

Table 1: Pearson correlations between the Emotional exhaustion and the empathy

Variables	1	2	3	4
1. Emotional Fatigue	----	,205**	,60	,523**
2. Depersonalization		----	,41	,318*
3. Personal Realization			----	-,167
4. Increased workload				-----

Nota: ** p < .01; * p < .05

Conclusions: It was possible to conclude that the significant increase in the workload in teachers correlates positively with levels of emotional exhaustion and depersonalization; however, no correlations were observed between workload and personal achievement of higher education teachers.

Keywords: workload; burnout; teachers; COVID-19

EPP0324

Mental health of israeli employees with autism spectrum disorders following COVID-19-related changes in employment status

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Introduction: The COVID-19 pandemic caused employment related challenges worldwide. Adults diagnosed with Autism Spectrum Disorders (ASD) are especially vulnerable, due to pre-existing employment challenges, intolerance to changes and uncertainty and high levels of related anxiety.

Objectives: To examine COVID-19 related changes in work experiences and mental health of employees with ASD who held a steady job before the COVID-19 outbreak.

Methods: Data were collected from 23 participants diagnosed with ASD (4 females), aged 20–49, who answered an online administered survey at two timepoints: prior to the COVID-19 outbreak, and during the outbreak. Self-reports included measures of background and employment status; mental health (General Health Questionnaire-12); job satisfaction (Minnesota Satisfaction Questionnaire); and satisfaction of psychological needs at work (Psychological Need Satisfaction and Frustration – Work domain).

Results: Participants who continued to physically attend work maintained pre-COVID-19 levels on all assessed variables. Participants who transitioned to remote work from home preserved their salary levels and job satisfaction, but showed a marginally significant deterioration in mental health and a significant decrease in the satisfaction of their needs for competence and autonomy at work. Unemployed participants showed a significant decrease in mental health.

Conclusions: Results highlight employment as a protective factor from the potential negative implications of COVID-19 on mental-health of employees with ASD. Employees who transition to working from home

require personalized work-support plans due to the possible negative effects of this transition on mental health. Maintaining the routine of physically reporting to work should be preferred, when possible.

Keywords: Adults with ASD; Employment; COVID-19; Mental health

EPP0325

COVID-19 pandemic's burden on healthcare professionals' mental health

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Introduction: Healthcare professionals report about anxiety, depression, and fear during pandemic COVID-19 worldwide. Resilience becomes the high-powered important mechanism that reduces stress impact on the emotional state of healthcare professionals.

Objectives: We suggested that effective resilience is associated with less COVID-19's fear, as well as less anxiety, and depression; healthcare professionals' mental health depends on age, gender, as well as involvement in the care of patients with COVID-19.

Methods: 211 healthcare professionals participated in the study and were evaluated with the Connor-Davidson Resilience 10-item scale (CD-RISC-10), Fear of COVID-19 Scale, PHQ-9, GAD-7.

Results: A negative correlation between resilience and fear of COVID-19 ($p \leq 0,01$), anxiety ($p \leq 0,01$), and depression ($p \leq 0,001$) was found. Positive correlations were found between depression, anxiety, and fear of COVID-19 ($p \leq 0,001$), between age and fear of COVID-19 ($p \leq 0,05$). No statistically significant association between age and depression, anxiety, or resilience was found. The significant difference of COVID-19 fear depending on gender – female vs male ($p \leq 0,05$) was found. No statistically significant difference in resilience and emotional state in healthcare professionals depending on the involvement in the care of patients with COVID-19 were found.

Conclusions: Resilience is associated with better mental health in healthcare professionals during the COVID-19 pandemic. Anxiety and depression are connected with the fear of COVID-19 and highly comorbid in healthcare professionals. The elder age and female gender are among the risk factors for a more deteriorated mental state. Fear of COVID-19, mental state, and resilience are not associated with healthcare professionals' involvement in the care of patients with COVID-19.

Keywords: COVID-19; mental health; Healthcare professionals; resilience

EPP0326

Post-traumatic stress disorder and its relation to the pandemic of the novel corona virus (COVID-19) in the bahraini society

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