

EPP0452

Using developmental psychotechnics during COVID-19 pandemic: The case of children and adolescents failing to follow covid-related guidelines

N. Burlakova^{1*} and V. Oleshkevich²

¹Department Of Neuro- And Pathopsychology, Lomonosov Moscow State University, Moscow, Russian Federation and ²Academic Department, Scientific-Practical Children's Mental Health Centre n. a. G. Sukhareva of Moscow City Department of Healthcare, Moscow, Russian Federation

*Corresponding author.

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Introduction: The problem of COVID-19 is acute now in all the countries. Nevertheless, the techniques of applied clinical psychology are rarely implemented in this struggle.

Objectives: The aim was to examine the possibilities of the applied clinical psychology in instructing children and adolescents and in exerting psychological influence on them in order to decrease the incidence.

Methods: The following methods were used: thematic analysis of relevant information on TV and on Russian-speaking internet, interviews with adolescents refusing to wear masks (110 adolescents), observation.

Results: 87% of adolescents are sure that they are "fully informed about the COVID-19." Moreover, 70% are certain they "will not be infected with COVID-19" and even if they do, they will "have a mild form of the disease." Such information was widely reproduced in the Russian media and proved by medical statistics. It influenced negatively the attitude of adolescents toward masks, social distancing, etc.

Conclusions: 1) The information concerning COVID-19 requires introduction of the changes based on psychological data. 2) The ways of informing children and adolescents should be carefully analyzed using psychological data. In information for young people, their responsibility, solidarity and empathy toward others should be involved. 3) The situation of COVID-19 may become a space for potential development, this situation may shape respect toward the health of other people. 4) The "situation of test," which is significant for the self-awareness of adolescents, should be employed as a way to persuade adolescents to follow the health restrictions.

Keywords: psychotechnics; applied clinical psychology; COVID-19

EPP0451

Shaping skills of mental hygiene and psychologically verified behavioral techniques under the situation of the pandemic

N. Burlakova^{1*} and V. Oleshkevich²

¹Department Of Neuro- And Pathopsychology, Lomonosov Moscow State University, Moscow, Russian Federation and ²Academic Department, Scientific-Practical Children's Mental Health Centre n. a. G. Sukhareva of Moscow City Department of Healthcare, Moscow, Russian Federation

*Corresponding author.

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Introduction: COVID-related situation has produced multiple challenges in the field of implementation of the restrictions.

Objectives: Russian media, NGOs and sociological institutions collected and processed data on following the COVID-related guidelines in Moscow and in other regions. According to these data, different social groups behave differently in respect to the restrictions.

Methods: The following methods were used: analysis of information in media, interviews with child psychologists and pedagogues, personal involved and non-involved observation.

Results: The COVID-related restrictions are often violated in all the Russian provinces. Observation and interviews demonstrate similar results. Young people aged 13–20 transgress the regulations most often. The reasons for that are not only the insufficient information, but also neurotic reactions and respective behavior: suppression, reaction formations, reactions of denial. Moreover, new behavioral norms (e.g. wearing masks) are insufficiently shaped yet, which makes following the new rules even more difficult. Furthermore, during the introduction of those regulations, their possible pathopsychological consequences were not taken into consideration, e.g. consequences of isolation, maintaining social distance, communication while wearing masks, fears, stress, paranoid reactions.

Conclusions: The pathopsychological consequences of introduced measures should be taken into consideration. Moreover, the phrasing of regulations needs reshaping and implementation of techniques of mental hygiene to prevent the development of mental disorders. Efficient shaping of respective skills might help to increase the percent of people following the guidelines too. However, all those issues require additional research.

Keywords: Mental Hygiene; COVID-19; Behavioral Techniques; Psychotechniques

EPP0452

Psychopathological symptoms among the russian population during the COVID-19 pandemic in the spring of 2020

J. Koniukhovskaia^{1*}, E. Pervichko^{2,3}, O. Stepanova¹ and E. Dorokhov¹

¹Psychology, Lomonosov Moscow State University, Moscow, Russian Federation; ²Faculty Of Psychology, Lomonosov Moscow State University, Moscow, Russian Federation and ³Faculty Of Psychology And Social Sciences, Pirogov Russian National Research Medical University, Moscow, Russian Federation

*Corresponding author.

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Introduction: The COVID-19 pandemic has affected the lifestyle and psychological well-being of millions of people.

Objectives: The aim of the study was to assess the prevalence of psychopathological symptoms in the Russian population in the COVID-19 pandemic context.

Methods: We used a socio-demographic questionnaire (20 questions) and a Short Scale for Psychopathological Symptom Checklist (SCL-32) (Derogatis 1977; Mitina, Gorbunova, 2011). 582 Russian residents (496 women and 86 men) aged 18–64 years participated in the online survey in May 2020.

Results: Women were significantly more likely than men to have somatic dysfunctions (5.6 ± 2.5 vs 4.8 ± 1.9 ; $p=0.001$), interpersonal problems (6.97 ± 2.9 vs 6.0 ± 2.8 ; $p=0.005$), depression signs (6.9 ± 3.2 vs 5.7 ± 2.9 ; $p=0.001$) and anxiety disorders (6.8 ± 2.8 vs 5.2 ± 2.1 ; $p=0.000$), as well as sleep disorders (6.4 ± 2.8 vs 5.9 ± 2.1 ; $p=0.049$) and suicidal thoughts (4.2 ± 1.8 vs 3.7 ± 1.8 ; $p=0.032$). In addition,

women are more hostile than men are (6.3 ± 2.7 vs 5.1 ± 2.3 ; $p=0.000$). Respondents under the age of 30 are more likely than older people to have interpersonal problems ($p=0.286$, $p=0.000$), as well as signs of depression ($p=0.216$, $p=0.000$), hostility ($p=0.226$, $p=0.000$) and psychoticism ($p=0.203$, $p=0.000$). Respondents' low income is statistically associated with interpersonal problems ($p=0.139$, $p=0.001$), anxiety ($p=0.131$, $p=0.002$), hostility ($p=0.156$, $p=0.000$), psychoticism ($p=0.137$, $p=0.001$), and suicidal intentions ($p=0.152$, $p=0.000$). Among respondents whose relatives had COVID-19, signs of anxiety disorders (7.2 ± 3 vs 3.5 ± 2.9 ; $p=0.027$) and obsessive disorders (8.1 ± 3.2 vs 7.3 ± 2.6 ; $p=0.029$) were significantly more common than in the whole sample.

Conclusions: The study highlights socio-demographic factors of vulnerability to psychopathological symptoms in the COVID-19 pandemic context, which should be taken into account when organizing medical and psychological assistance to the population.

Keywords: COVID-19; Psychopathological symptoms; SCL -32

EPP0453

Interrelation between job satisfaction and self-regulation resources in professionals under work stress due to the COVID-19 pandemic

M. Titova

Department Of Psychology, Lomonosov Moscow State University, Russian Federation

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Introduction: The problem of job satisfaction connected with work efficiency and psychological well-being of professionals is especially actual in stress conditions due to COVID-19 pandemic. The stress has a negative effect on job satisfaction (Singh et al., 2019). The one of the most important criteria for successful activities is a job satisfaction (Burić & Moè, 2020). The highest level of job satisfaction can be achieved by the high adaptive potential of professionals, who have a diverse arsenal of self-regulation resources and apply them adequately to working conditions (Kuznetsova et al., 2019).

Objectives: The study was held in 45 professionals from different fields, who work remotely during the self-isolation due to COVID-19 pandemic and aimed to estimate the correlation between job satisfaction and self-regulation resources of professionals under work stress.

Methods: The assessment methods included: 1) test "Job Satisfaction" by V.A. Rozanova 2) S. Hobfoll's "SACS" 3) Ch. Spilberger's "Trait Anxiety".

Results: The results revealed an average level of anxiety with a tendency to growth. Avoidance, asocial and aggressive behaviour are frequently used. The direct correlation between the level of job satisfaction and such a resource of self-regulation as a search for social contact was revealed ($r=0.291$; $p=0.049$). The general level of anxiety is directly related to avoidance ($r=0.374$; $p=0.011$), manipulative ($r=0.343$; $p=0.021$) and aggressive actions ($r=0.343$; $p=0.021$), and negatively correlates with assertive actions ($r=-0.703$; $p=0$).

Conclusions: The results of the study can be used to develop programs to improve the psychological well-being and performance of employees working under stress due to COVID-19 pandemic.

Keywords: COVID-19; stress; anxiety; job satisfaction; self-regulation resources; coping behaviour

EPP0454

The interaction between the perception of danger from coronavirus and the severity of burnout syndrome in medical workers during the COVID-19 pandemic in Russia

J. Koniukhovskaia^{1*}, E. Pervichko^{2,3}, O. Mitina¹, O. Stepanova¹ and E. Dorokhov¹

¹Psychology, Lomonosov Moscow State University, Moscow, Russian Federation; ²Faculty Of Psychology, Lomonosov Moscow State University, Moscow, Russian Federation and ³Faculty Of Psychology And Social Sciences, Pirogov Russian National Research Medical University, Moscow, Russian Federation

*Corresponding author.

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Introduction: The COVID-19 pandemic has become a major challenge for both the overall health system and the individual ability for health professionals to stress coping.

Objectives: To find the link between the perception of danger from coronavirus and the severity of burnout syndrome in medical workers during the COVID-19 pandemic in Russia.

Methods: We used a socio-demographic questionnaire (20 questions), a Stress Perception Questionnaire (Linville, 1987; Ababkov et al., 2016), a Modified Pandemic Perception Questionnaire (Broadbent et al., 2006; Yaltonsky et al., 2017), and Maslach Burnout Inventory (Maslach et al., 1996; Lozinskaya et al., 2007). 249 medical workers (58 men and 191 women) took part in the online survey between April 27 and October 26 in Russia.

Results: The severity of stress is positively correlated with the perception of pandemic as threatening ($r=0.532$, $p=0.000$) and unknown disease ($r=0.297$, $p=0.000$). Stress severity also correlates with all burnout parameters: exhaustion ($r=0.737$, $p=0.000$), depersonalization ($r=0.342$, $p=0.000$), and belief in personal achievement ($r=-0.417$, $p=0.000$). The perception of pandemics as threatening events is significantly associated with exhaustion ($r=0.458$, $p=0.000$), depersonalization ($r=0.133$, $p=0.036$), and belief in personal achievement ($r=-0.152$, $p=0.016$). The feeling of uncertainty from the pandemic is statistically significantly associated with exhaustion ($r=0.242$, $p=0.000$), while the feeling of control over the pandemic is positively associated with belief in personal achievements ($r=0.129$, $p=0.042$) and negatively associated with exhaustion ($r=-0.161$, $p=0.011$) and depersonalization ($r=-0.125$, $p=0.049$).

Conclusions: Uncertainty and a sense of threat from the coronavirus and the pandemic are significant factors of stress and emotional burnout for health workers. To determine the interaction between parameters such as signs of burnout, perception of the COVID-19 pandemic and the severity of stress, further construction of a structural model is required.

Keywords: COVID-19; medical workers; burnout; perception of pandemic COVID-19

EPP0455

The interaction between personality traits and dysfunctional breathing during the COVID-19 pandemic in Russians

J. Koniukhovskaia^{1*}, E. Pervichko^{2,3}, O. Mitina¹, O. Stepanova¹ and E. Dorokhov¹