

had sleep disorders and 26% of the participants had no depressive symptoms. Age statistically significantly correlated with the severity of depressive symptoms and sleep disorders. Parental status statistically significantly correlated with the severity of depressive symptoms. There was a strong correlation between the severity of depression and anxiety and a strong correlation between depression and sleep disorders.

**Conclusions:** Age and parental status contributed to the severity of depressive symptoms and the occurrence of sleep disorders among the residents of the West Pomeranian Voivodeship during the SARS-CoV-2 pandemic. Some of the residents of the West Pomeranian Voivodeship showed high levels of stress or insomnia. The severity of depressive symptoms significantly influenced the levels of anxiety and perceived stress, as well as the occurrence of sleep disorders.

**Disclosure:** No significant relationships.

**Keywords:** Depression; Covid-19; Insomnia; Anxiety

### EPV0371

#### Baseline beliefs, depression, anxiety, and stress in humanities students in the context of the COVID-19 pandemic

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**Introduction:** The COVID-19 pandemic can be seen as mental trauma. The concept of baseline beliefs helps to explain the extent to which mental trauma affects individuals.

**Objectives:** The study aimed to investigate baseline beliefs in humanities students in Russian universities and analyse the relationship between baseline beliefs and emotional reactions.

**Methods:** Data collection was carried out between May and July 2020 using a Google form that we developed. A total of 92 humanities students participated in the study. The WAS-37 was used to examine baseline beliefs, and the DASS-21 was used to determine depression, anxiety, and stress levels.

**Results:** We found that the mean values of the scales "Benevolence in the World" ( $M = 34.8 \pm 6.5$ ), "Self-image" ( $M = 27.2 \pm 4.4$ ), "Luck" ( $M = 32.7 \pm 5.7$ ) and "Controlling beliefs" ( $M = 27.9 \pm 4.0$ ) were above the normative mean values for the Russian population and only the values of the scale "Justice" ( $M = 20.8 \pm 3.8$ ) were below these. All components of baseline beliefs had negative associations with depression, anxiety, and stress; only "Benevolence in the World" was associated exclusively with anxiety ( $r_s = -0.223$ ,  $p < 0.05$ ), and "Justice" with depression ( $r_s = -0.223$ ,  $p < 0.05$ ).

**Conclusions:** In a pandemic, the world around them is perceived by humanities students as less fair. Trust in the world, beliefs about the fairness of the world and a positive self-image are correlated with a more favourable emotional state. By this, we support the view that individuals' implicit beliefs (baseline beliefs) are related to the severity of the traumatic event.

**Disclosure:** No significant relationships.

### EPV0372

#### Life events impact on experiences of COVID-19 pandemic (in Azerbaijani sample)

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**Introduction:** Many studies point to cognitive beliefs, attitudes and other psychological traits involved in particularities of reactions to pandemic situation, but the differences in life events are often overlooked.

**Objectives:** A study of subjective evaluation of life events during the pandemics.

**Methods:** The modified Lifeline technique was used to elicit life events. In semistructured interview, using a timeline, subjects were asked to indicate and describe events that had an impact on their attitudes, behaviors and feelings since the start of pandemic. Then they evaluated with direct assessment scales each event as to what extent it was anxious, difficult to cope, changed the beliefs concerning COVID-19, fostered the changes of behavior and habits, and led to reappraisal of own values. The events were coded using dichotomous categories: COVID-related vs directly unrelated, universal vs individual, personally involved vs noninvolved, and also were further qualitatively evaluated. 25 young Azerbaijani residents took part in the study.

**Results:** From 191 events named, 72% were COVID-related, 62% - universal, 62% - with personal involvement. 46% of events were unique (mentioned once). Universal events were more likely to be assessed as anxiogenic, while personal ones as leading to rethink own values and priorities ( $U$ ,  $p < .01$  and  $p < .05$ ). Surprisingly, life events in total were assessed as less challenging the beliefs about pandemics while more frequently leading to rethink own values ( $T$ ,  $p < .05$ ). Individual events involved more conflict meanings and implications.

**Conclusions:** Lifeline technique may provide important insights on the impact of life events in complex social transitions and may be used in counseling.

**Disclosure:** No significant relationships.

**Keywords:** life events; timeline; counseling; Covid-19

### EPV0374

#### Russian medical students in the first wave of the COVID-19 pandemic: emotional reactions and baseline beliefs

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**Introduction:** During the pandemic of new coronavirus infection, some medical students were actively recruited to work with infected patients, which could provoke depression, anxiety, and stress. The concept of baseline beliefs predicts characteristics of individuals' experience of trauma.

**Objectives:** The study aimed to determine depression, anxiety, and stress levels in medical students and examine their baseline beliefs, as well as the relationship between baseline beliefs and emotional reactions.

**Methods:** Data were collected in the spring and summer of 2020 using a Google form that we developed. Thirty-seven medical students participated in the study. The WAS-37 questionnaire was used to examine baseline beliefs and the DASS-21 to measure depression, anxiety, and stress. Both questionnaires were adapted for use in Russia.

**Results:** We found that 78 % of the respondents had no depression, 86 % had no manifestations of anxiety, and 83 % felt stress-free. The mean values on the "Benevolence in the World" scale ( $M = 32.3 \pm 8.0$ ) were within the average normative values, those on the "Justice" scale ( $M = 19.8 \pm 5.0$ ) were below them, and those on the "Self-Image" scale ( $M = 29.6 \pm 5.9$ ), "Luck" ( $M = 32.5 \pm 6.9$ ) and "Controlling Beliefs" ( $M = 27.3 \pm 4.1$ ) were above the average normative values. We found only one statistically significant relationship between emotional reactions and baseline beliefs, a negative correlation between depression and luck ( $r_x = -0.360$ ,  $p < 0.05$ ).

**Conclusions:** In pandemic medical students, beliefs about one's luck were associated with lower levels of depression.

**Disclosure:** No significant relationships.

### EPV0375

#### Dynamics of emotional reactions among Russian students during the COVID-19 pandemic

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**Introduction:** The pandemic of a new coronavirus infection can be considered as a long-term traumatic event. It is known that chronic stress is characterized by dynamics of emotional state caused by processes of adaptation and maladaptation.

**Objectives:** Our study aimed to investigate the dynamics of depression, anxiety, and stress levels among Russian students during the COVID-19 pandemic.

**Methods:** Data were collected from May to July 2020 (the first pandemic wave) and from October 2020 to April 2021 (the second wave). A total of 170 non-medical university students participated in the study. We used the DASS-21 to determine levels of depression, anxiety, and stress.

**Results:** We found that during the first wave of the pandemic, 57 % of students showed no symptoms of depression, 77 % had no symptoms of anxiety, and 76 % showed no signs of stress. In the

second wave, 50 % of students showed no depression, 65 % no anxiety and 67 % no stress. Analysis of mean values showed that the second pandemic wave provoked higher levels of anxiety ( $M = 3.32 \pm 4.25$  vs  $M = 4.71 \pm 4.71$ ,  $p < 0.05$ ) and stress ( $M = 6.50 \pm 4.50$  vs  $M = 7.99 \pm 4.97$ ,  $p < 0.05$ ).

**Conclusions:** The second wave of the new coronavirus pandemic provoked more severe emotional reactions among Russian students than the first. By these results we suggest that the duration of the pandemic harms the emotional state of the general population. Therefore, it is essential to develop and implement psychotherapeutic programs to restore the mental health of Russian citizens.

**Disclosure:** No significant relationships.

### EPV0376

#### Meaningful orientations and asthenia in pregnant women and young mothers during the first COVID-19 pandemic wave

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**Introduction:** Pregnancy and childcare are naturally stressful for women, often accompanied by the asthenic syndrome. In a pandemic situation, this type of stress may be potentiated by external conditions.

**Objectives:** The study aimed to investigate the life-state orientations and asthenia levels of pregnant women and young mothers in the context of a pandemic. We also analyzed the correlations between the life-state orientations and the different types of asthenias.

**Methods:** Data collection was carried out in June 2020 using a Google form that we developed. Pregnant women and young mothers with children under seven years of age participated in the study with 47 respondents. We used the Purpose-in-Life Test to investigate the meaningful orientations and the MFI-20 to determine the level of asthenia. Both questionnaires were adapted for use in Russia.

**Results:** We found that the mean overall MFI-20 score ( $M = 58.0 \pm 5.9$ ) exceeded the mean values in our sample, indicating the presence of the asthenic syndrome. Physical asthenia ( $M = 12.9 \pm 1.4$ ) and decreased activity ( $M = 12.0 \pm 1.7$ ) were the strongest, with the lowest score on the general asthenia scale ( $M = 10.6 \pm 1.8$ ). Correlation analysis showed that all components of meaningful orientations had multiple positive correlations with different types of asthenias, and the overall asthenia score was 100 % related to life meaningfulness ( $p < 0.01$ ).

**Conclusions:** Pregnant women and young mothers are at risk for asthenia in the COVID-19 pandemic. This is obviously due to many responsibilities of mothers raising children.

**Disclosure:** No significant relationships.