

EPP0381

Religious coping in time of covid 19 in tunisia

S. Ajmi^{1*}, S. Hentati², R. Masmoudi³, R. Sellami³, I. Feki³ and J. Masmoudi³

¹Psychiatrie A, hospital university Hedi Chaker, sfax, Tunisia;

²Psychiatry A, hedi chaker hospital, Sfax, Tunisia and ³Psychiatrie "a" Department, Hedi Chaker Hospital University -Sfax - Tunisia, sfax, Tunisia

*Corresponding author.

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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-2-related 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

D. Alateeq^{1*}, H. Almughera¹, T. Almughera², R. Alfedeah³, T. Naser⁴ and K. Alaraj⁵

¹College Of Medicine, Princess Nourah bint Abdulrahman University, Riyadh, Saudi Arabia; ²College Of Medicine, Princess Noura Bint Abdulrahman university, Riyadh, Saudi Arabia; ³College Of Medicine, Princess noura university, Riyadh, Saudi Arabia; ⁴College Of Medicine, Princess Noura university, Riyadh, Saudi Arabia and ⁵Collage Of Medicine, Princess nourah university, Riyadh, Saudi Arabia

*Corresponding author.

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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 COVID-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

D. Dovbysh^{*}, V. Epishin, A. Salikhova, N. Bogacheva, M. Bogdanova and M. Kiseleva

Pedagogy And Medical Psychology, Federal State Autonomous Educational Institution of Higher Education I.M. Sechenov First Moscow State Medical University of the Ministry of Health of the Russian Federation (Sechenov University), Moscow, Russian Federation

*Corresponding author.

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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