

## EPP0444

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

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**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

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**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 RFBR 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.

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**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.

## EPP0444

### Results of a factor analysis of items regarding COVID-19 pandemic-specific workload among medical staff in Germany

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**Introduction:** Epidemics lead to an increase in occupational stress and psychological strain among medical staff (cf. Mulfinger et al. 2020). However, there are no validated questionnaires to measure stress caused by an epidemic such as Covid-19, instead self-constructed questions are used frequently.

**Objectives:** The aim was to develop items for the assessment of specific workload in epidemics which can be used to obtain longitudinal data.

**Methods:** A sample of N=8078 persons working in the health care sector in Germany participated in the VOICE, EviPan online survey addressing the burden of Covid-19 pandemic during the 2nd quarter of 2020. We used 15 self-constructed items to examine whether these items can represent Covid-19 specific topics. A total of N=7549 (24% males) had complete data to run a confirmatory factor analysis using SEM procedure in Stata 14.2.

**Results:** Five factors were identified a priori: Factor (F) 1: Workload due to Covid-19 pandemic (4 items; Cronbachs' alpha ( $\alpha$ ) =0.740); F 2: Fear, uncertainty of SarsCoV-2infection (self and others) (3 items;  $\alpha$ = 0.741); F 3: Patient safety (3 items;  $\alpha$ =0.533; F 4: Perception of protection concepts (2 items;  $\alpha$ =0.590); F 5: Dysfunctional coping strategies (3 items;  $\alpha$ =0.447). Fit-Indices:  $\chi^2(73)= 1373.849$ ,  $p<.001$ , CFI=.946, TLI=.923, RMSEA=.0049, SRMR=.037)

**Conclusions:** We identified 5 factors associated with problems occurring during the Covid-19 pandemic with acceptable to good internal consistency. Most of the constructed items could therefore be used in further surveys to monitor stress, as a basis for recommendations in the area of stress prevention and interventions for medical staff during epidemics.

**Keywords:** Medical staff; factor analysis; workload; COVID-19

## EPP0445

### Acceptability of COVID-19 vaccine by paramedics

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**Introduction:** The year 2020 was marked by the COVID-19 pandemic that killed more than one million people. Scientists around the world are looking for an effective vaccine against this virus.

**Objectives:** The objective of our study was to assess the acceptability of the COVID-19 vaccine by paramedics.

**Methods:** Descriptive and cross-sectional study including paramedics (nurses, orderlies) from the military hospital of Tunis. Data collection was carried out by a clinical psychologist. We studied the associations between the different characteristics of our population and the decision to accept or refuse vaccination against COVID-19.

**Results:** A total of 161 paramedics agreed to answer our questionnaire. The average age was 37.73 years. The average number of years worked was 14.95 years. There were 85 women (52.8%) and 76 men (47.2%). The rapid discovery of the vaccine was hoped for by 94.4%. Vaccination was considered a means of collective protection by 84.5%. However, only 52.8% agreed to be vaccinated by the COVID-19 vaccine. The main factors significantly associated with refusal of the COVID-19 vaccine were previous refusal of influenza vaccination ( $p = 0.006$ ).

**Conclusions:** Apprehension about vaccination does not appear to be sparing the future COVID-19 vaccine. To achieve vaccination coverage that would protect health care workers, several awareness and communication activities must be carried out.

**Keywords:** Vaccination; Vaccination Refusal; Immunization; coronavirus

## EPP0446

### Acceptability of prophylactic treatment against COVID-19 by paramedics

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**Introduction:** The year 2020 was marked by the COVID-19 pandemic that killed more than one million people. Scientists around the world are looking for prophylactic treatment against this virus.

**Objectives:** The objective of our study was to assess the acceptability of prophylactic treatment against COVID-19 by paramedics.

**Methods:** Descriptive and cross-sectional study including paramedics (nurses, orderlies) from the military hospital of Tunis. Data collection was carried out by a clinical psychologist. We studied the acceptability of prophylactic treatment by paramedics, reasons for refusal and factors that may affect this choice.

**Results:** A total of 161 paramedics agreed to answer our questionnaire. The average age was 37.73 years. The average number of years worked was 14.95 years. There were 85 women (52.8%) and 76 men (47.2%). Only 59 (36.6%) agreed to take prophylactic treatment for COVID-19. The main reason for refusal was fear of side effects 57 (34.7%). Sufficient hindsight was the main factor that could make them change their decisions. This refusal was definitive for 55 (34.2%) paramedics.

**Conclusions:** Fear of drug side effects exceeds the fear of COVID.19. An information and communication strategy on the value of prophylactic treatments during a pandemic must be developed.

**Keywords:** paramedic; therapeutics; coronavirus