

Objectives: To assess the level of anxiety and depression among health care workers of regional hospital of Gabes (south of Tunisia) and its associated factors.

Methods: We conducted a cross-sectional study, from April 19, 2020, to May 5, 2020 on healthcare workers in Gabes regional Hospital. All hospital departments and units were included. We used a self-administered anonymous questionnaire containing sociodemographic and clinical data. Hospital Anxiety and Depression Scale (HAD) validated in the Tunisian dialectal version was used to assess anxiety and depression.

Results: Among the 289 responding participants, 100 (34.6%) were frontline health care workers directly engaged in managing patients with coronavirus disease. Our study revealed that 43.6% of health care workers were suffering from anxiety and 44.3 % from depression. There was a significant association between anxiety and female gender ($p < 0.001$), being married ($p = 0.006$), mental health conditions ($p < 0.001$) especially anxiety disorders ($p < 0.001$) and depressive disorders ($p = 0.03$), personal medical history of dysthyroidism ($p = 0.013$) and smoking ($p = 0.005$). Nurses experienced more likely anxiety symptoms than other occupation ($p = 0.021$). There was significant relationship between depression and female gender ($p < 0.001$), married status ($p = 0.02$), age under 50 ($p = 0.032$) and mental health conditions ($p < 0.001$) such as anxiety disorders ($p = 0.001$) and depressive disorders ($p = 0.013$).

Conclusions: It is crucial to provide care for health care workers with mental health problems during their struggle with covid19.

Keywords: health care workers; mental health; COVID-19 pandemic; anxiety depression

EPP0393

Insomnia and anxiety during the COVID-19 pandemic. a retrospective study on anxiety and sleep disorders among psychiatric patients admitted at „elisabeta doamna” hospital galati, romania

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Introduction: In public mental health there are widespread concerns about the effects of the Covid-19 pandemic on psychiatric patients. Anxiety and sleep disorders are the focal point in admissions for psychiatric care in individuals that are impacted by these changes.

Objectives: The purpose of this study was to investigate the impact of the COVID-19 pandemic on the prevalence of anxiety and sleep disorders among the patients admitted to our hospital. The state of pandemic was declared on the 11th of March but it had already become a main stream media subject in our country at the beginning of the month.

Methods: A retrospective study was performed at the Psychiatric Hospital ‘Elisabeta Doamna’ Galati, using the exact same period, between 01.03 and 30.09, in both 2019 and 2020. ICD-10 criteria were used and patients with either F41.x or F51.x as discharge diagnosis were included.

Results: In total, 7638 cases were admitted during the period in 2019, of which 621 (8,13%) had anxiety disorders and 225 (2,94%) sleep disorders. In comparison in 2020 out of 4050 admitted patients, the number had risen to 1003 (24,76%) anxiety disorders and 388 (9,58%) sleep disorders.

Conclusions: Analysis of the data shows a three times increase in the percentage of both classes of disorders among our patients. Even considering the lower admission rates, there is a clear shift in the general profile of our average patient and this has to be taken into consideration in the long and short term treatment of any psychiatric patient.

Keywords: anxiety disorders; sleep disorders; pandemic; COVID-19

EPP0394

The COVID-19 pandemic and its psychological impact on tunisian health professionals

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Introduction: In March 2020, World Health Organization characterized the COVID-19 outbreak as pandemic. This new health situation has created an anxiety-provoking climate among health professionals

Objectives: To provide risks associated with the exposure of caregivers to COVID-19 for their mental health by studying the prevalence and predictors of post-traumatic stress disorder, anxiety and depression.

Methods: Our study was descriptive and analytical cross-sectional, carried out with healthcare in different hospitals in Tunisia, between 13 May until 20 June 2020. An online survey was sent to caregivers. mental health was assessed using 3 scales: PCL-5: measure the symptoms of post-traumatic stress disorder HADS : screen for anxiety and depression. PSQI: see the existence of a disturbance in sleep quality

Results: 125 caregivers participated in the survey. The average age was 32 years. The participants were predominantly female (72.8%), married (48%), and had at least one child (39.2%). 28.7% of participants had increased their consumption of coffee, especially anxious people ($p = 0.001$). Anxiety was retained in 44% and depression in 47.2%. Anxiety was significantly related to sex with ($p = 0.039$) and affects more women. The consumers of coffee developed more anxiety ($p = 0.034$) and depression ($p = 0.026$). 42.4% of participants had presented post-traumatic stress disorder. Three parameters were correlated with post-traumatic stress disorder: young age, having children and fewer years of professional experience. 62.4% of caregivers had a bad quality of sleep

Conclusions: This health crisis had a major impact on the mental health of our heroes. So, we should provide for them with the necessary support.

Keywords: COVID-19; health professionals; Post traumatic Stress Disorder; Anxiety

EPP0395

Evaluation of anxiety symptoms among caregivers of children that take therapy in the national center for children rehabilitation and treatment during COVID-19 pandemic

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Introduction: Compared to the parents of kids with “typical” development the stress level and exhaustion in these parents is higher and more frequent. Furthermore COVID-19 pandemic can increase stress levels especially among people that suffer from mental health disorders. Studies show that these difficult, challenging times have had a negative impact on most families, which have a child with neurodevelopmental disorders.

Objectives: Evaluation of different aspects of emotional dimension among caregivers of children that take therapy in the National Center for Children Rehabilitation and Treatment (NCCRT) during COVID-19 pandemic

Methods: The study was conducted during a two-month period March-April 2020. The sample involved 110 relatives of children that were taking educative and rehabilitation therapy in NCCRT during last year, ambulatory or inpatients. Data were collected by clinical records and phone interviews. Instrument we used were: Demographic inventory and Hamilton Anxiety Rating Scale for anxiety symptom evaluation. All data were statistically analyzed through excel.

Results: Most of individual interviewed, whom are responsible for children wellbeing and pass most of the time with them were their parents, 69% of them. 56% of individuals were among 31-45 years old and 92% of them were women. Physical distancing seemed to risen anxiety levels in caregivers whom hadn't have these problems before.

Conclusions: It is necessary the dynamic support with special attention for caregivers whom have emotional distress. Yet has to be evaluated the connection, if it's present, between parents with emotional distress and children progress, for ones that are being supported with development therapy.

Keywords: COVID-19; caregivers; developmental disorder; Anxiety

EPP0396

Facing the COVID-19: A qualitative research on the impact of the pandemic on autism spectrum disorder (ASD)

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Introduction: Lockdown resulting from the experienced pandemic has had a great influence on the emotional and social well-being of the general population. Specifically, it is known that those with an Autism Spectrum Disorder (ASD) and their caregivers had to overcome several challenges during this period. Moreover, this situation has influenced the professionals who work in this field.

Objectives: The aim of this study is to describe the impact, the learnings and the challenges that have arisen for the patients with ASD, their families and professionals during the coronavirus outbreak through progenitors' and professionals' perceptions.

Methods: A qualitative research design using focus groups was selected to identify and discuss participants' experiences, beliefs, perceptions and attitudes. The target population consisted on parents with children with ASD and professionals who work with them. Data was collected via two focus groups. A content was made using the program Atlas.ti to determinate the principal categories and themes that describe the COVID-19 impact.

Results: Findings widely describe the problems faced and difficulties experienced by this population during lockdown and after it. As well as the challenges, opportunities and learning that this situation has offered.

Conclusions: Reflections derived from the study manifest the need of thinking about new models of intervention with children with ASD and their families. Greater attention must be paid to parents' experiences in order to attend to the actual demands of patients and their caregivers contextualized within our current changing situation.

Keywords: autism spectrum disorder; family; professionals; COVID-19

EPP0397

Washing COVID-19 away: COVID-19 and obsessive compulsive disorder

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Introduction: We are facing a crisis caused by an extremely infectious disease, Covid-19. The mechanisms of infection and transmission of this coronavirus are largely unknown but some of the clearer recommendations are washing hands and surfaces. Obsessive-Compulsive Disorder has a lifetime prevalence of 2-3%, among the multiple symptoms, fear of dirt or being contaminated, and excessive washing are the most common affecting about 50% of patients.

Objectives: We reviewed the available information to understand if there are changes in OCD symptoms during the pandemic.

Methods: Non-systematic review of the literature with selection of scientific articles published in the past 6 months; by searching Pubmed and Medscape databases using the combination of MeSH