

overcome peritraumatic COVID-19 distress. To solve this task we also used Impact of Event Scale (Horowitz) and Post-Traumatic Growth Inventory (Tadeshi & Calhoun) - both adapted by M. Magomed-Eminov. These two methods allow us to assess the connection coping self-efficacy with both the traumatic experience and the experience of post-traumatic growth. And to use the results to prevent mental health.

Objectives: 342 participants (students and masters; 18,2% male, 81,8% female; age: 20-30 years).

Methods: Russian version of Coping self-efficacy scale developed in Psychological Helping and resocialization Department Lomonosov Moscow State University; Post-Traumatic Growth Inventory – PTGI (Tadeshi & Calhoun), Impact of Event Scale (Horowitz), - both adapted by M. Magomed-Eminov.

Results: Russian version of Coping self-efficacy scale has high reliability-consistency (Cronbach's $\alpha = 0.916$). Detected significant correlation between coping self-efficacy and post-traumatic growth ($r_s = 0,261$, $p < 0,01$) and significant negative correlation between coping self-efficacy and intensity of the impact of stressful events (IES) ($r_s = -0,140$, $p < 0,05$).

Conclusions: The obtained results confirmed the high psychometric effectiveness of the Self-efficacy Coping Scale. The connections indicate the existence of positive ways of coping to distress. The results obtained suggest that further research on the positive consequences will expand the repertoire of tools predicted the ability of a modern person to cope with adversity and use experience for deeper involvement of human resources.

Disclosure: No significant relationships.

Keywords: coping; mental health; positive response

EPP0803

Mental health status, hope and resilient coping in Portuguese higher education students during the COVID-19 pandemic

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Introduction: The current pandemic crisis disturbed the life of universities and college campuses leading to an overwhelming effect on the educational system, social life, and mental health of students. In this scenario, coping strategies like resilience and hope provide a counterbalance in periods of uncertainty and stress.

Objectives: This study aims to: a) evaluate the prevalence and severity of depression, anxiety, and stress among higher education students during the COVID-19 pandemic; b) characterize the hope and resilient coping levels of graduate students.

Methods: Using a convenience sampling method, online self-reported data were collected between April 2020 to January 2021. The information gathered includes a Sociodemographic Form, the Depression, Anxiety, and Stress Scale (DASS-21) the Brief Resilient Coping Scale (BRCS) and the Herth Hope Index (HHI).

Results: A total of Portuguese 1522 students (75.1% women and 24.9% men) took part in this study. The sample mean age was

22.88±6.93 years [range 18-59 years]. We identified a significant prevalence of symptoms of stress (35.7%), anxiety (36.2%) and depression (28.5%) in our population. The BRSCS score indicated that 60.2% of students exhibited low, 22.7% moderate and 17.1% high levels of resilient coping. The HHI mean was 35.53±5.92 [range 12-48].

Conclusions: The study findings indicate a substantial portion of the students is at high risk of psychological consequences during the COVID-19 pandemic. This study recommends that is needed to get a wider picture of today's "new normal" education and to develop supportive strategies to enhance students' mental health and well-being in future pandemics.

Disclosure: No significant relationships.

Keywords: mental health; coping; Pandemics; students

EPP0804

The connection of dysfunctional breathing with Self-Government styles in the Russian population during the COVID-19 pandemic

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Introduction: Dysfunctional breathing is experienced as "difficulty in inhaling" and is similar to the symptoms of COVID-19 (Gavriatopoulou et al., 2020), which justifies the relevance of studying this phenomenon in the conditions of the COVID-19 pandemic.

Objectives: To identify a relationship between self-management styles and the severity of dysfunctional breathing in the uninfected COVID-19 population of Russia.

Methods: The author used the socio-demographic questionnaire, the Naimigen Questionnaire (Van Dixhoorn, Duivenvoordt, 1985) and J. Kuhl's and A. Fuhrman's Self-Government Test (Kool, Furman, 1998; Kul, Kvirin, Kool, 2020). The study was conducted online from April 27 to December 28, 2020. It was attended by 1,362 people from all regions of Russia ($38.3 \pm 11.4y.o.$).

Results: The components are Self-regulation ($r = -0.454$, $p = 0.000$) and Self-Control ($r = -0.197$, $p = 0.000$). There is also a component of Will Development ($r = -0.297$, $p = 0.000$) and Sensitivity to oneself ($r = -0.480$, $p = 0.000$). It is important to note that dysfunctional breathing has a strong positive correlation with the component of life stress experiencing ($=0.335$, $p = 0.000$). At the same time, the components of Self-regulation and Self-sensitivity have large correlation coefficients, which indicates their greater role.

Conclusions: People with low self-regulation and self-control, as well as with less expressed will and sensitivity to themselves, are more likely to have dysfunctional breathing and a more pronounced experience of life stress in a pandemic. The described components can be used as "targets" for individualized psychotherapy of dysfunctional breathing in the conditions of the COVID-19

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Keywords: Covid-19 pandemic; dysfunctional breathing; Self-Government styles

EPP0805

The image of a healthcare specialist on social media during the COVID-19 pandemic as a factor in the psychological stability of Internet users

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Introduction: As publications on social media have become an important regulator of group opinions, moods and psychological well-being during the spread of COVID-19, it seems necessary to study the contribution of various information as a source of preserving the psychological resources of the population.

Objectives: To analyze the content in communities created during the spread of the COVID-19 pandemic in order to assess the image of health professionals on social media.

Methods: Using datamining methods, we analyzed publications about medical staff in a large community 'StopCoronavirus.RF' which unites more than 400 thousand users.

Results: More than 700 thousand entries were 'liked' in the community from March 2020 to March 2021; more than 125000 thousand posts were shared, about 290 thousand comments were written, and all community publications were viewed more than 3 billion times. Publications about medical staff working in the 'red zones' in Russia are distinguished by the largest number of 'likes' (more than 5000) and comments (more than 300). In the publications and comments, the model of modern heroes saving human lives is emphasized. This type of information contributes to the reduction of anxiety and promotion of psychological safety in case of COVID-19 contraction through establishing confidence in the competence of medical staff and their involvement in the fight against the pandemic.

Conclusions: These results suggest that the image of a doctor on social media during the pandemic has acquired special value for the population. Publications on the work of medical staff in the 'red zones' help to cope with anxiety associated with the COVID-19 pandemic. The study was funded by RFBR, project number 20-04-60174.

Disclosure: No significant relationships.

Keywords: Covid-19; healthcare specialist; social media; psychological stability of Internet users

EPP0807

A novel approach to monitoring lithium blood levels and renal function in patients receiving lithium during the COVID-19 pandemic.

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Introduction: Lithium is commonly administered to patients in an outpatient department (OPD) setting. Regular monitoring of lithium levels and renal function in accordance with published guidelines is required. In our unit, this is usually performed at OPD review. During the COVID-19 pandemic, reviews were either postponed or done remotely.

Objectives: 1. To devise a system to ensure that patients receiving lithium had appropriate blood test monitoring in the absence of traditional OPD appointments. 2. To assess the efficacy of this intervention by recording blood test dates and comparing with pre-COVID compliance.

Methods: All outpatients receiving lithium, identified from the hospital database, received (1) a letter summarising the monitoring guidelines and (2) prospectively dated blood request forms. Patients at higher risk of contracting COVID-19 were advised to attend their primary care setting. Others were encouraged to attend primary care or our phlebotomy department. Compliance was measured by accessing the hospital's laboratory enquiry computer based system and compared with pre-COVID-19 figures. Information was anonymised, as per General Data Protection Regulations.

Results: 57 patients receiving lithium were identified. Prior to the first Irish lockdown in March 2020, 16 (28%) were overdue testing. Three months into the pandemic, 15 patients (26%) were overdue testing.

Conclusions: In the absence of routine outpatient appointments during the COVID-19 pandemic, the provision of written guidelines and completed blood request forms for patients receiving lithium was effective in ensuring monitoring of lithium levels and renal function. This system can be utilised as an alternative/adjunct to OPD review benefitting patients and health service delivery.

Disclosure: No significant relationships.

Keywords: Lithium; Covid-19

EPP0808

Quality of sleep and health-related quality of life among health care professionals treating patients with coronavirus disease-19

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Introduction: Health care professionals exposed to coronavirus disease 2019 (COVID-19) are facing high levels of stress.