

**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  $30.33 \pm 6.93$  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<sup>1,2\*</sup>, R. Melo<sup>2</sup>, F. Príncipe<sup>2,3</sup>, A. Ferreira<sup>2</sup> and A. Quesado<sup>2</sup>

<sup>1</sup>Cintesis - Pólo Ua, CINTESIS – Center for Health Technology and Services Research, Portugal (R&D Unit ref. UIDB/4255/2020), Aveiro, Portugal; <sup>2</sup>Nursing, Portuguese Red Cross Northern Health School, Oliveira de Azeméis, Portugal and <sup>3</sup>Center 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. Stewart<sup>1</sup>, F. King<sup>2\*</sup>, L. Rodriguez<sup>3</sup>, S. Meier<sup>1</sup>, S. Sherry<sup>1</sup>, A. Abbass<sup>1</sup>, H. Deacon<sup>1</sup>, R. Nogueira-Arjona<sup>1</sup> and A. Hagen<sup>1</sup>

<sup>1</sup>Psychology And Neuroscience, And Psychiatry, Dalhousie University, Halifax, Canada; <sup>2</sup>Psychology, McGill University, Montreal, Canada and <sup>3</sup>Psychology, 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