EPP0383

Religious coping in time of covid 19 in tunisia

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Introduction: Religion belongs among well-documented coping strategies, through which one can understand and deal with stressors.
Objectives: The aim of this study was to examine religious coping responses face to the outbreak of COVID-19 pandemic among Tunisian people.
Methods: The survey was conducted using the online anonymous questionnaires and distributed through social networks from 24 April to 23 May 2020. It included sociodemographic questions, participants' experience of SARS-CoV-2related stressful events and the frequency of religious practice during the COVID-19 pandemic. The Brief RCOPE was used to assess religious coping.
Results: Our study included 80 participants: 71.3%female and 42.5% married. The mean age of the participants was 29.30 years (SD = 8.72). The religion of all participants was Islam, and 72.5% of them had religious practices. Participants reported much lower levels of negative religious coping than positive religious coping (5% versus 37.5%). There were no significant differences in religious coping activities as a function of gender (p=0.180, p= 0.192). Significant relationships were found only for demographic variables: level of education with Higher-educated reported more PRC (p=0.002). Having a family member with a suspected or confirmed infection was correlated with PRC (p=0.016).Concern with becoming infected or having a friend with a suspected or confirmed infection did not correlate with any coping strategy (p=0.112; p=0.489). No correlation was found between religious commitment and religious coping (p=0.897; p=0.504) however increasing religious activity during this pandemic was correlated with PRC (p=0.013).
Conclusions: Our findings suggest that lockdown experience is associated with higher use of NRC strategies.

Keywords: COVID19; religious coping; lockdown

EPP0382

The impact of coronavirus disease (COVID-19) pandemic on developing obsessive-compulsive disorder in saudi arabia

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Introduction: Coronavirus disease (COVID-19) is a contagious disease. Its potential psychological impact could involve fear of being contaminated by germs and dirt, which may lead to washing hands repeatedly until harm the skin.
Objectives: To explore the incidence of Obsessive-Compulsive Disorder (OCD) symptoms during COVID-19 pandemic among the Saudi general population, and to explore its correlation with stress and the associated factors.
Methods: A cross-sectional survey of a sample consisting of 2909 participants was conducted during COVID-19 outbreak consists of socio-demographic characteristics, Perceived Stress Scale (PSS) and The Brief Obsessive–Compulsive Scale (BOCS).
Results: Most participants were female (73.9%) with university level or above (81%) and were disciplined with quarantine (75.6%). New onset symptoms of obsessive thoughts (worries about germs, dirt and viruses), and compulsive behavior (excessive hand washing) were reported by 57.8% and 45.9% of the participant. Participants who developed these symptoms only during CODIV-19 pandemic were significantly higher than asymptomatic participants or those who developed symptoms before the pandemic (p-value< 0.000). New onset symptoms were significantly more among participants with high stress (57.5% and 51.4%; p-value <0.000). Some sociodemographic characteristics were significantly associated with new onset OCD symptoms such as age group (40-49 years), employee in non-medical field, housewives, students, being disciplined and spending more days in quarantine (p- value<0.000, p-value<0.047, p-value<0.012, p-value<0.015).
Conclusions: This study revealed a significantly higher prevalence of high perceived stress in respondents with new onset OCD symptoms. This implies that bio disaster is associated with a high psychological morbidity which needs interventional programs.

Keywords: Obsessive-Compulsive disorder; Coronavirus Disease; ocd; COVID-19

EPP0383

Impact of personality hardiness on anxiety dynamics during the COVID-19 outbreak in russia

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Introduction: Hardiness is a set of attitudes, providing courage and motivation to cope with stress (Maddi, 2006). The COVID-19 outbreak and the response to it caused exceptional stress and drastically changed the everyday routine, endangering many people`s psychological well-being and mobilizing coping resources.
Objectives: The study aimed to determine whether hardiness provided coping resources to deal with COVID-19 outbreak-related stressors.
Methods: 949 participants from Russia (ages 18-66) voluntarily completed online questionnaires: BAI; BDI; SCL-90-R; Personal Views Survey III during the early COVID-19 restrictions (24 March

- 15 May). Subsamples from four time periods were compared using ANOVA. The first dataset was collected before the official restrictions' introduction (n=88). The second subsample was gathered during the "days off" week (n=262). The third period started with the "days off" extension and ended with the strict self-isolation announcement (n=296). The fourth dataset was gathered during self-isolation (n=303). General linear models (GLM) were used to determine the effect of variables on anxiety, depression, and general symptomatic index (GSI).
Results: Hardiness, anxiety, depression, and GSI differed significantly between the time-periods ($F=4.899$, $p<0.01$; $F=3.173$, $p<0.05$; $F=8.096$, $p<0.01$; $F=3.244$, $p<0.022$; $F=4.899$, $p<0.01$ respectively). GLMs showed gender, chronic diseases, self-assessed fears, and hardiness contribution to anxiety, depression, and GSI. Hardiness had the biggest effect on all models. Anxiety was additionally influenced by the time factor, which also interacted with hardiness (see Figure 1). With lower hardiness, higher anxiety arose over time.
Conclusions: Hardiness notably contributes to personal adaptation during the COVID-19 outbreak-related restrictions.

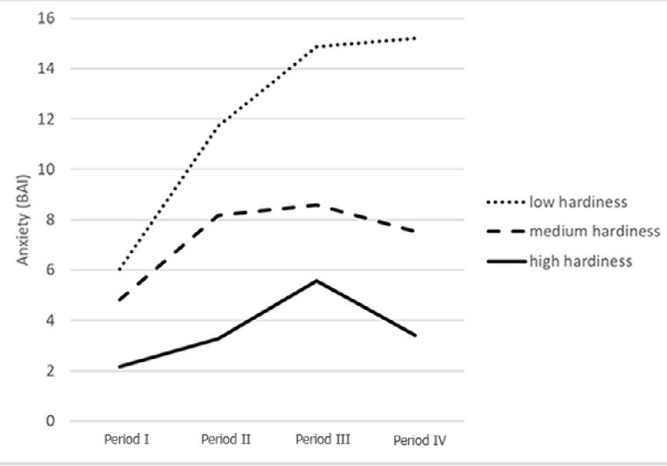

Figure 1. Hardiness and time effects on anxiety

Keywords: Anxiety; COVID-19; hardiness; Depression

EPP0384

COVID-19 mental health helpline: A tool for a rural population.

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Introduction: Coronavirus disease 2019 (COVID-19) pandemic has had a negative impact for mental health. ULS-Guarda in cooperation with Portugal National Health Service, provided the population of the district of Guarda with a mental health helpline (MHHL).
Objectives: Provide a descriptive data analysis of the MHHL calls received between April 1st and September 20th of 2020.
Methods: The data was obtained through the filling out of questionnaires. It included fields for gender, age, the type of service provided, relation to COVID-19, symptoms displayed and the number calls made per patient. For the statistical analysis, Microsoft Excel ™ was utilized.
Results: MHHL received 191 calls. The largest volume was received during April, which saw 116 instances of patients seeking the MHHL. The number of calls then tapered progressively throughout the following months. The services provided were split between psychiatric assistance, psychologic assistance, and the renovation of medical prescriptions, in 44%, 31% and 19% of the cases, respectively. The 101 patients who resorted to the MHHL were unevenly distributed in gender, being 74 female and 27 male individuals. Their ages were mostly between 50 and 69 years old. The most common symptoms were anxiety, depressed humor and insomnia, in 35%, 16% and 11% of the cases, respectively.
Conclusions: The largest influx of calls coincides with the home confinement period, and decreased alongside the relaxation of the confinement measures held. The MHHL had enough adherence to warrant consideration of it being an alternative means of healthcare access, especially in situations where physical access to healthcare is restricted.

Keywords: mental health; COVID-19; Helpline

EPP0385

Binge eating disorder experienced by young doctors struggling with COVID-19

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Introduction: The COVID19 outbreak has disrupted the mental health of resident doctors who had to care for patients. Eating disorders were among these reported mental health problems.
Objectives: To screen binge eating disorder among young Tunisian doctors and its associated factors.
Methods: We conducted a cross-sectional, descriptive and analytical online-based survey, from April 19, 2020, to May 5, 2020 on 180 medical residents in training. We sent the survey via a google form link. We used a self-administered anonymous questionnaire containing sociodemographic and clinical data of young doctors. The Diagnostic and Statistical Manual of Mental Disorders (DSM-5) criteria were used to assess Binge-Eating Disorder.
Results: Among 180 young doctors who enrolled the survey, 70,2% were female, 16% were married. The mean age was 29 years. 51,1% were frontline caregivers, working directly in diagnosing, treating or caring for patients with coronavirus disease. Among our participants, 5% presented anxiety disorder, another 5 % presented depression disorder and 1,7% had eating disorder. Binge eating disorder were present among 8,9 % of participants and it was associated to personal history of eating disorder (7,7% vs 1,1%, $p<10^{-3}$), past history of depression disorder (7,2% vs 3,3%, $p=0.008$), exposure to media or news about coronavirus outbreak (0.5% vs 8,3%, $p=0.04$).