overcome peritraumatic COVID-19 distress. To solve this task we also used Impact of Event Scale (Horowitz) and Post-Traumatic Growth Inventory (Tadeshi & Calhoun) - both adapted by M. Magomed-Eminov. These two methods allow us to assess the connection coping self-efficacy with both the traumatic experience and the experience of post-traumatic growth. And to use the results to prevent mental health.

Objectives: 342 participants (students and masters; 18,2% male, 81,8% female; age: 20-30 years).

Methods: Russian version of Coping self-efficacy scale developed in Psychological Helping and resocialization Department Lomonosov Moscow State University; Post-Traumatic Growth Inventory – PTGI (Tadeshi & Calhoun), Impact of Event Scale (Horowitz), - both adapted by M. Magomed-Eminov.

Results: Russian version of Coping self-efficacy scale has high reliability-consistency (Cronbach's $\alpha = 0.916$). Detected significant correlation between coping self-efficacy and post-traumatic growth ($rS = 0,261$, $p < 0,01$) and significant negative correlation between coping self-efficacy and intensity of the impact of stressful events (IES) ($rS = -0,140$, $p < 0,05$).

Conclusions: The obtained results confirmed the high psychometric effectiveness of the Self-efficacy Coping Scale. The connections indicate the existence of positive ways of coping to distress. The results obtained suggest that further research on the positive consequences will expand the repertoire of tools predicted the ability of a modern person to cope with adversity and use experience for deeper involvement of human resources.

Disclosure: No significant relationships.
Keywords: coping; mental health; positive response

EPP0803

Mental health status, hope and resilient coping in Portuguese higher education students during the COVID-19 pandemic

C. Laranjeira and A. Querido*

Polytechnic of Leiria, School Of Health Sciences/ Citechcare, Leiria, Portugal
*Corresponding author.
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Introduction: The current pandemic crisis disturbed the life of universities and college campuses leading to an overwhelming effect on the educational system, social life, and mental health of students. In this scenario, coping strategies like resilience and hope provide a counterbalance in periods of uncertainty and stress.

Objectives: This study aims to: a) evaluate the prevalence and severity of depression, anxiety, and stress among higher education students during the COVID-19 pandemic; b) characterize the hope and resilient coping levels of graduate students.

Methods: Using a convenience sampling method, online self-reported data were collected between April 2020 to January 2021. The information gathered includes a Sociodemographic Form, the Depression, Anxiety, and Stress Scale (DASS-21) the Brief Resilient Coping Scale (BRCS) and the Herth Hope Index (HHI).

Results: A total of Portuguese 1522 students (75.1% women and 24.9% men) took part in this study. The sample mean age was 22.88±6.93 years [range 18-59 years]. We identified a significant prevalence of symptoms of stress (35.7%), anxiety (36.2%) and depression (28.5%) in our population. The BRSCS score indicated that 60.2% of students exhibited low, 22.7% moderate and 17.1% high levels of resilient coping. The HHI mean was 35.53±5.92 [range 12-48].

Conclusions: The study findings indicate a substantial portion of the students is at high risk of psychological consequences during the COVID-19 pandemic. This study recommends that is needed to get a wider picture of today's "new normal" education and to develop supportive strategies to enhance students' mental health and well-being in future pandemics.

Disclosure: No significant relationships.
Keywords: mental health; coping; Pandemics; students

EPP0804

The connection of dysfunctional breathing with Self-Government styles in the Russian population during the COVID-19 pandemic

J. Koniukhovskaia[1,2]*, E. Pervichko[1,2], O. Mitina[2], O. Stepanova[2], V. Petrenko[2], I. Shishkova[2,3] and E. Dorokhov[2]

[1]Pirogov Russian National Research Medical University, Clinical Psychology Department, Moscow, Russian Federation; [2]Lomonosov Moscow State University, Psychology, Moscow, Russian Federation and [3]Ryazan State Medical University named after I.P. Pavlov, Faculty Of Clinical Psychology, Ryazan, Russian Federation
*Corresponding author.
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Introduction: Dysfunctional breathing is experienced as "difficulty in inhaling" and is similar to the symptoms of COVID-19 (Gavriatopoulou et al., 2020), which justifies the relevance of studying this phenomenon in the conditions of the COVID-19 pandemic.

Objectives: To identifiy a relationship between self-management styles and the severity of dysfunctional breathing in the uninfected COVID-19 population of Russia.

Methods: The author used the socio-demographic questionnaire, the Naimigen Questionnaire (Van Dixhoorn, Duivenvoordent, 1985) and J. Kuhl's and A. Fuhrman's Self-Government Test (Kool, Furman, 1998; Kul, Kvirin, Kool, 2020). The study was conducted online from April 27 to December 28, 2020. It was attended by 1,362 people from all regions of Russia (38.3 ±11.4y.o.).

Results: The components are Self-regulation (r = -0.454, p = 0.000) and Self-Control (r =-0.197, p=0.000). There is also a component of Will Development (r=-0,297, p = 0,000) and Sensitivity to oneself (r=-0,480, p=0,000). It is important to note that dysfunctional breathing has a strong positive correlation with the component of life stress experiencing (=0.335, p=0.000). At the same time, the components of Self-regulation and Self-sensitivity have large correlation coefficients, which indicates their greater role.

Conclusions: People with low self-regulation and self-control, as well as with less expressed will and sensitivity to themselves, are more likely to have dysfunctional breathing and a more pronounced experience of life stress in a pandemic. The described components can be used as "targets" for individualized psychotherapy of dysfunctional breathing in the conditions of the COVID-19