

## EPV0349

**LONG TERM IMPACT OF COVID-19 ON MENTAL HEALTH: A TUNISIAN STUDY**

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**Introduction:** Patients with long COVID experience a wide range of physical and psychological symptoms. Mental health disturbances include cognitive impairment, memory loss, anxiety, depression sleep disorders...

**Objectives:** We aimed to determine to assess mental repercussions in long COVID, especially sleep disturbances and depression.

**Methods:** This is a prospective cohort study including 84 adults Tunisian COVID 19 inpatients who had been discharged alive from hospital. Each enrolled patient was asked about the period before SARS COV2 related hospital stay, and the 6-9 month-period after hospital discharge, using the validated Arabic version of *the Patient Health Questionnaire (PHQ)-9* and the Insomnia Severity Index (ISI).

**Results:** The mean age of patients was  $57,59 \pm 12,84$  years with a sex ratio (H/F) 1,2.

As compared with baseline, all assessed outcomes (ISI and PHQ) significantly impaired after the covid-19 infection ( $p < 0.001$  for the two cases).

The prevalence of depressive symptoms doubled after the infection (25% to 58,3%).

The prevalence of insomnia was multiplied by 5 after the covid-19 infection (5,95% to 30,95%). ISI score was correlated with the PHQ score ( $p < 0.001$ ;  $r = 0.738$ ).

**Conclusions:** Our study highlighted the association between COVID-19 infection and the impairment of mental health outcomes. Thus, patients who have experienced COVID-19 illness should be screened for long psychological disturbances even a few months after the infection, in order to guarantee a better quality of life.

**Disclosure of Interest:** None Declared

## EPV0350

**Patience and its relationship to Stress Tolerance in the medical system in Bethlehem Governorate during the Corona pandemic**

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**Introduction:** The COVID-19 pandemic has set unprecedented demand on the medical system globally. Palestine was one of the Arab countries affected

**Objectives:** The present study aims to identify the relationship between patience and Stress Tolerance in the medical system in

Bethlehem Governorate during the Corona pandemic, as well as to identify the impact of several demographic variables on it.

**Methods:** Descriptive method were used. Appropriate statistical analyses were conducted using (SPSS). A random sample of 160 workers of the medical staff completed the Patience Scale and Coping Processes Scale questionnaire.

**Results:** : showed there is a significant positive effect for patience on stress tolerance and there were statistically significant differences in the level of patience in favor of males and single workers. It was also found that there is no difference in the specific duties of a health care worker and no variance of statistical evidence was found in the level of patience due to work with Covid patients but there were differences in stress tolerance in favor of those who do not work with Covid patients.

There is a significance in the level of stress tolerance in favor of the National Center in regard to bearing pressure.

There was a negative correlation with statistical significance between stress tolerance and age. The nature of stress changes with age, from episodic to chronic, which in turn affects appraisal and coping processes

**Conclusions:** This study, which was conducted on a sample of Palestinian medical workers in the Bethlehem area, showed that at the beginning of the pandemic, the medical system in Palestine was not ready to handle Covid 19, and had no precautions to prevent the disease. In spite of that, the doctors and nurses who were undergoing psychological pressure were able to stand at the front line and face the outbreak of the Corona virus.

**Disclosure of Interest:** None Declared

## EPV0351

**Peculiarities of the initial psychopathological manifestations after the transferred coronavirus disease COVID-19**

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**Introduction:** The pathogenesis of mental disorders occurring during the coronavirus pandemic 2 (SARS-COV-2) includes biological and psychosocial factors. Psychopathological consequences associated with the coronavirus disease COVID-19 may occur in different groups of individuals, including patients with a history of COVID-19 and patients with psychiatric disorders preceding COVID-19.

**Objectives:** To investigate the peculiarities of the initial psychopathological manifestations in patients with newly diagnosed mental disorders who suffered from COVID-19 and were exposed to the stressors of the SARS-CoV-2 pandemic.

**Methods:** The study involved 97 patients with newly diagnosed mental disorders who suffered from COVID-19 and were exposed to the stressors of the SARS-CoV-2 pandemic (F 32.0-32.2 – 34 patients, F 40-45 – 32 patients, F 06.3-06.6 – 31 patient). The average age of the examined group was  $44.82 \pm 5.64$  years. Clinico-psychopathological, psychodiagnostic, statistical methods were used.