

EPP0383

Religious coping in time of covid 19 in tunisia

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doi: 10.1192/j.eurpsy.2021.761

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

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doi: 10.1192/j.eurpsy.2021.762

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

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doi: 10.1192/j.eurpsy.2021.763

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