

Introduction: The COVID-19 pandemic has positioned health professionals around the world in an unprecedented situation, having to work in extreme conditions.

The reactions of healthcare personnel that concern us most are the negative psychological effects of the pandemic, such as exhaustion, moral injury, acute stress reactions, anxiety, depression or post-traumatic stress disorder.

Objectives: To assess the impact of the COVID19 crisis on mental health of Spanish health professionals during the start of the pandemic.

Methods: A descriptive, cross-sectional study is carried out, in which the population sample to be studied was the health professionals who responded to the online questionnaire designed to assess the emotional impact caused by the COVID-19 health crisis. The questionnaire collects sociodemographic and labor data, which correspond to the independent variables of the study. The dependent variables correspond to the two scales used in the questionnaire (SAS and SASRQ scales)

Results: The population sample was 473 people.

Analyzing the results of the SAS scale, 26.5% of the sample had anxiety symptoms in a normal range, 44.3% had mild-moderate anxiety levels, 24.4% marked-severe anxiety and 4, 9% had extreme anxiety levels.

The SARQ questionnaire assesses the presence of an acute stress disorder. In our study, 31.6% of those surveyed had this type of disorder.

Conclusions: Immediate interventions and support for health professionals are essential to improve psychological resilience and avoid the appearance of mental health problems.

Disclosure: No significant relationships.

Keywords: Emotional impact; Health professional; COVID19

EPP0413

Psychological impact of COVID19 outbreak and coping strategies among Tunisian medical students

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Introduction: The COVID19 pandemic came with unprecedented measures that impacted every aspect of the student's life making them vulnerable to psychological distress.

Objectives: The aim of this study was to assess anxiety and depressive symptoms in relation to the coping strategies during the COVID19 pandemic among medical students.

Methods: We conducted a web-based cross-sectional study among Tunisian medical students. We used an anonymous survey comprising sociodemographic characteristics, the Hospital Anxiety and Depression scale and the brief COPE.

Results: A total of 216 students participated in the study; 78% were female and most respondents were enrolled in first and second year of medical studies (53%). The frequency of depressive and anxiety symptoms were respectively 28% and 40%; females experienced

significantly higher depression and anxiety scores ($p < 10^{-3}$ and $p = 0.02$ respectively). Most used coping strategies were self-blame, planning, acceptance, distraction, positive reframing, active coping and religion (99%-96%). The least used coping strategies were substance use (13%) and denial (52%). We found that gender was associated with a significant difference in the coping styles where females scored higher on religious coping and denial whereas males used more humor coping. Depression and anxiety were significantly associated with denial coping. Humor, acceptance, positive reframing and active coping were significantly associated with lower depression rates. Humor coping and active coping were associated with lower anxiety rates.

Conclusions: Our study shows alarming rates of depression and anxiety among Tunisian medical students during the COVID19 pandemic. A targeted intervention to promote mental health using the coping styles might be useful in this population.

Disclosure: No significant relationships.

Keywords: Anxiety and depression; medical students; covid 19; coping strategies

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Grief during the COVID-19 pandemic: A cross-sectional online survey in university students

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Introduction: Almost 5 million people worldwide have lost their lives due to SARS-CoV-2 (source: WHO coronavirus (COVID-19) dashboard, data of 1.10.2021; <https://covid19.who.int/>) and therefore, globally, there is an increase of people in grief due to the death of a significant other.

Objectives: To study psychological correlates of grief during the COVID-19 pandemic.

Methods: 591 university students, with a mean age of 23.84 ± 7.95 years (range 18-65 years; 76.8% women; 91.2% Portuguese) completed an online questionnaire during the second COVID-19 confinement (from 15.02 to 13.03.2021), with socio-demographic questions, the Pandemic Stress Index, the Mental Health Inventory, Insomnia Scale, questions on physical/ psychological health, and social isolation.

Results: Students bereaving the death of a significant other ($n = 93$, 15.7%; $n = 25$, 26.9% reported cause was SARS-CoV-2; time since death: < 3 months to 1-year), compared to those who did not ($n = 498$; 84.3%), described poorer psychological health, higher psychological distress (depression, anxiety, lack of control) and sleep difficulties, higher levels of stress (higher impact of COVID pandemic in daily life, and higher behavior changes in response to COVID-19) and more social isolation.