

disorders in accordance with the PSQI questionnaire was recorded in 32 (27.0%) patients. Sleep disorders were manifested by dissatisfaction with sleep quantity or quality that is associated with difficulty falling asleep. All patients have asthenic symptom.

**Conclusions:** It was noted that in most patients with COVID-19, along with a depressive and anxiety disorders, an asthenic symptom complex, sleep disturbances are recorded. The choice of the medical intervention should be based on the severity of the violations identified taking into account the side effects of the prescribed drugs, drug interactions and somatic status of patients

**Disclosure:** No significant relationships.

**Keywords:** Disorders; sleep; Covid-19; Depression

### EPV0363

#### Psychological resilience and anxiety in response to COVID-19

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**Introduction:** In Romania, the first case of COVID-19 was detected on 26 February 2020 and the number of cases has been rising afterward.

**Objectives:** The goal of this study was to assess anxiety and resilience regarding the COVID-19 pandemic and to analyse possible protective measures and risk factors.

**Methods:** This is a cross-sectional study and data were collected March and April 2021. Participants filled in the Zung Self-Rating Anxiety Scale and the Connor-Davidson Resilience Scale.

**Results:** The sample consisted of 440 participants who presented to the general practitioner (female-65.7%) and the most representative age group was 35-64 years old; 18.4% of the participants stated that they were infected; 56.6% reported that they do not know anyone in their entourage who was infected/ has died of COVID-19 (group A), 32.9% knowing people with an infection in their close social environment (group B) and 10.5% had close people who died (group C). Almost half of the respondents (49.3%) scored above the cut-off point of the anxiety index (mild 38.6%, moderate 9.9%, severe 0.8%). As we expected, there is a strong negative correlation between anxiety levels and resilience (Pearson Correlation=-.551,  $p<0.01$ ). If groups A and B had similarities regarding anxiety levels (44.97 and 44.23), those knowing someone who died of COVID-19 (group C) had a higher anxiety level (47.81%) ( $p<0.05$ ).

**Conclusions:** The recent COVID-19 pandemic has caused an understandable surge in anxiety among the general population. Low level of resilience is predictive of the phenomenon of having high anxiety in the face of the death of others.

**Disclosure:** No significant relationships.

**Keywords:** Covid-19; general practitioner; pandemic; Anxiety

### EPV0364

#### Depressive disorders among Tunisian high school teachers in the face of COVID-19

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**Introduction:** The constraints linked to COVID-19 may reduce resilience and intensify depressive feelings especially in vulnerable populations such as teachers.

**Objectives:** To understand the psychological distress in terms of depression of the COVID-19 pandemic among secondary school teachers in Sfax, Tunisia and to determine the correlated factors.

**Methods:** This was a descriptive and analytical cross-sectional study of 97 medium and high school teachers from Sfax, Tunisia. The study was conducted on google drive in May 2021, including an information sheet and the Patient Health Questionnaire (PHQ)-9 to assess depression.

**Results:** In our study, the sex-ratio (M/F) was 0.32 and the average age was 44.23 years old. The median professional seniority was 16 years (minimum=1, maximum=37). Suicidal thoughts were described by 10.4% of teachers while 54.2% reported the presence of sleep disturbances since the onset of the pandemic. The median PHQ-9 score was 8 (Q1=4, Q3=15). The distribution of scores indicated that 59.7% of participants had no to mild symptoms of depression while 40.3% had moderate to severe depression. Furthermore, the presence of depression was associated with an age  $\leq 40$  years old ( $p=0.037$ ), a professional seniority  $\leq 20$  years ( $p=0.035$ ), the female gender ( $p=0.005$ ), the presence of sleep disturbances ( $p<0.001$ ) as well as with suicidal thoughts ( $p=0.006$ ).

**Conclusions:** It seems that COVID-19 health situation in education have led to the emergence of a teacher overexertion and a depth adaptation to the new environment demands. Thus, clinical attention to the depression level of the teachers is certainly warranted.

**Disclosure:** No significant relationships.

**Keywords:** Depression; high school teachers; Covid-19

### EPV0365

#### Perceived stress among physician parents during COVID-19 pandemic

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**Introduction:** Stress among physician parents is still poorly studied, especially during the SARS-COV-2 pandemic.

**Objectives:** To describe the stress of being both a doctor and a parent during COVID-19 epidemic.