

Introduction: Throughout the COVID-19 pandemic, students were vulnerable to mental health issues and dentistry students were no exception. All Iraqi universities were transitioning back to face-to-face learning in the last year. Acclimatization with all pandemic regulations that schools apply might increase the vulnerability to depression.

Objectives: The current study aims to assess the levels of depression among Iraqi dentistry students after transitioning from online to onsite learning during the pandemic period.

Methods: A cross-sectional study was conducted online after transitioning from online to the onsite learning method during the pandemic period. Sociodemographic data and Patient Health Questionnaire-8 (PHQ-8) were included in the questionnaire.

Results: A total of 307 respondents, 216 (70.4%) female and 91 (29.6%) male, 276 (90%) live with family, 20 (6.5%) live with friends and 11 (3.5%) live alone, 268 (87.3%) of student claimed that post-COVID-19 regulations face to face learning is more stressful while 39 (12.7%) answered no difference. 39 (12.7%) of dentistry student with normal level of depression, 199 (38.8%) have mild depression 101 (32.9%) moderate depression, 32 (10.4%) moderately severe, 16 (5.2%) severe. Depression level and students' perception of teaching mode transition showed a significant association ($p < 0.05$). However, there are no significant associations between gender, living conditions, or dentistry stages with depression levels ($p > 0.05$).

Conclusions: A high prevalence of depression symptoms among Iraqi dentistry students was found during onsite learning, along with all educational institutions' pandemic rules and regulations. Psychological supporting preventive programs are needed to apply for supporting students' mental health.

Disclosure of Interest: None Declared

EPP0025

Fear of COVID-19 and severity of particular autistic traits in the general population.

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Introduction: A lot of issues have raised since the beginning of the pandemic and doctors had to learn how to deal with increasing problems of stress and anxiety. The new situation was a great threat to one's safety and some more vulnerable people could experience a higher level of anxiety. Patients with autistic traits might be more prone to it. It is essential to find out who is more exposed and who will require additional care.

Objectives: The aim of this study was to assess the level of fear of COVID-19 and explore its possible correlation with the severity of the particular autistic traits in the general population.

Methods: The study was conducted online, utilizing the questionnaire consisting of Autism-Spectrum Quotient (AQ) to assess the severity of autistic traits (social skills, attention switching, attention to detail, communication and imagination) and questionnaire

FCV-19S that was used to assess the level of fear of COVID-19. Access to the questionnaire was possible from 16.02.2021 to 11.06.2021 and 214 unique records were gathered during this period.

Results: In the multiple regression ($R^2 = 0.16$, $p < 0.0001$) a positive relationship between the level of felt fear of COVID-19 and the severity of difficulties with attention switching ($p = 0.006$) and age ($p = 0.000015$) was found.

Conclusions: People with higher severity of problems with attention switching demonstrated higher levels of fear of COVID-19 due to cognitive stiffness and disturbances in the regulation of emotions. Older people presented a higher level of fear as well.

Disclosure of Interest: None Declared

EPP0026

Development and validation of the questionnaire of post-pandemic coping strategies upon life return to normal for teenagers

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Introduction: COVID-19 quarantine affected teenagers' life as it brought about significant changes in their usual way of life, disrupting every social relationships. Following the lifting of pandemic restrictions, teenagers are urged to deal with the psychological challenges of their return to normality.

Objectives: To develop and validate a questionnaire in Greek teenagers to better monitor their coping strategies when returning to normal after pandemic restrictions were dropped.

Methods: One hundred teenagers (41 boys, 59 girls; median age: 12) from a large provincial Greek town completed an *ab initio* 15-item questionnaire on post-pandemic coping strategies upon life return to normal for teenagers (PPCSR-N-T). The responders specified their level of agreement to each item statement in five points: (1) Strongly disagree; (2) Disagree; (3) Neither agree nor disagree; (4) Agree; (5) Strongly agree. Psychometric properties were analysed. Factor analysis was performed. SPSS.21 was used for all analyses.

Results: The optimal two-factor solution explained 66.1% of variance. The initial factors 'post-pandemic daily life normalcy aspirations' and 'post-pandemic family life normalcy aspirations' were reaffirmed. Item loadings were between 0.52-0.82. Each of the final factors had three items. The items 'After pandemic restrictions are lifted, I will live an active life', 'After pandemic restrictions are lifted, I will make time for exercise', 'After pandemic restrictions are lifted, I will meet up with my friends' represented the final factor 'post-pandemic daily life normalcy aspirations'. The items 'After pandemic restrictions are lifted, my family will stick to a normal daily rhythm', 'After pandemic restrictions are lifted, I will go on spending time with my parents', 'After pandemic restrictions are lifted, I will be grateful for what I will have in my life' represented the final factor 'post-pandemic family life normalcy aspirations'. Reliability (Cronbach alpha) for the six-item final scale was 0.62. The intra-class correlation coefficient varied from 0.50-0.73. No ceiling/floor effect was detected.

Conclusions: The six-item final PPCSRN-T version proved to be a valid and reliable instrument. It would provide paediatric personnel and psychologists information on the as-yet not readily accessible coping strategies of teenagers returning to normality after the pandemic upheaval coming to an end.

Disclosure of Interest: None Declared

EPP0027

Post traumatic stress disorder among patients who survived COVID 19

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Introduction: Research on past coronavirus outbreaks, including Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS), indicates a high likelihood of symptoms and psychiatric disorders in survivors, including symptoms of stress, post-traumatic stress disorder (PTSD) and post-traumatic stress disorder (PTSD)

Objectives: This study therefore set out to highlight the impact of COVID-19 infection on mental health by screening them for post-traumatic stress

Methods: It is a retrospective study that includes patients who were tested positive with COVID 19 (RT PCR using a nasopharyngeal test) and who have sought medical care at emergencies during a month . The post traumatic stress score disorder: PCL-5 was calculated on day 30 and day 90. The evolution of the patients health state (Recovery or deterioration) was marked. All data were analyzed by SPSS.

Results: we included during the study period 200 patients complying with the inclusion criteria. Post traumatic stress was diagnosed in 146 patients (73% of patients). Post-traumatic stress was diagnosed in rather elderly patients; the average age was 51.8 years with a female predominance (57.5%). 63.6% of patients with PTSD had a cough; 35.7% had dyspnea; 49.7% were febrile, 43.9% had arthromyalgia, 15% had anosmia. The disappearance of the signs was after 8.3 days on average, it lasted longer (14.6 days) in the patient who developed PTSD. In this series, 47.3% of patients diagnosed with PTS infected their relatives

Conclusions: This study contributes to a better understanding of the factors that determine the impact of traumatic events such as a pandemic on people's mental health. Post traumatic stress disorder is so common among COVID 19 patients and it has a huge influence on the evolution of their health state . This is why all health workers have to fight against COVID and its effects on both physical and mental health . Highlighting the fact that a psychological assistance is highly recommended in the management of COVID19 patients in order to improve their prognosis

Disclosure of Interest: None Declared

EPP0028

Substance use: comparison between the pandemic period and post-pandemic

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Introduction: Substance abuse is a pattern of compulsive substance use that is accompanied by repeated substantial interpersonal, social, professional, or legal negative effects, such as repeated absences from work or school, arrests, or marital issues.

Objectives: The study aims to show the influence of psychological factors among the consumption of alcohol in the general population.

Methods: A retrospective study that was conducted at the “Elisabeta Doamna” Psychiatry hospital of Galati, Romania. The study shows the fluctuations in hospital admissions of patients with alcohol related disorders in the period November 2020 till September 2022.

Results: The study was conducted to show the difference in the number of admissions before and after the date of 1st March 2022, which is the date when the authorities in Romania have lifted the restrictions that were implemented to reduce the spread of Covid_19 virus. The number of total cases in the period between the 1st of November 2020 and 28th of February 2022 were 672 patients, from which 518 patients were males from Urban areas. In the period between the 1st March 2022 and the 1st of September 2022, the number of patients that were admitted due to substance use were 232 cases. This shows a significant decrease in the number of admissions that can be related to the decrease of psychological stressing factors that were accompanied with the restriction measure of the pandemic.

Conclusions: Overall, the results of this retrospective study suggest that the prevalence of adult substance use has declined with the decrease of the restriction measures that were imposed by the authorities. Monitoring and ongoing surveillance of substance use will be necessary over the years following the pandemic.

Disclosure of Interest: None Declared

EPP0029

Cross-sectional study on anxiety in confinement due to covid-19 in a sub-acute and long-stay mental health unit

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Introduction: Chronic psychiatric patients admitted to subacute and long-stay hospital units are especially vulnerable to the