

treat were dementia (17%), acute agitations (14.9%) and schizophrenia (10.6%). Anxiolytics and antidepressants use was very frequent (40.4% and 27.7% respectively), and 34% needed training in antipsychotics prescription. Difficulties encountered during MD management were related to lack of psychiatric continuing education (19.4%) and lack of collaboration with mental health professionals (12.5%). Among participants, 93.6% requested a psychiatric training: theoretical 29.3%, practice exchange 24.7%.

**Conclusions:** Our study confirmed that MD related visits are common in primary care and highlighted several obstacles in their management. Further continuous education, training, and collaboration between practitioners is required.

**Keywords:** Psychiatric disorders; management; perception; general practice

### EPP0757

#### Assessing the health-related quality of life of nurses: A study in hedi chaker hospital

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doi: 10.1192/j.eurpsy.2021.1066

**Introduction:** Physical and psychological health, social relationships and professional environment determine the quality of life of nurses.

**Objectives:** This study aims to evaluate the quality of life of Hospital nurses and to identify the factors that influenced this assessment.

**Methods:** We conducted a cross-sectional study concerning nurses who answered a questionnaire developed and structured in order to assess the quality of life and with the appliance of the World Health Organization Quality of Life Instrument (WHOQoL-BREF). The statistical processing was done with IBM SPSS Statistics for Windows, Version 21.0.

**Results:** Most of the nurses were women (78.30%), married (81.70%) and with a specialization degree (65 %). The mean age of the study population was 50.20 years ( $\pm 7.20$  years). Most of them considered their quality of life good or very good (46.7%) and were satisfied or very satisfied with their health (48.4%). There is a significant association between quality of life and satisfaction with life ( $p=0.000$ ). The average score of Physical health was 55.76 ( $\pm 13.89$ ). The average scale of Psychological health was 61.45 ( $\pm 15.14$ ). A significant correlation was observed between lack of antecedents and a better physical health ( $p=0.000$ ). The psychological health was correlated with age ( $p=0.000$ ) and social relationships ( $p=0.000$ ).

**Conclusions:** Studying the quality of life of nurses is particularly important, since it can lead to the development of a policy for improving the working conditions in the public sector.

**Conflict of interest:** No significant relationships.

### EPP0758

#### Mental health impact of covid on athletes

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doi: 10.1192/j.eurpsy.2021.1067

**Introduction:** The coronavirus pandemic continues to impact all aspects of the daily life of the public worldwide. With decreased economic activity, the sports industry faces significant challenges of maintaining athletes' mental health while seeking the best strategies for eventual return to sports competition.

**Objectives:** We aim to evaluate COVID-19 related factors impacting on the mental health of athletes and provide appropriate management steps.

**Methods:** We examined MeSH terms "Athletes," "Sports," "COVID-19," in the context of "Mental Health," "Mental Disorders," "Behavioral Medicine," "Risk Factors." We identified seven studies for the qualitative synthesis per the PRISMA guidelines, searching Medline, PubMed, PubMed Central, and PsychInfo databases until July 2020.

**Results:** The pandemic has negatively impacted athletes' mental wellbeing due to decreased physical activities, limited resources, fears, and delays or cancellations of the sporting event. The negative psychological impact on athletes is due to self-isolation measures leading to worries of less preparedness for the lockdown, reduced physical activity, loss of competitive advantages, fear of being infected, social isolation, and loneliness. During this period, athletes struggled to maintain baseline routine and engaged in excessive calorie intake, eating low-quality food, substance use, and sleep disruption. It has caused anxiety, depression, PTSD, and mood disorder at varying degrees of severity in athletes.

**Conclusions:** Limited resources during a pandemic have caused adverse mental impact on athletes. We recommend improving physical activity through confined or virtual training programs with colleagues. A collaborative approach is required by clinicians, psychologists, coaches, sports organizations, government bodies to limit the pandemic's mental health impact.

**Keywords:** Covid; Mental Health of Athletes; sports psychiatry

### EPP0759

#### Levels of depressive and anxious symptoms of pregnant women before vs. during the COVID-19 pandemic

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doi: 10.1192/j.eurpsy.2021.1068

**Introduction:** The effects on the population's mental health due to the rapid global spread of COVID-19 are even greater for specific groups such as pregnant women.