

impact and significant psychosocial impact. Besides, this pandemic has had a profound negative effect on the mental health of people worldwide, particularly among those who are faced with combating the virus.

Objectives: The aim of this research was to examine the impact of the COVID-19 pandemic on healthcare workers' mental health (HCWs), as they are on the front line of the pandemic.

Methods: An internet-based questionnaire was created including the following scales: (1) Posttraumatic Stress Disorder Checklist (PCL-5), (2) Secondary Traumatic Stress Scale (STSS) (3) Quality of Professional Life (ProQOL) (4) Post-Traumatic Growth Inventory, (PTGI), (5) Brief Resilience Scale (BRS), (6) Brief Orientation to Problems Experienced Inventory (Brief Cope), (7) Self-Compassion Scale (SCS-SF). It was distributed to 120 Greek health professionals, including nurses, doctors, midwives and physiotherapists.

Results: Most of the participants were female with an average age of 46 years. HCWs had low levels of both primary and secondary traumatic stress. They presented post-traumatic growth in the dimension of relationship with others. They used predominantly the coping strategies of positive reframing, acceptance of the situation, venting, and instrumental support.

Females had statistically significant higher levels of post-traumatic growth, better quality of life, and used more positive coping strategies compared to males. Humor and acceptance were coping strategies used mainly by physicians. Nurses and midwives had worse quality of professional life potentially due to increased workload. HCWs with more functional ways of coping were more resilient and seemed to have better quality of life, such as higher compassion, satisfaction, lower burnout, and lower post-traumatic stress.

Conclusions: The experience of the COVID-19 pandemic highlights the need to implement some strategies to protect health care workers' mental health and to take extensive prevention measures in highly stressful situations. Further research is needed to clarify the long-term negative and positive psychological effects of the pandemic on healthcare personnel's mental health.

Disclosure of Interest: None Declared

EPP0590

Psychological Consequences of Covid on Health Care Workers and their Coping strategies

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Introduction: Research findings show that during the COVID-19 pandemic, healthcare workers (HCWs) have been subject to increased workload while also exposed to many psychosocial stressors.

Objectives: The aim of this study was to investigate Covid's impact on healthcare professionals' mental health and their coping strategies

Methods: The study population consisted of 144 health professionals from health care facilities in Patras. An internet based questionnaire was distributed, which included demographic survey

questions and the following three scales: (1) The Psychological Consequences Questionnaire (PCQ) scale, (2) The Kessler Psychological Distress scale (k6) and (3) Toulouse's scale for coping strategies (E.T.C.).

Results: 144 health care workers participated in the survey, who were basically women (72.2%) and nurses (60%) In terms of psychological consequences, participants felt pressured, stressed (3.12), and sad/depressed (2.78). The most frequently used coping strategies were acceptance (3.44), active focus (3.38), cognitive focus (3.31), cognitive control and planning (3.30), emotional control (3.17), social informational support (3.16) and cooperation (3.15). In contrast, the strategies used to a lesser extent are substance addiction (1.91), emotional focus (2.13), denial (2.27) and alexithymia (2.49). Generally, positive strategies (3.11) were chosen to a greater extent than negative ones (2.38).

Conclusions: It is very important for hospital administrations to design specific psychological support programs and encourage health professionals to participate in them in order to manage their fear, anxiety and stress experienced.

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EPP0591

The impact of COVID-19 pandemic on the healthcare workers mental health

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Introduction: The COVID-19 pandemic represents an unprecedented in health events that has had a negative impact on the mental health of the population in general as well as on specific categories, including patients with mental and physical disorders, and healthcare professionals. In particular, COVID-19 pandemic has produced extraordinary stress in healthcare workers, especially frontline physicians, nurses and healthcare professionals.

Objectives: In the present study we aimed to evaluate levels of burnout, a clinical condition characterized by emotional, psychological and physical exhaustion, in a sample of health workers from the Campania region, Italy, during the first phase of the COVID-19 pandemic. Secondary objectives of the study include the assessment, in the same group, of levels of anxiety-depressive symptoms, insomnia, suicidal ideation and symptoms on the post-traumatic spectrum.

Methods: An online survey was released through the official website of the University of Campania "L. Vanvitelli" and social media. The Maslach Burnout Inventory was used to assess burnout in the healthcare professionals; Depression Anxiety Stress Scale-21 Short Version to measure levels of anxiety, depression and stress; the Insomnia Severity Index was used to identify insomnia-related symptoms; the Suicidal Ideation Attributes Scale was adopted to select individuals based on the presence of suicidal thoughts while the Impact of Event Scale-Revised was administered to evaluate trauma-related dimensions.

Results: A total of 389 health workers was recruited. They were predominantly female, with an average age of 39.06 (\pm 11.85) years, working mainly in the second line hospitals during the COVID-19