

Conclusions: The pandemic has increased the risk of mood disorder and suicides in the population. Focus should be on the behavioral and psychological first aid to curb stress.

Keywords: Covid; Suicide; mood disorder

EPP0415

Evaluation of anxiety and coping strategies among tunisian health professionals in the pandemic of the covid 19

N. Messedi*, A. Chamseddine, O. Bouattour, M. Turki, N. Halouani and J. Aloulou

Psychiatry, Hedi Chaker University hospital, sfax, Tunisia

*Corresponding author.

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Introduction: The rapid spread of coronavirus has forced the healthcare systems in Tunisia to reorganize its structures, thus mobilizing all caregivers. Their professional and emotional burden was put to the test.

Objectives: To evaluate the level of anxiety and to study coping strategies among caregivers during this pandemic.

Methods: A cross-sectional descriptive and analytical study among 150 caregivers in two hospitals in Sfax in Tunisia; during April 2020. We used anonymous questionnaire, the Spielberger State Anxiety Scale (STAI) to assess tension felt at anxiety-producing situations; and the Coping Inventory Scale for Stressful Situations (CISS): to assess coping strategies.

Results: The average age was 30.33 ± 6.93 years and the sex-ratio M/W = 0,29. Caregivers followed the news of this pandemic with these means of communication: 96% Facebook, 80%TV. The increase of the time spent in front of media: 84% Sleep disorders were present in 64.7%: insomnia (36%), chopped sleep (34%). Caregivers used sleeping pills in 12% of case. STAI: The mean score = 48.85 and a high anxiety level was noted in 72% of case. CISS: Task-oriented coping strategies : a mean score = 47.90 and Emotion-centered coping : a mean score = 40.49 High anxiety was correlated with: age > 40 years old ($p=0.042$). The increase of the time spent in front of media, chopped sleep and use of sleeping pills are correlated respectively ($p=0.043$, $p=0.003$, $p=0.003$) with an emotionally focused coping strategy.

Conclusions: Health professionals had a painful psychological experience with significant anxiety. Strengthening prevention strategies, management of health crises should be a priority of our health-system.

Keywords: covid 19; caregivers; anxiety; coping; covid 19; caregivers; Anxiety

EPP0416

Anxiety and need for support of college students during the SARS-CoV-2 pandemic: An exploratory study

A. Torres^{1,2*}, R. Melo², F. Príncipe^{2,3}, A. Ferreira² and A. Quesado²

¹Cintesis - Pólo Ua, CINTESIS – Center for Health Technology and Services Research, Portugal (R&D Unit ref. UIDB/4255/2020), Aveiro, Portugal; ²Nursing, Portuguese Red Cross Northern Health School, Oliveira de Azeméis, Portugal and ³Center For Health Technology And Services Research (r&d Unit Ref. Uidb/4255/2020), CINTESIS, Porto, Portugal

*Corresponding author.

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Introduction: During the pandemic state, college students are exposed to additional stressful factors, including but not limited to: fear of being infected; fear of infecting a significant person; deal with a new reality of economic uncertainty; challenges of distance education; new rules in face-to-face classes; restrictions on access to internships and higher demanding in internships.

Objectives: This exploratory study aims to assess levels of anxiety and the perception of the need for support of students of a Portuguese Higher Education Institution (HEI).

Methods: An exploratory study was developed, on the return of students to the presential classes after the academic lockdown. It was spread out an email for all students with a link for an online form, which includes sociodemographic questions, a screening question of the anxiety level, and the need for support level (rating scales 0-10).

Results: It was obtained 36 answers from mostly female students (92%) with 17 to 21 years old (67%). Answers present an average anxiety level of 5.4 (Min=1; Max=9; SD=2.23), with 58% of answers with a score of anxiety level of 5 or higher. The need for support average was 3.7 (Min=1; Max=9; SD=2.23), with 33% of answers with a score of 5 or higher.

Conclusions: It is necessary to continuously monitor the anxiety level and the need for support of college students during the SARS-Cov-2 pandemic. It is similarly relevant to have responses of HEI to promote mental health and to answer to the high levels of students' anxiety and needs for support during the pandemic.

Keywords: SARS-CoV-2; Anxiety; need for support; College students

EPP0417

The effects of excessive and compulsive online searching of COVID-19 information (“cyberchondria”) on general and COVID-19-specific anxiety and fear in romantic couples during lockdown

S. Stewart¹, F. King^{2*}, L. Rodriguez³, S. Meier¹, S. Sherry¹, A. Abbass¹, H. Deacon¹, R. Nogueira-Arjona¹ and A. Hagen¹

¹Psychology And Neuroscience, And Psychiatry, Dalhousie University, Halifax, Canada; ²Psychology, McGill University, Montreal, Canada and ³Psychology, University of South Florida - St. Petersburg, St. Petersburg, United States of America

*Corresponding author.

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Introduction: Cyberchondria involves excessive and uncontrollable online searching of information about a perceived illness. This behavior can cause or maintain distress.

Objectives: Little is known about cyberchondria during the COVID-19 pandemic or how cyberchondria in one individual may cause distress in their significant other if they are self-isolating together; our study sought to fill these gaps.

Methods: We conducted a Qualtrics Panel survey with 760 cohabitating Canadian couples; in June 2020, participants retrospectively reported on their cyberchondria behavior, general anxiety, and COVID-19 fears during the month of April 2020, while adhering to stay-at-home advisories. Two separate actor-partner interdependence models (APIMs) used cyberchondria excessiveness and compulsion to predict generalized anxiety and COVID-19 danger/contamination fears in the actor and partner.

Results: Both cyberchondria excessiveness and compulsion were associated with higher general anxiety and higher COVID-19 danger/contamination fears in the individual (actor effects). Partner