

Medical University of the Ministry of Health of the Russian Federation (Sechenov University), Moscow, Russian Federation

\*Corresponding author.

doi: 10.1192/j.eurpsy.2021.807

**Introduction:** There is not much data on the psychological predictors of compliance with Covid-19 preventive measures (self-isolation, social distancing, etc.), that are one of the most effective ways to combat the spread of the disease

**Objectives:** This study is aimed to examine the role of personal traits in compliance with the Covid-19 preventive measures, and to identify the psychological features of those who are unmotivated to comply with quarantine.

**Methods:** The study involved 256 participants aged from 16 to 73 years from Russia, and was conducted in March-April 2020. The coping strategies questionnaire (COPE), Big five personality questionnaire were used.

**Results:** Compliance with the coronavirus preventive measures is positively associated with such personality traits as conscientiousness and friendliness, and productive coping strategies (active coping, planning, positive reformulation, acceptance). Another significant predictors of compliance with restrictive measures are explaining the reasons for the spread of coronavirus by lack of responsibility of people and violation of quarantine measures (positive predictor), as well as downplaying the risk of the disease (negative predictor).

**Conclusions:** Cluster analysis identified two most common motivational profiles: unmotivated and motivated. Unmotivated people are less willing to comply with Covid-19 preventive measures. Unmotivated people trust various sources of information less often, use unproductive coping strategies (denial), and are more likely to believe that the coronavirus is used to hide the presence of other problems in the society and to increase the control over citizens by the state.

**Keywords:** big five; coping strategies; pandemic; coronavirus (Covid-19).

## EPP0438

### Perceived value threat of COVID-19 is related to anxiety symptoms

E. Fyodorova<sup>1\*</sup>, G. Arina<sup>1</sup> and M. Iosifyan<sup>2</sup>

<sup>1</sup>Psychology, Lomonosov Moscow State University, Moscow, Russian Federation and <sup>2</sup>Psychology, University of St Andrews, School of Divinity, St Andrews, United Kingdom

\*Corresponding author.

doi: 10.1192/j.eurpsy.2021.808

**Introduction:** Recent studies showed that stress and anxiety increased during the Covid-19 pandemic (Bäuerle et al., 2020; Salari et al., 2020). It is important to identify factors which are related to this increase.

**Objectives:** In present study we investigated how perceived value threat of Covid-19 is related to anxiety and depression symptoms in April – May 2020 during the lockdown in Russia.

**Methods:** Three hundred and four participants were recruited online ( $M_{age}=33.18$ ,  $SD=13.33$ , 108 males, 194 females). Participants completed the Short Schwartz's Value Survey (SSVS; Lindeman & Verkasalo, 2010). They were next asked to rate how likely

their values could be threatened because of the Covid-19. They also completed the State-Trait Anxiety Inventory (Spielberger, 1983) and Beck Depression Inventory-II (Beck et al., 1996).

**Results:** A multiple linear regression model was built to assess how own values and values threatened by Covid-19 explain state anxiety during the lockdown. Threat to openness values was positively related to state anxiety ( $b=1.07$ ,  $SE=.49$ ,  $\beta=.13$ ,  $p=.032$ ). Threat to conservation values was only marginally related to state anxiety ( $b=1.03$ ,  $SE=.58$ ,  $\beta=.13$ ,  $p=.074$ ). The effects of self-enhancement and self-transcendence values were not significant.

**Conclusions:** When Covid-19 is perceived as a threat to openness to change values – hedonism, stimulation and self-direction – people experience higher level of anxiety symptoms. Interestingly, perceived threat of Covid-19 to security, conformity and tradition was only marginally related to anxiety. Future studies might explore how encouraging people to fulfill their openness to change values in a safe mode might decrease the level of anxiety.

**Keywords:** values; value threat; COVID-19; Anxiety

## EPP0439

### The anxiety of nursing professionals during the COVID-19 pandemic period in a Brazilian regional university hospital

L. Floriano<sup>1\*</sup>, E. Dal'Bosco<sup>1</sup>, R. Plantés<sup>1</sup>, G. Arcaro<sup>1</sup>, M. Ribas<sup>1</sup> and E. Krum<sup>2</sup>

<sup>1</sup>Nursing And Public Health, State University of Ponta Grossa, Ponta Grossa, Brazil and <sup>2</sup>Pharmacy, State University of Ponta Grossa, Ponta Grossa, Brazil

\*Corresponding author.

doi: 10.1192/j.eurpsy.2021.809

**Introduction:** Nursing work requires technical, scientific competence, knowledge, skill and emotional control over practice, considering that care presents risk situations, physical and emotional stress, responsibilities with people's lives, coping with fears and suffering. All this situation in which the professional is exposed can lead to the occurrence of psychological wear, high stress and anxiety, this is conceptualized as a vague and unpleasant feeling of fear, apprehension, with characteristics of tension or discomfort derived from anticipating danger, something unknown or strange.

**Objectives:** To identify the prevalence and factors associated with anxiety among nursing professionals who work coping with COVID-19 in a Brazilian regional university hospital.

**Methods:** Cross-sectional observational study, with sociodemographic questionnaire and anxiety measurement scale (HAD), with 88 nursing professionals. The data were analyzed using absolute and relative frequency, using the software StatisticalPackage for the Social Sciences.

**Results:** There was a prevalence of anxiety (48.9%), with the majority of the sample consisting of women, over 40 years old, married or in a stable relationship, white, with higher education or postgraduate education, with income above R \$ 3,000.00, tendered, with a work regime of 40 hours per week and time in the hospital from 1 to 5 years.

**Conclusions:** The impact should be considered on Nursing Mental Health caused by COVID-19 and intervene with coping strategies to minimize anxiety.

**Keywords:** mental health; COVID-19; Health promotion

## EPP0440

### League of psychiatry and mental health of a brazilian university: Promoting mental health in COVID-19 times

L. Floriano<sup>1\*</sup>, P. Oliveira<sup>2</sup>, B. Cardoso<sup>2</sup>, E. Locaste<sup>2</sup>, N. Nabozny<sup>2</sup> and F. Ferreira<sup>2</sup>

<sup>1</sup>Nursing And Public Health, State University of Ponta Grossa, Ponta Grossa, Brazil and <sup>2</sup>Medicine, State University of Ponta Grossa, Ponta Grossa, Brazil

\*Corresponding author.

doi: 10.1192/j.eurpsy.2021.810

**Introduction:** Due to the current global background of the COVID-19 pandemic, mental health is an important factor to be promoted. In spite of the subjectivity of the psychological impact brought by this pandemic, the population has undergone several sudden and meaningful changes in psychic integrity. Therefore, the League of Psychiatry and Mental Health of a Brazilian public university emerges with the aim of complementing the curriculum of Psychiatric Medicine, along with promoting mental health inside and outside the university.

**Objectives:** Hold online events and disseminate informative material to help students, mental health professionals and general community interested in the topic.

**Methods:** The League did a member recruitment with academics from different health areas, who prepared and published booklets and folders with informations promoting mental health. And also, promoted speeches on online platforms from May 2020 to October 2020 with psychiatrists, psychologists and renowned professionals in Brazil.

**Results:** Eighteen lectures were held on topics such as "Grief in the pandemic and its implications in mental health"; "Preventing suicide in the pandemic", among others, that had a relevant role for those who were in a vulnerable emotional state at the time. As for publications, a national reach was possible, which served as a source for the cultivation of a good psychic health to face the pandemic.

**Conclusions:** More than 13.600 people participated in the promoted proposals, In addition to providing positive feedbacks to the League, with the improvement of knowledge in the field of Psychiatry and Mental Health, reaching the proposed objectives.

**Keywords:** Health promotion; mental health; COVID-19

## EPP0442

### Anxiety and procrastination in distance learning

D. Boyarinov\*, Y. Novikova, L. Gubaidulina, F. Sultanova, A. Kachina and V. Barabanshchikova

Faculty Of Psychology, Lomonosov Moscow State University, Moscow, Russian Federation

\*Corresponding author.

doi: 10.1192/j.eurpsy.2021.811

**Introduction:** In the context of distance learning students have an increase in the level of stress, anxiety (Husky, Kovess-Masfety, Swendsen, 2020). There is also a problem with time management and, as a result, procrastination. The reported study was funded by FRBR according to the research project №20-04-60174.

**Objectives:** To study the differences in the level of anxiety and procrastination depending on the type of learning.

**Methods:** A total of 290 students took part in the study. In the first study (before distance), 168 people took part, the average age was 19.8. In the second study (during distance) – 120 students, the average age was 19.2. The questionnaires: General Procrastination Scale, C.Lay; State-Trait Anxiety Inventory, Ch.Spielberger.

**Results:** In the course of descriptive statistics, it was revealed that the level of procrastination and state anxiety have a middle score. However, the level of trait anxiety in conditions of distance learning is high, especially among 1st-year students. In a comparative analysis of the two studies, it turned out that the level of state anxiety is significantly higher ( $t=1,975;p=0,049$ ) in conditions of distance learning. The correlation analysis revealed the relationship between procrastination and trait anxiety ( $r=0,414;p=0,0001$ ).

**Conclusions:** These results can be used to create programs to optimize the stress manifestation in students, especially when taking online exams. The high anxiety of 1st-year students may be associated with their accumulated stress factors, such as uncertainty about the future and etc. It should be noted that the level of procrastination does not differ, which may indicate procrastination as a personality trait.

**Keywords:** Anxiety; Procrastination; Distance learning; students

## EPP0443

### Care pathways and healthcare management in a COVID-19 triage psychiatric inpatient ward at south london and maudslay nhs foundation trust.

L. Rebolledo-Ojeda\*, J. Tweed, R. Williams, J. Aygeman, O. Khalid and M. Pinto Da Costa

Virginia Woolf Ward, South London and the Maudsley NHS Trust, London, United Kingdom

\*Corresponding author.

doi: 10.1192/j.eurpsy.2021.812

**Introduction:** The COVID-19 pandemic has enforced the restructuring of inpatient psychiatric services. In the UK, the South London and Maudsley NHS Foundation Trust has introduced a triage ward system to ensure all patients have a COVID test prior to admission to the general ward with the aim to reduce COVID transmission amongst psychiatric inpatients.

**Objectives:** To characterise the flow of patients through a COVID-19 psychiatric triage ward and the protocol of assessment and management used.

**Methods:** Descriptive analysis of patients admitted to a COVID-19 triage ward since its creation.

**Results:** The caseload of patients admitted to the COVID-19 triage ward since its inception will be presented. This will include the profile of patients admitted, their status (formal/informal) and their acceptance of COVID-19 tests. The protocol followed at this COVID-19 triage ward will be presented, and the challenges faced and suggestions to overcome them will be discussed.

**Conclusions:** This presentation aims to share the workflow and protocols adopted at a COVID-19 triage ward in the UK, discussing challenges experienced as well as good practices.

**Conflict of interest:** No significant relationships.