

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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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 (± 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 (± 13.89). The average scale of Psychological health was 61.45 (± 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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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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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.

Objectives: To compare levels of depressive and anxiety symptoms of pregnant women before vs. during the COVID-19 pandemic and to analyze the role of COVID-19 fear in perinatal psychological disorder.

Methods: 200 Brazilian women evaluated during the pandemic in May-June 2020 (Sample-1) with the Brazilian Covid-19 Fear Scale for the Perinatal Period (Barros et al. 2020) and Screening for Perinatal Depression and the Perinatal Anxiety Crawl Scale, both with $\alpha > .90$. Sample-1 was compared with a sample of 300 Portuguese women; these responded to the same questionnaires, before the pandemic, in 2017 and 2018 (Sample-2).

Results: Sample-1 had significantly higher mean scores of depression (52.73 ± 20.26 vs. 35.87 ± 16.98 , $t = 10.77$, $p < .001$) and anxiety (36.58 ± 18.23 vs. 18.50 ± 13.71 , $t = 11.94$, $p < .001$) and correlated significantly ($p < .05$) and moderate ($r = .30$) with the fear of COVID-19. Hierarchical regression analyses showed that, even after controlling for the effect of risk factors for PPP (Pereira et al. 2020), fear of COVID-19 is a significant predictor of depressive symptomatology levels (increments of 2-5%) and anxious (10-15%) during the pandemic.

Conclusions: The Sample-1 being from a different country may be a confusing factor, however, the magnitude of differences in PPP levels and the relevant role of fear in COVID-19, alert us to be aware of perinatal mental health.

Keywords: anxiety and depression; pandemic; Fear; pregnancy

EPP0760

Multiple hospitalisations towards the end of life among patients with serious mental illness: A retrospective cohort study in England, UK

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Introduction: Multiple hospitalisations towards the end of life is an indicator of poor-quality care. Understanding the characteristics of patients who experience hospitalisations at the end-of-life and how they vary is important for improved care planning.

Objectives: To describe socio-demographic and clinical characteristics of patients diagnosed with serious mental illness who experienced multiple hospitalisations in the last 90 days of life.

Methods: Data for all adult patients with a diagnosis of serious mental illness who died in 2018-2019 in England, UK were extracted from the National Mental Health Services Data Set linked with Hospital Episode Statistics and death registry data. Variables of interest included age, gender, marital status, underlying and contributory cause of death, ethnicity, place of death, deprivation status, urban-rural indicator, and patient's region of residence. The number of hospitalisations and patient's sociodemographic & clinical were described using descriptive statistics and percentages, respectively.

Results: Of the 45924 patients, 38.1% ($n = 17505$, Male=42.9%, Female=57.1%, Mean age:78.4) had at least one hospitalisation in the last 90 days of life. The median number of hospitalisations was 2 (StdDev:1.64, Minimum=1, Maximum=23). Most of those

hospitalised ($n = 11808$, 67.5%), died in a health care establishment (e.g. Hospital or hospice). There were marked geographic differences in the proportions of hospitalisations. The North West region of England recorded the most hospitalisations ($n = 2906$, 16.6%), compared to other regions.

Conclusions: Further analysis is needed to understand factors independently associated with hospitalisations in people with serious mental illness. Funding: This project is supported by the National Institute for Health Research (NIHR) Applied Research Collaborations (ARC) South London.

Keywords: Multiple Hospitalisation; end-of-life; Palliative care; Serious Mental Illness

EPP0761

Mental health outcomes among early-entrance to college students: A cross-sectional study of an emerging educational system in the united states

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Introduction: In the United States, students who attend early-entrance to college programs (EECP) undergo a unique, accelerated educational path. Many of these programs require students to forego their final years of high school to take dual-enrollment classes while residing on a college campus. While previous literature has documented mental health outcomes among traditional college and high school student populations, there is scarce literature on the mental health among this hybrid population in the United States.

Objectives: Investigate anxiety and depression among students enrolled in EECPs in the United States.

Methods: Generalized Anxiety Disorder-7 item (GAD-7) and Patient Health Questionnaire-8 item (PHQ-8) were asked in 3 sets for how students felt before, during, and after their attendance in their EECP.

Results: 66 alumni students who graduated from an EECP were surveyed after giving informed consent. GAD-7 average scores before the students attended was 4.83 (median = 4, "mild anxiety"), during attendance was 11.5 (median = 12, "moderately-severe anxiety"), and currently was 6.95 (median = 6, "moderate anxiety"). PHQ-8 scores for depression before attending were 5.1 (median = 4, "mild to potentially moderate depression", during the program 10.9 (median 11.5, "moderately severe depression"), and current PHQ-8 was 16 (median = 16, "severe depression").

Conclusions: Anxiety and depression seem to have a presence in this student population, compared to traditional college student populations, but different compared to international cohorts. Academic rigor was a notable driving force of these outcomes, differing from the literature on traditional college student populations.

Keywords: students; Anxiety; Depression; Education