

Statistical analysis was performed using SPSS 21.0 statistical software. Regarding the analytical study, a professional with a PHQ-9 scale score between 10 and 27 was considered as having moderate to severe depressive symptoms while a score between 15-27 was in favor of severe depressive symptoms.

**Results:** Caregivers were predominantly female 69.5% with a mean age of 30.74 years. Anxiety-depressive psychiatric history was found in 11.8% of the subjects. The majority of the professionals were doctors (77.8%) and 9.4% of the participants were nurses. The majority of participants worked in university hospitals (84.2%). One third of the participants, (34.3%) worked in departments with Covid-19 patients with respective rates of 57% for nurses and 36% for physicians. Dentists and pharmacists did not work in Covid-19 circuits.

The mean score on the PHQ-9 scale was equal to  $8.62 \pm 5.35$ . Depressive symptoms were noted in 37.4% of the professionals, with moderate to severe intensity in 35.5% of cases. Participants with a psychiatric history of depression or anxiety disorder had significantly higher depressive symptom scores ( $p < 0.001$ ) with 6 times higher the risk of developing moderate to severe depressive symptoms ( $p < 0.0001$ , OR 6.25, CI [2.35-16.61] and almost 3 times higher the risk of experiencing severe depressive symptoms ( $p = 0.05$ , OR=2.93, CI [1.09-7.88]). The nursing profession had high odds ratios for the occurrence of moderate to severe depressive symptoms ( $p = 0.002$ , OR=4.41, CI [1.58-12.28]) and severe depressive symptoms ( $p = 0.02$ , OR=3.82, CI [1.28-11.39]). A significant relationship was established, between the development of depressive symptoms of moderate to severe intensity with the history of depressive disorder or anxiety disorder ( $p = 0.001$ ) and the nursing profession ( $p = 0.01$ ).

**Conclusions:** The optimization of prevention, the creation of specific treatment, the promotion of health education and specific hygiene rules would participate in improving the mental health of health professionals.

**Disclosure of Interest:** None Declared

## EPV0361

### Response to the COVID-19 pandemic among the Ukrainian students: Coping strategies and psychological adjustment

T. Vasheka<sup>1</sup>, S. Tukaiev<sup>2\*</sup> and O. Dolgova<sup>3</sup>

<sup>1</sup>Faculty of Linguistics and Social Communications, Aviation psychology department, National Aviation University, Kyiv, Ukraine;

<sup>2</sup>Faculty of Communication, Culture, and Society, Institute of Public Health, Università della Svizzera italiana, Lugano, Switzerland and

<sup>3</sup>Faculty of Linguistics and Social Communications, Aviation psychology department, Università della Svizzera italiana, Kyiv, Ukraine

\*Corresponding author.

doi: 10.1192/j.eurpsy.2023.1707

**Introduction:** The COVID-19 pandemic has brought significant transformations in the social life due to the isolation itself and the effect of quarantine restrictions, which together affect the psychological health and well-being in different countries.

**Objectives:** The aim of this study was to establish the emotional and behavioral students' responses to the coronavirus pandemic, to

assess the dominant coping strategies and the prevalence of neurotic states and stress level among students.

**Methods:** For this study, a specially designed questionnaire with a set of psychodiagnostic methods was used to diagnose the manifestations of neurotic conditions in students (Clinical questionnaire for the identification and evaluation of neurotic conditions by K.K. Yakhin, D.M. Mendelevich), the level of psychological stress and the main coping strategies (questionnaire "Coping strategies" by R. Lazarus). The sample consisted of 213 respondents, students of Kyiv Universities (119 female)

**Results:** Among Ukrainian students, the dominant reactions to the COVID-19 pandemic are depressive disorders, anxiety and fears, a third of the students self-reported autonomic disorders. The stress level is moderate. Female reacted to the pandemic situation with more serious mental health disorders compared to male. The use of all coping strategies was recorded at a high level of tension, which indicates that students are already exhausting their adaptive potential and are actually maladapted in the current conditions.

**Conclusions:** The study confirms the negative impact of the COVID-19 pandemic on the mental health of young people. The available mental resources to overcome a difficult situation are exhausted, so students prefer to avoid and ignore stressful information. This gives rise to the need for psychological support and educational activities on health techniques.

**Disclosure of Interest:** None Declared

## EPV0362

### Post-COVID syndrome or persistent COVID and depression

S. Castelao-Almodovar<sup>1\*</sup>, R. Ojea Quintana<sup>2</sup>, A. Arrieta Artigas<sup>2</sup>, A. Arce de la Riva<sup>1</sup> and B. Tejero Soriano<sup>1</sup>

<sup>1</sup>Psiquiatría and <sup>2</sup>Hospital Universitario Puerta de Hierro Majadahonda, Majadahonda, Spain

\*Corresponding author.

doi: 10.1192/j.eurpsy.2023.1708

**Introduction:** Since the start of the COVID19 pandemic, numerous patients have exhibited symptoms related to the viral infection once the acute phase has resolved. The most frequent are fatigue or weakness, cognitive difficulties, insomnia, and anxiety or depression. It has been observed that the persistence of these symptoms is more common in cases of severe infections.

**Objectives:** We expose a case that exemplifies it; A 60-year-old man suffering from severe COVID19 infection during 2021, with bilateral pneumonia and secondary pneumothorax. Three months after the acute episode, he continues to present related symptoms, such as dyspnea, asthenia, arthromyalgia, nausea, hyporexia, memory lapses, anxiety and depressive mood with apathy, anhedonia and suicidal ideas.

**Methods:** The patient starts follow-up in Mental Health and antidepressant treatment with Vortioxetine 10mg. In the following months he presented significant improvement consisting in decrease of the asthenia, dyspnea, arthromyalgia and especially in anxious symptoms and depressive mood, disappearing the apathy, anhedonia and suicidal ideation. However, the persistence of memory failures draws attention, which remain in a similar degree or with slight subjective improvement.

The exploration and complementary test were the following:

- Chest CT: Hydropneumothorax, parenchymal infiltrates, alveolar consolidations, left lamellar pneumothorax.
- Head CT, complete analysis, microbiological and cytological studies without relevant resolution.
- Assessment by the Rehabilitation and Neurology service.

**Results:** This case exposes the existence of a post-COVID syndrome, where the symptoms related to the infection persist, including anxious-depressive symptoms of moderate-severe intensity. The different diagnoses that were considered were the following: Post-COVID syndrome, Adjustment disorder with mixed anxious-depressive symptomatology, Depressive episode.

**Conclusions:** We consider that in this case and in others that are similar, which are increasingly common in routine clinical practice, the etiopathogenesis of the syndrome is of interest. We found that it is difficult to discern the origin of the symptoms, not being able to differentiate an adaptive difficulty to the infection situation (added to the COVID pandemic context), versus a more organic affectation that improves when receiving pharmacological treatment, as in this case with antidepressants.

**Disclosure of Interest:** None Declared

## EPV0363

### To Sleep Perchance to Dream - Not; Nyctophobia From COVID-19 Induced Hyposmia

S. Kalita<sup>1\*</sup>, D. Birwatkar<sup>2</sup>, R. Cosme<sup>3</sup> and A. Hirsch<sup>4</sup>

<sup>1</sup>Psychiatry; <sup>2</sup>Spartan Health Sciences University, Vieux Fort, Saint Lucia; <sup>3</sup>Psychiatry, Rush University Medical Center and <sup>4</sup>Psychiatry, Smell and Taste Treatment & Research Foundation, Chicago, United States

\*Corresponding author.

doi: 10.1192/j.eurpsy.2023.1709

**Introduction:** Fear of sleep (nyctophobia), has been attributed to myriad conditions ranging from benign nocturnal panic attacks and Morvan's syndrome (Ekambaram, 2021). Positional dependent hyposmia as an origin of nyctophobia has not heretofore been described.

**Objectives:** Increase awareness for correlation between nyctophobia and hyposmia in individuals with COVID-19.

**Methods:** This 52-year-old woman presented with sudden onset of loss of smell and taste with COVID-19, which returned to 85% of normal. Five months prior to presentation she was reinfected with COVID-19, and her smell and taste dropped to 20-50% of normal which improved. However, her symptoms worsened when she would lie down, to 30% of normal, but would improve with standing, moving and sitting. Even reclining for a short nap caused her sense of smell to drop, requiring her to stand for hours before her sense of smell would return leading to her nyctophobia that forced her to move around all the time. She altered her lifestyle and assiduously avoided lying down. When so overwhelmed by tiredness she would sleep sitting up. Prior to her chemosensory problems she slept well without any fear of lying down or sleeping.

**Results:** Psychiatric exam: speech: coherent, relevant without circumstantiality, normal pace and volume. Mood: normal. Oriented x 3. Able to remember 7 digits forward and 5 backwards. Able to recall 3/4 objects without reinforcement. Interpretation of similar-

ities: normal. Proverbs: normal. Calculation: normal. Neuropsychiatric testing: Clock Drawing Test: 4/4 (normal). Animal Fluency Test: 22 (normal).

**Conclusions:** Nyctophobia, fear of positional dependent loss of smell, highlights the importance of smell to narcissistic perception of self. More than just one of senses, olfaction is important for mood regulation, memories and quality of life. Associated with chemosensory dysfunction, this is associated with 96% incidence of DSM-III-R Axis I or II diagnoses, with the most common Axis I diagnosis being generalized anxiety disorder and dysthymia (Hirsch, 1996). This can be understood that the olfactory lobe is anatomically part of limbic system (MacLean, 1973). Smell facilitates socialisation as well as maintaining interrelationships; sexual dysfunctioning is seen in 17% of the population with olfactory loss (Hirsch, 1998). Deposition of memory engrams are facilitated as manifest with olfactory evoked nostalgia seen in 84% of the general population (Hirsch, 1992). Quality of life is reduced in 68% of patients who demonstrate smell loss (Deems, 1991). The importance of smell is thus intrinsic to an individual's wellbeing, and the threat of loss of such sensation with change in position with sleep, was the precipitating event leading to nyctophobia in this subject. Assessing for fear of loss of smell in those with nyctophobia, especially with past COVID-19 infection, allows for increased understanding of etiology and indicates potential treatment approaches.

**Disclosure of Interest:** None Declared

## EPV0364

### Decisional conflict among health care workers regarding the covid 19 vaccine

S. Dhakouani\*, R. Lansari, N. Hamrouni, A. Larnaout and W. melki

<sup>1</sup>psychiatry, Razi hospital, tunis, Tunisia

\*Corresponding author.

doi: 10.1192/j.eurpsy.2023.1710

**Introduction:** The introduction of the covid 19 vaccine was a long-awaited event. However, many concerns accompanied this vaccine and the decision to be vaccinated was conflicting, especially among the most vulnerable population at that time, the health care workers.

**Objectives:** Evaluate the decisional conflict among health care workers concerning the launch of the covid19 vaccination campaign.

**Methods:** This is a descriptive study conducted by a questionnaire posted on social networks using Google Forms targeting groups of health professionals before the launch of the vaccination campaign in Tunisia from January 16, 2021 to March 6, 2021.

We collected sociodemographic data and the attitudes of health care workers about COVID 19 vaccination. We used SURE score to screen the decisional conflict related to COVID 19 vaccine.

**Results:** Our study included 168 health care workers represented mainly by medical personnel (81% of the respondents). The average age was 34 ±10 years and sex ratio was 0.22.

Sixty percent (60%) of population were hesitant about the COVID 19 vaccine. Scientific sources were consulted by 61% and non-scientific sources were referred to by 19%. Seven percent (7%) did not use any information source.

The SURE decisional conflict score: the mean was 2.26 ± 1.35. The majority of our population (74.4%) had SURE scores in favour of a