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Coronavirus Pandemic - #STAYHOME: How Are You Holding Up? Questions And Tips For 11-18 Year Olds To Make It Better

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Introduction: Adolescents have to cope with several challenges and restrictions due to the COVID-19 pandemic, with many of those incongruent with the typical developmental tasks of adolescent age. Some adolescent might be particularly vulnerable in this situation.

Objectives: This study aimed: 1) to collect data on the mental health and quality of life of adolescents during/after the pandemic; 2. to improve adolescents' mental health by providing an online prevention program that addresses their actual needs; 3. to accelerate the development of culturally adapted prevention programs by involving an international team, and 4. to contribute to adequate preparation for any similar situation in the future.

Methods: Participants aged 11-18 years and their parents/caregivers were recruited online. Data has been collected regularly in a follow-up study by Inventar zur Erfassung der Lebensqualität and Strengths and Difficulties Questionnaire. The baseline data collection was in March 2020 at first restrictions of the COVID pandemic in Europe

Results: In the baseline data 428 adolescents (29.7% boys;70.3% girls) were included. Adolescents reported significantly lower quality of life during the pandemic ($F(1,557) = 29.11$; $p < 0.001$; $R^2 = 0.048$). There was no significant difference in quality of life according to whether the adolescents live in a household with their siblings ($F(2, 356) = 0.785$ $p = 0.457$; $\eta^2 = 0.004$), and whether the adolescents have symptoms of hyperactivity ($\beta = 0.105$; $p = 0.295$).

Conclusions: Prevention based on the results of this study is expected to contribute to maintaining adolescents' mental health during and after the COVID pandemic.

Disclosure: No significant relationships.

Keywords: COVID-19 pandemic; restrictions; adolescent; mental health; quality of life; online prevention progr

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Prevalence of anxiety and depression among students and employees during the COVID-19 pandemic

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Introduction: Facing the COVID-19 pandemic, individuals are experiencing severe mental distress. Following social distancing and economic insecurity, significant increases in mental health concerns have developed.

Objectives: The aims of this study was to report the levels of depressive and anxiety within active population in Romania, and to identify possible risk and protective factors for mental health.

Methods: Data collection occurred between February-March 2021. The online survey included questions regarding socio-demographic characteristics and Hospital Anxiety and Depression Scale (HADS). 620 responses were validated (331 students and 289 workers).

Results: Among active population, risk of anxiety symptoms is lower in those who already were infected with SARS-Cov2 ($p=0.026$, $df=2$, $\Phi=0.109$), while positive screening for anxiety or depression in this study was statistically significant associated with younger age ($p=0.026$, $df=4$, $\Phi=0.134$) and female gender ($p<0.001$, $df=2$, $\Phi=0.166$). Even though anxiety and depression scores are similar among students and employees, there are different aspects regarding symptomatology between these two groups. Students have experienced more frequently tendency to worry and sudden feelings of panic ($p=0.004$, $df=3$, $\Phi=0.146$). Also, their ability to laugh and see the funny side of things is affected ($p=0.019$, $df=3$, $\Phi=0.127$) and they feel less enthusiasm about future ($p=0.001$, $df=3$, $\Phi=0.159$). Participants living with someone else scored lower on anxiety and depression subscales and those are not influenced by the person with whom they are cohabitating or residing ($p=0.020$, $df=3$, $\Phi=0.138$).

Conclusions: Findings from the current study offer initial insights into the rates of anxiety and depression within active population in Romania, one year after the onset of the COVID-19 pandemic.

Disclosure: No significant relationships.

Keywords: Covid-19; Depression; pandemic; Anxiety

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COVID-19-related information sources and anxiety levels

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Introduction: Timely and accurate information is foundational to moderating and curing the COVID-19 for both the public and the scientific community, while repeated media exposure to crisis-related information raises stress and anxiety among general population.

Objectives: The main goal of the current study was to evaluate the associations between the COVID-19-related information sources and anxiety levels.

Methods: An online web-survey recruited participants who were ≥ 18 years old and lived in Romanian through an online campaign in May 2021. Participants were asked whether they received COVID-19-related information frequently from the following sources: the Internet, traditional media, medical staff in health care