

**EPP0194****“Family Burnout” of psychiatric patients: its role during the COVID-19 pandemic**

F. Franza<sup>1\*</sup>, A. Vacca<sup>2</sup>, M.V. Minò<sup>3</sup>, B. Solomita<sup>1</sup>, F. Papa<sup>4</sup>, A. De Paola<sup>4</sup> and A. Franza<sup>4</sup>

<sup>1</sup>Psychiatric Rehabilitation Centre Villa dei Pini, Psychiatry, Avellino, Italy; <sup>2</sup>ASL Taranto, Mental Health Department, Taranto, Italy;

<sup>3</sup>Psychiatric Rehabilitation Centre Don Tonino Bello, Assoc Mitag, Brindisi, Italy and <sup>4</sup>Neamente Association, Neuroscience, Mercogliano (AV), Italy

\*Corresponding author.

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**Introduction:** Family members caregivers (FMCs) of patients with severe psychiatric disorders (SMPD) are subjected to a complex system of fatigue and stress. FMCs can be subjected to a care burden defined as “Family Burnout”. Caring of family members of patients affected by psychiatric disorder suffered an additional burden during the pandemic period.

**Objectives:** To investigate the stress, burnout and compassion fatigue in FMCs during the pandemic vs non-pandemic period.

**Methods:** In our observational study we recruited family members (FMCs) of SMPDs (DSM-5). The severity was assessed with BPRS > 31; from March 2021 to July 2021 (T1), in 66 FMCs (38 females, 28 men) that completed following questionnaires: CBI (Caregiver Burden Inventory), ProQOL (compassion satisfaction and compassion fatigue (burnout and secondary trauma) subscales). These data (T1) were compared with the scores obtained in the same family members in 2019 (T0) in a pre-pandemic period.

**Results:** ProQOL data (T1) have a higher total score than those observed in a previous study (T0). They show a lower main score in Compassion Satisfaction (CS) subscale [T1 vs T0; 34.27 vs 38.89 ( $p < .005$ ). CS subscale T0 vs T1= 34.84% vs 12.12%). High levels of burnout were found in 28.79% (T1) vs 13.64% (T0) of FMCs group. Similar results showed in the Secondary Trauma subscale and CBI with higher scores in T1 vs T0.

**Conclusions:** The comparative mean results (2019 vs 2021) showed that in the same group of FMCs, the mean values obtained with same scales were higher during the lockdown. During health crisis, FMCs of psychiatric patients are subjected to high levels of stress.

**Disclosure:** No significant relationships.

**Keywords:** Burnout caregivers; Family Members; Covid-19; Stress

**EPP0193****Relationship between attitude towards vaccination against COVID-19 and psychological characteristics of personality.**

O. Boyko\*, T. Medvedeva, S. Enikolopov, O. Vorontsova and O. Kazmina

Federal State Budgetary Scientific institution “Mental health research center”, Clinical Psychology, Moscow, Russian Federation

\*Corresponding author.

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**Introduction:** Vaccination is an effective way to control the infection. COVID-19 is a new disease, and so is the vaccine against it.

**Objectives:** The aim of the study was to investigate psychological characteristics associated with attitude towards vaccination.

**Methods:** An online survey was used (N=1336) (31.03.2020–9.02.2021). Respondents completed COPE, «Moral dilemmas» (30 Green’s Dilemmas, 10 of each type) and decided which strategy to stop the pandemic they found the effective (vaccination, herb immunity, innovative treatment or simply waiting until it fades away on its own). The study analyzed groups of those who see the benefits of vaccination and those who do not consider vaccination as a way to solve the problem of coronavirus.

**Results:** «Vaccination» attitude is more typical for men, for younger people and is also associated with assessment of COVID-19 as a dangerous disease (61% versus 21% for «vaccination» and «no vaccination» groups respectively), more diligent compliance with anti-epidemic rules (3,7 and 2,9 mean number of protection methods used), at the same time, the “vaccination” group responds about the less inconvenience associated with restrictions during the pandemic. This social attitude is associated with «need for creativity» and constructive coping: «planning», «concentration on emotions», the use of instrumental and emotional social support. There is a difference in personal moral choices (3,6 versus 2,9 for «vaccination» and «no vaccination» groups respectively), that demonstrated that positive attitude towards vaccination signifies an active personal position.

**Conclusions:** Positive attitude towards vaccination is associated with a proactive personal position and involvement in social interaction using interpersonal coping strategies.

**Disclosure:** No significant relationships.

**Keywords:** vaccination; attitude; Covid-19

**EPP0194****Problematic internet use among elementary school students during the Covid – 19 pandemic**

L. Iliopoulou<sup>1\*</sup> and V. Koutras<sup>2</sup>

<sup>1</sup>General Hospital of Ioannina, Phyciatric, Ioannina, Greece and

<sup>2</sup>University of Ioannina, Early Childhood Education, Ioannina, Greece

\*Corresponding author.

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**Introduction:** During Covid-19 pandemic schools in Greece were closed and distance education instituted.

**Objectives:** To find out whether the pandemic circumstances and the catholic internet access affected the time students spend on web activities other than educational duties.

**Methods:** Our sample consisted of 1213 parents with children from 4th, 5th, and 6th elementary school grades. They were collected with snowball sampling through internet, and they filled closed ended questions anonymous questionnaire.

**Results:** During the pandemic the amount of time that children spent on the internet for purposes other than school obligations (social media, videogames, videos) was increasing by the time. On holidays and weekends this time was further increased. Parents mentioned reduced sleep time, reduced interest in hobbies and activities, as well as in person social communication with friends and loss of interest for school and educational matters. Children spend a lot of time on internet activities and sometimes they use it to avoid loneliness and negative situations. According to parents if

their child doesn't spend its preferable time on the internet, get anxious, irritable, and sad. Often the child hides the time of internet use. Children from families with low socioeconomic, educational level, family income are more vulnerable to develop internet problematic use.

**Conclusions:** Social isolation, school closures, distance education, cancellation of after school activities and the facile internet access increased problematic internet use. This use is associated with behavioural, emotional and psychosocial problems. It is important to give information and implement educational programs for parents about how to control internet use of their children.

**Disclosure:** No significant relationships.

**Keywords:** Covid-19; elementary students; internet; problematic use

### EPP0195

#### How can resilience moderate the effects of the COVID-19 pandemic on mental health?

C. Ciampi\*, M. Carfagno, M. Raia, V. Giallonardo, V. Del Vecchio, M. Luciano, G. Sampogna and A. Fiorillo

University of Campania "Luigi Vanvitelli", Department Of Psychiatry, Naples, Italy

\*Corresponding author.

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**Introduction:** The COVID-19 pandemic represents a new form of trauma, which is impacting on the mental health of the general population. However, the effects of this new trauma are variable, being mediated by individual factors such as the levels of resilience and the coping strategies.

**Objectives:** The aims of the present study are: 1) describe the levels of resilience and the type of coping strategies adopted by the Italian general adult population during the first wave of the pandemic; 2) evaluate the protective role of coping strategies and resilience on the levels of depressive, anxiety and stress symptoms.

**Methods:** An online survey has been developed, which includes several validated self-reported questionnaires for the evaluation of participants' mental health condition, coping strategies and levels of resilience. The main outcome measure is the Depression Anxiety and Stress Scale-21 (DASS-21).

**Results:** The finale sample consists of 20,720 participants, more than half reported low levels of resilience, which were not associated with age or gender. The levels of resilience did not differ among the general population, patients with pre-existing mental disorders and those infected by COVID-19. People with low levels of resilience rarely used adaptive coping strategies. The levels of resilience did not have any influence on stress, depressive or anxiety symptoms.

**Conclusions:** The presence of low levels of resilience in the general population may be the missing link between the pandemic and increasing concerns on mental health problems. This could be important for the development of ad-hoc supportive and preventive psychosocial interventions.

**Disclosure:** No significant relationships.

**Keywords:** Depression; coping strategies; Covid-19; resilience

### EPP0197

#### Effects of Covid-19 restrictions on IPS service delivery in Northern Norway

S. Wittlund

Nordlands Hospital, Bodø, Regional Competence Centre For Work And Mental Health (rkaph), BODØ, Norway

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**Introduction:** Individual Placement and Support (IPS) is an evidence-based supported employment program that helps people with severe mental illness to achieve steady meaningful employment in competitive mainstream jobs. Employment specialists are an integral part of IPS service delivery. The primary goal of an employment specialist is to help IPS users obtain competitive employment by providing targeted job development and ongoing support to workers and employers for as long as it is required.

**Objectives:** This study aims to investigate the impact of the covid-19 restrictions on the delivery of IPS services in Northern Norway and how this may have affected the employment specialists' perception their work environment.

**Methods:** We conducted four phases of a longitudinal work environment panel survey with the IPS employment specialists in Northern Norway. Phase 1: January-February 2020 (pre-covid), phase 2: June-July 2020 (during covid) and phase 3: October-November 2020 (during covid) were not related to covid and collected data on fourteen work environment indicators. Phase 4: October 2020 was a covid specific survey and collected data about the impact of covid-19 restrictions on IPS service delivery.

**Results:** Employment specialists perceived that they had less collaborative engagement with clinical teams and employers after covid-19 restrictions were introduced. This was accompanied by a significant decline in four of the employment specialists' work environment indicators.

**Conclusions:** The covid-19 restrictions appear to have created obstacles for IPS service delivery in Northern Norway. These challenges may have negatively impacted the employment specialists' perception of their work environment, creating job dissatisfaction and potentially increasing employee attrition.

**Disclosure:** No significant relationships.

**Keywords:** individual placement and support; IPS; Covid-19; Employment specialist

### EPP0198

#### Worries during the COVID-19 pandemic – which were the most prevalent and disturbing?

A. Mañó<sup>1\*</sup>, A.T. Pereira<sup>1,2</sup>, C. Cabacos<sup>1,3</sup>, A.P. Amaral<sup>4</sup>, M. J. Soares<sup>1</sup> and A. Macedo<sup>1,2,5</sup>

<sup>1</sup>Faculty of Medicine of University of Coimbra, Institute Of Psychological Medicine, Coimbra, Portugal; <sup>2</sup>Centro Hospitalar e Universitário de Coimbra, Department Of Psychiatry, Coimbra, Portugal; <sup>3</sup>University Beira Interior, Faculty Of Health Sciences, Covilhã, Portugal; <sup>4</sup>Coimbra Institute for Biomedical Imaging and Translational Research, Icnas, Coimbra, Portugal and <sup>5</sup>University of Beira Interior, Faculty Of Health Sciences, Covilhã, Portugal

\*Corresponding author.

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