic; coronavirus (Covid-19).

## EPP0438

### Perceived value threat of COVID-19 is related to anxiety symptoms

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**Introduction:** Recent studies showed that stress and anxiety increased during the Covid-19 pandemic (Bäuerle et al., 2020; Salari et al., 2020). It is important to identify factors which are related to this increase.

**Objectives:** In present study we investigated how perceived value threat of Covid-19 is related to anxiety and depression symptoms in April – May 2020 during the lockdown in Russia.

**Methods:** Three hundred and four participants were recruited online ( $M_{age}=33.18$ ,  $SD=13.33$ , 108 males, 194 females). Participants completed the Short Schwartz's Value Survey (SSVS; Lindeman & Verkasalo, 2010). They were next asked to rate how likely

their values could be threatened because of the Covid-19. They also completed the State-Trait Anxiety Inventory (Spielberger, 1983) and Beck Depression Inventory-II (Beck et al., 1996).

**Results:** A multiple linear regression model was built to assess how own values and values threatened by Covid-19 explain state anxiety during the lockdown. Threat to openness values was positively related to state anxiety ( $b=1.07$ ,  $SE=.49$ ,  $\beta=.13$ ,  $p=.032$ ). Threat to conservation values was only marginally related to state anxiety ( $b=1.03$ ,  $SE=.58$ ,  $\beta=.13$ ,  $p=.074$ ). The effects of self-enhancement and self-transcendence values were not significant.

**Conclusions:** When Covid-19 is perceived as a threat to openness to change values – hedonism, stimulation and self-direction – people experience higher level of anxiety symptoms. Interestingly, perceived threat of Covid-19 to security, conformity and tradition was only marginally related to anxiety. Future studies might explore how encouraging people to fulfill their openness to change values in a safe mode might decrease the level of anxiety.

**Keywords:** values; value threat; COVID-19; Anxiety

## EPP0439

### The anxiety of nursing professionals during the COVID-19 pandemic period in a Brazilian regional university hospital

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**Introduction:** Nursing work requires technical, scientific competence, knowledge, skill and emotional control over practice, considering that care presents risk situations, physical and emotional stress, responsibilities with people's lives, coping with fears and suffering. All this situation in which the professional is exposed can lead to the occurrence of psychological wear, high stress and anxiety, this is conceptualized as a vague and unpleasant feeling of fear, apprehension, with characteristics of tension or discomfort derived from anticipating danger, something unknown or strange.

**Objectives:** To identify the prevalence and factors associated with anxiety among nursing professionals who work coping with COVID-19 in a Brazilian regional university hospital.

**Methods:** Cross-sectional observational study, with sociodemographic questionnaire and anxiety measurement scale (HAD), with 88 nursing professionals. The data were analyzed using absolute and relative frequency, using the software StatisticalPackage for the Social Sciences.

**Results:** There was a prevalence of anxiety (48.9%), with the majority of the sample consisting of women, over 40 years old, married or in a stable relationship, white, with higher education or postgraduate education, with income above R \$ 3,000.00, tendered, with a work regime of 40 hours per week and time in the hospital from 1 to 5 years.

**Conclusions:** The impact should be considered on Nursing Mental Health caused by COVID-19 and intervene with coping strategies to minimize anxiety.

**Keywords:** mental health; COVID-19; Health promotion