

**Objectives:** In this study we aimed to examine whether the psychological results of the pandemic affect chronically ill and whether the specific illness and other demographic factors account for any changes in perceived stress levels.

**Methods:** An online questionnaire has been distributed to 4 groups (n=369): 92 psoriasis patients, 73 dialysis patients, 100 patients after kidney transplantation and 104 multiple sclerosis patients. The study was conducted during the pandemic in Poland (June-July 2020). Perceived stress levels were measured by the Perceived Stress Scale (PSS).

**Results:** The preliminary results suggest elevated perceived stress levels among the studied groups. As the data are currently under statistical evaluation specific statistical conclusions are to be expected in November 2020.

**Conclusions:** As the described study was conducted during the SARS-CoV-2 pandemic in Poland, it stands to reason that the epidemiological situation affected the levels of perceived stress among chronically ill patients.

**Keywords:** Covid; stress; chronic illness

### EPP0390

#### Evaluation of depression symptoms among caregivers of children that take therapy in the national center for children rehabilitation and treatment during COVID-19 pandemic

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**Introduction:** Raising a child with neurodevelopmental disorder is very challenging. Furthermore COVID-19 pandemic can increase stress levels especially among people that suffer from mental health disorders. On of the high risks group are children with neurodevelopmental disorders. Studies show that these difficult, challenging times have had a negative impact on most families, which have a child with neurodevelopmental disorders.

**Objectives:** Evaluation of depression symptoms among caregivers of children that take therapy in the National Center for Children Rehabilitation and Treatment (NCCRT) during COVID-19 pandemic

**Methods:** The study was conducted during a two-month period March-April 2020. The sample involved 110 individuals, relatives, of children that were taking educative and rehabilitation therapy in NCCRT during last year, ambulatory or inpatients. Data were collected by clinical records and phone interviews with children's caregiver. Instrument we used were: Demographic inventory and Hamilton Anxiety Rating Scale for anxiety symptom evaluation. All data were statistically analyzed through excel.

**Results:** Most of individual interviewed, whom are responsible for children wellbeing were their parents, 69% of them. 56% of individuals were among 31-45 years old and 92% of them were women. Depression symptoms were slightly present. We noticed that depressive symptomatology was a bit worse in caregivers in urban areas compared with ones in rural areas.

**Conclusions:** It is necessary supporting with special attention caregivers whom have depressive symptoms. Yet has to be evaluated the connection, if it's present, between parents with depressive

symptoms and children progress, for ones that are being supported with development therapy.

**Keywords:** Depression; COVID-19; caregivers; developmental disorder

### EPP0391

#### Perceived stress during the COVID-19 pandemic among the tunisian population

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**Introduction:** Documenting Tunisian' stress responses to an unprecedented pandemic is essential for mental health interventions and policy-making.

**Objectives:** To describe the perceived stress generated by the Covid-19 epidemic and confinement among the Tunisian people.

**Methods:** Participants had to fill out a questionnaire including epidemiological data and the Perceived Stress Scale 10 (PSS10), which is the most widely used psychological instrument for measuring the stress perception. Individual scores can range from 0 to 40 with higher scores indicating higher perceived stress.

**Results:** Our study included 121 subjects, of which 70.6% were women. They had an average age of 36.52 years and a history of psychiatric disorders in 13.1% of cases, such as anxiety disorders (10.4%), depressive disorders (5.9%) and obsessive compulsive disorders (2.3%). More than one in two participants (61.4%) reported the presence of sleep disorders. Regarding medical history, participants declared having asthma (5%), diabetes (1.8%), high blood pressure (3.6%), and a chronic disease with corticosteroid treatment (5%). The mean PSS score was 16.96. This last was correlated to age (p<0.001), female gender (p<0.001), primary or secondary school level (p=0.03), a history of anxiety (p<0.001) and depressive disorders (p<0.001), and to sleep disorders (p<0.001).

**Conclusions:** The stress level among the Tunisian people during the Covid-19 pandemic was very close to that observed in other countries, deserving special attention especially among vulnerable populations.

**Keywords:** perceived stress; COVID-19; PSS10; psychological stress

### EPP0392

#### Covid19 pandemic impacts on mental health of tunisian health care workers

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**Introduction:** Covid19 pandemic in Tunisia has disturbed the health system. Health care workers, who were in the frontline to face this disease, had experienced reactions of anxiety, depression and distress.

**Objectives:** To assess the level of anxiety and depression among health care workers of regional hospital of Gabes (south of Tunisia) and its associated factors.

**Methods:** We conducted a cross-sectional study, from April 19, 2020, to May 5, 2020 on healthcare workers in Gabes regional Hospital. All hospital departments and units were included. We used a self-administered anonymous questionnaire containing sociodemographic and clinical data. Hospital Anxiety and Depression Scale (HAD) validated in the Tunisian dialectal version was used to assess anxiety and depression.

**Results:** Among the 289 responding participants, 100 (34.6%) were frontline health care workers directly engaged in managing patients with coronavirus disease. Our study revealed that 43.6% of health care workers were suffering from anxiety and 44.3 % from depression. There was a significant association between anxiety and female gender ( $p < 0.001$ ), being married ( $p = 0.006$ ), mental health conditions ( $p < 0.001$ ) especially anxiety disorders ( $p < 0.001$ ) and depressive disorders ( $p = 0.03$ ), personal medical history of dysthyroidism ( $p = 0.013$ ) and smoking ( $p = 0.005$ ). Nurses experienced more likely anxiety symptoms than other occupation ( $p = 0.021$ ). There was significant relationship between depression and female gender ( $p < 0.001$ ), married status ( $p = 0.02$ ), age under 50 ( $p = 0.032$ ) and mental health conditions ( $p < 0.001$ ) such as anxiety disorders ( $p = 0.001$ ) and depressive disorders ( $p = 0.013$ ).

**Conclusions:** It is crucial to provide care for health care workers with mental health problems during their struggle with covid19.

**Keywords:** health care workers; mental health; COVID-19 pandemic; anxiety depression

### EPP0393

#### Insomnia and anxiety during the COVID-19 pandemic. a retrospective study on anxiety and sleep disorders among psychiatric patients admitted at „elisabeta doamna” hospital galati, romania

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**Introduction:** In public mental health there are widespread concerns about the effects of the Covid-19 pandemic on psychiatric patients. Anxiety and sleep disorders are the focal point in admissions for psychiatric care in individuals that are impacted by these changes.

**Objectives:** The purpose of this study was to investigate the impact of the COVID-19 pandemic on the prevalence of anxiety and sleep disorders among the patients admitted to our hospital. The state of pandemic was declared on the 11<sup>th</sup> of March but it had already become a main stream media subject in our country at the beginning of the month.

**Methods:** A retrospective study was performed at the Psychiatric Hospital ‘Elisabeta Doamna’ Galati, using the exact same period, between 01.03 and 30.09, in both 2019 and 2020. ICD-10 criteria were used and patients with either F41.x or F51.x as discharge diagnosis were included.

**Results:** In total, 7638 cases were admitted during the period in 2019, of which 621 (8,13%) had anxiety disorders and 225 (2,94%) sleep disorders. In comparison in 2020 out of 4050 admitted patients, the number had risen to 1003 (24,76%) anxiety disorders and 388 (9,58%) sleep disorders.

**Conclusions:** Analysis of the data shows a three times increase in the percentage of both classes of disorders among our patients. Even considering the lower admission rates, there is a clear shift in the general profile of our average patient and this has to be taken into consideration in the long and short term treatment of any psychiatric patient.

**Keywords:** anxiety disorders; sleep disorders; pandemic; COVID-19

### EPP0394

#### The COVID-19 pandemic and its psychological impact on tunisian health professionals

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**Introduction:** In March 2020, World Health Organization characterized the COVID-19 outbreak as pandemic. This new health situation has created an anxiety-provoking climate among health professionals

**Objectives:** To provide risks associated with the exposure of caregivers to COVID-19 for their mental health by studying the prevalence and predictors of post-traumatic stress disorder, anxiety and depression.

**Methods:** Our study was descriptive and analytical cross-sectional, carried out with healthcare in different hospitals in Tunisia, between 13 May until 20 June 2020. An online survey was sent to caregivers. mental health was assessed using 3 scales: PCL-5: measure the symptoms of post-traumatic stress disorder HADS : screen for anxiety and depression. PSQI: see the existence of a disturbance in sleep quality

**Results:** 125 caregivers participated in the survey. The average age was 32 years. The participants were predominantly female (72.8%), married (48%), and had at least one child (39.2%). 28.7% of participants had increased their consumption of coffee, especially anxious people ( $p = 0.001$ ). Anxiety was retained in 44% and depression in 47.2%. Anxiety was significantly related to sex with ( $p = 0.039$ ) and affects more women. The consumers of coffee developed more anxiety ( $p = 0.034$ ) and depression ( $p = 0.026$ ). 42.4% of participants had presented post-traumatic stress disorder. Three parameters were correlated with post-traumatic stress disorder: young age, having children and fewer years of professional experience. 62.4% of caregivers had a bad quality of sleep