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Anxiety and depression during COVID-19 in Kosovo: literature review and analysis of repeated cross-sectional surveysN. Fanaj^{1,2*}, S. Mustafa^{2,3} and E. Krasniqi^{2,4}¹Alma Mater Europae Campus College Rezonanca, Prishtina; ²PMSH, Prizren; ³AAB College and ⁴UBT College, Prishtina, Kosovo

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doi: 10.1192/j.eurpsy.2025.1268

Introduction: The literature review on anxiety/depression rates during Covid-19 is inconsistent due to significant methodological challenges in quantifying the impact of the pandemic on the mental health of the population.

Objectives: To identify and understand the prevalence of anxiety/depression as a result of the COVID-19 situation aiming to synthesize impact of COVID-19 in mental health of population in Kosovo.

Methods: It's a classic literature review which involves a thorough examination of existing research in internet, including raw data of the individual empirical results from several repeated cross-sectional surveys. We examined data of eight published researches and nine cross-sectional surveys conducted during the period 2020 to end of 2021.

Results: In the review of eight published studies (seven from 2020 and one from 2021) of cross-sectional type, online, with sample sizes from 155 to 904 (four with student population, two with healthcare workers and two with general population) the prevalence of anxiety was from 13% to 73% (average 47.07%; measured with HADS, DASS-21 and GAD-7) while the prevalence of depression was from 13.9% to 71.60% (average 34.42%; measured with HADS, DASS-21 and PHQ-9). The methodological quality of included studies was low. Analysis of raw data of our nine cross-sectional surveys conducted during the period 2020 to end of 2021 show pooled prevalence for anxiety (measured with GAD-7, ≥ 10) for 2706 participants (five samples) to be 34.59 % (95% CI, 33.11%-36.07%) and for depression (measured with PHQ-9, ≥ 10) for 3703 participants (seven samples) to be 40.84% (95% CI, 39.43%-42.25%). Mostly, younger age, females and low SES emerged as factors associated with higher levels of anxiety/depression.

Conclusions: Our anxiety/depression prevalence rates, mostly is above average in comparison to other countries in Europe. Despite awareness for methodological flaws of studies, measurement invariances and some evidence of variation in the estimated prevalence rates of depression and anxiety disorder across countries; high prevalence of mental health problems during the pandemic indicates need for mental health prevention, promotion and intervention programs to mitigate the consequences of the COVID-19 pandemic on the population.

Disclosure of Interest: None Declared

EPV0527

Disaster and Distress: The Double Burden. Depression, Anxiety, and Post-traumatic Stress Disorder in Healthcare Providers during the COVID-19 Pandemic in PakistanM. Fatima^{1,2*}, N. Imran³, I. Aamer¹, S. Iqtadar⁴ and B. Shabbir⁵¹Academic Department of Psychiatry and Behavioral Sciences, King Edward Medical University Lahore, Lahore, Pakistan; ²Psychiatry, Dublin North Mental Health Service, Dublin, Ireland; ³Child and Family Psychiatry Department; ⁴General Medicine, King Edward Medical University Lahore and ⁵General Medicine, Fatima Jinnah Medical University, Lahore, Pakistan

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doi: 10.1192/j.eurpsy.2025.1269

Introduction: Healthcare providers are at a high risk of occupational stress, psychological distress, and mental health problems due to unique job demands. The unprecedented negative impact of the COVID-19 pandemic on healthcare further intensified the risk.

Objectives: To find out the prevalence of anxiety, depression, and post-traumatic stress disorder (PTSD) in healthcare providers during the COVID-19 pandemic, and explore various associated factors.

Methods: We conducted a cross-sectional survey among clinicians across tertiary care hospitals in Lahore, Pakistan through online forms/ paper-based questionnaires, using the Patient Health Questionnaire (PHQ-9), Generalized Anxiety Disorder (GAD-7) Scale, and The Impact of Events Scale-Revised (IES-R) from July-November 2021. Physicians aged 20-60 years working at the public-sector hospitals of Lahore were included through non-probability convenient sampling. The non-parametric Mann-Whitney *U*, Kruskal-Wallis, and Chi-square test of independence were applied for inferential data analysis in SPSS version 26 at $\alpha=0.05$.

Results: Of 302 participants, the majority were males (54.6%), from medicine and allied departments (76.9%), junior staff (72%), and frontline workers (75%). 9.5% had a history of psychiatric illness. The prevalence of depression was 25%, anxiety 31.9%, PTSD 15.8%, severe depression 13.8%, and severe anxiety 7.2%. The total median (IQR) scores of depression, anxiety, and PTSD were 5(2-9.5), 4 (0-7), and 10(1-23) respectively. Females and junior staff had comparatively severe symptoms of anxiety and depression. Psychiatric history was linked to severe depression ($p=0.003$) and PTSD ($p=0.001$) but not anxiety ($p=0.136$). There were no statistically significant differences in the anxiety and PTSD severity across genders, departments, and frontline/second-line work.

Conclusions: We found high levels of depression, anxiety, and PTSD in our physician sample even during the 4th COVID-19 wave. This has implications for emphasizing the significance of the mental well-being of healthcare providers and identifying effective interventions to prioritize it even after the pandemic.

Disclosure of Interest: None Declared

EPV0528

Long-Term Psychological Impact of the COVID-19 Pandemic on Healthcare WorkersA. Gaddour^{1,2*}, R. Nakhli³, A. Chouchane⁴, M. Bouhoula⁴, K. Ben Amor², I. Jammeli⁵, M. Bouhlel⁵, I. Kacem⁴ and S. Chatti⁴¹Occupational Medicine Department, University of Sousse, Ibn Jazzar University Hospital, Kairouan; ²Department of Occupational Medicine, Faculty of Medicine of Sousse, Ibn Jazzar University Hospital, Tunis; ³Occupational Medicine Department, University of