

general population with significant differences. This may be due to various factors, including unawareness, fear of the disease, and exposure during the second wave of the pandemic of health personnel. Moreover, long-lasting containment measures could have overwhelmed the GP by the third wave. Our study underscores the importance of addressing HP mental stressors to increase its resilience in similar health crises.

Disclosure of Interest: None Declared

EPP0587

Coping strategies of Health Care Workers during third wave of Covid

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Introduction: Background: During the pandemic, health professionals had the unprecedented experience of dealing with a new-disease with high contagiousness and mortality. The workload, but also the fear of disease management, caused significant levels of stress. Each employee managed stress in his own way. This study detects the level of stress experienced by health workers during the pandemic and the coping strategies they selected accordingly.

Objectives: The aim of this study was to investigate the coping strategies used by health professionals during the pandemic of coronavirus.

Methods: The sample comprised 180 health professionals that were working in a public hospital. The data collection tool was an anonymous questionnaire consisting of socio-demographic questions, the Toulouse Scale for coping, and a sub questionnaire to explore health professionals' views on the pandemic.

Results: Women (73.9%), young individuals (50.6% are up to 35 years old) and TEI graduates (53.9%) predominate in the sample. The sample consisted mainly of nurses (68.3%) and the great majority were contract workers (67%).

The most frequently used dimensions were "Active focus" (Average 3.91/5.00), "Acceptance" (3.86), "Cognitive Control and Planning" (3.61) and "Social Information Support" (3.60).

Also, health workers used more often the strategies of "Social support" (3.45), "Control" (3.33) and "Focus" (3.23), while they use the "Withdrawal" strategy less often (2.25). Finally, respondents used "Positive strategies" more often (3.54) than negative ones.

Conclusions: The health professionals in the present study preferred to ask for information and use cognitive and informative strategies more often and, to a lesser extent, they were overwhelmed by their emotions. The strategies of social support, control and focus were used more often, while the strategy of withdrawal was selected less often. Furthermore, positive strategies were used to a greater extent.

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EPP0588

Psychological consequences of Covid on general population

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Introduction: Pandemics affect the mental health of individuals as they cause specific reactions throughout society due to the measures taken to contain them, which lead individuals to change their behaviour and habits and generally change their daily routine and lifestyle. In addition, the real or perceived threat of the virus and what it may cause exacerbates the anxiety and stress experienced by individuals.

Objectives: To assess the psychological distress experienced by the Greek population due to COVID-19 and to investigate the possible determinants that contributed to negative psychological experience.

Methods: Methodology: A synchronic study was conducted involving 200 participants from different regions of Greece. Data collection took place from October to December 2021. The mean age of the participants was 33.5 years. 76% of the participants had a family and/or friend who had COVID-19, while 27.5% of the participants had a family and/or friend who was hospitalized in the ICU due to coronavirus. The Impact of Event Scale-Revised (IES-R-Gr) questionnaire, adapted for COVID-19, was used to assess mental disorders

Results: 40% of participants had no symptoms of PTSD. 14.5% of participants had symptoms of PTSD and 45.5% of participants had a probable diagnosis of PTSD. Women, participants with worse self-assessed health status and participants who had a relative and/or friend hospitalized in ICU due to COVID-19 experienced worse health outcomes due to the pandemic ($p < 0.001$). In addition, women and participants, who had a family and/or friend who was hospitalized in ICU due to COVID-19, were more worried about the pandemic, while participants with worse health status assessment had more nervousness due to the pandemic.

Conclusions: Pandemic is an unprecedented situation experienced by people and has an impact not only on the physical but also on the mental health of the population. Therefore, special attention should be paid to the impact of COVID-19 on the mental health of the population and measures should be taken to protect the mental health of individuals.

Disclosure of Interest: None Declared

EPP0589

The psychological impact of Covid on health care professionals during the third wave

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Introduction: The COVID-19 pandemic is a healthcare crisis, with unprecedented impact on healthcare services, notable morbidity and mortality of the public and healthcare workers, economic

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.

Disclosure of Interest: None Declared

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