

myalgia, which improved spontaneously within a few days. On the psychiatric level, exacerbation of positive symptoms such as hallucinations and delusions was found in 26% of patients. No increase in the frequency of agitation episodes or risk of hetero-aggressive behavior was reported. Sleep disturbances such as difficulty falling asleep and fragmented sleep were reported. The most common functional complaints reported by patients were palpitations, which were a source of somatic concern.

**Conclusions:** Several side effects of the vaccine have been documented and are taken into account in the daily practice of practitioners, but psychiatric effects are poorly reported and are sometimes attributed to the underlying disease. A complete examination, objective assessment, and regular follow-up are necessary to identify symptoms early and prevent relapses. Because of the small size of the sample, results could not be generalized. Further studies on a larger scale should be conducted.

**Disclosure of Interest:** None Declared

### EPV0342

#### Depressive symptoms, insomnia and dyspnea in COVID-19 survivors: a tunisian study

B. Nadia<sup>1\*</sup>, T. Mariem<sup>1</sup>, B. A. Houda<sup>2</sup>, C. Ghada<sup>1</sup>, E. Sahar<sup>1</sup>, M. Sameh<sup>3</sup>, K. Sami<sup>3</sup>, H. Najla<sup>1</sup> and A. Jihen<sup>1</sup>

<sup>1</sup>Psychiatry B; <sup>2</sup>Preventive medicine and hospital hygiene and <sup>3</sup>Pneumology, Hedi Chaker university Hospital, Sfax, Tunisia

\*Corresponding author.

doi: 10.1192/j.eurpsy.2024.1072

**Introduction:** The coronavirus infection emerging in 2019 caused a plethora of physical and mental health problems around the world. Recent studies showed a persistent psychological distress even after few months of the infection.

**Objectives:** To determine the prevalence of depressive symptoms, insomnia and dyspnea among covid-19 survivors.

**Methods:** We conducted a prospective cohort study including 121 Tunisian COVID-19 inpatients who had been discharged alive from hospital. Each enrolled patient was asked about the period before the hospital stay, and the 6-9 month-period after hospital discharge. Patient Health Questionnaire-9 (PHQ-9) was used to assess depressive symptoms. We assessed *insomnia via the insomnia severity index (ISI) and dyspnea through the mMRC* (modified British Medical Research Council).

**Results:** The median age of participants was 59 years. The prevalence of depressive symptoms and insomnia increased significantly after the pandemic (5.7% vs 57.9%,  $p=0.038$ ,  $r=0.189$ ; and 4.9% vs 26.4%;  $p<0.0001$ ,  $r=0.349$  respectively). Younger patients presented more depressive symptoms ( $p<0.0001$ ). females were more likely to suffer from depressive symptoms ( $p<0.0001$ ). Dyspnea was more prevalent among survivors with depressive symptoms ( $p=0.001$ ). Patients with depressive symptoms exhibited more insomnia ( $p<0.0001$ ).

**Conclusions:** The pandemic of covid19 emerged a wide range of physical and mental health problems with complex physiopathology. The early detection of these disorders improves the quality of life of these patients.

**Disclosure of Interest:** None Declared

### EPV0343

#### Multifaceted Impact of the COVID-19 Pandemic and Lockdown on Physical and Mental Health: Insights from a Cross-Sectional Study

V. Dimitriou<sup>1</sup>, C. Kalogirou<sup>2</sup>, A. Potamianou<sup>2\*</sup>, M. Bakola<sup>2</sup>, P. Gourzis<sup>3</sup>, G. Charalampous<sup>2</sup> and E. Jelastopulu<sup>2</sup>

<sup>1</sup>Postgraduate Program Health Management, Frederick University, Nicosia, Cyprus; <sup>2</sup>Medical School, Department of Public Health and <sup>3</sup>Medical School, Department of Psychiatry, University of Patras, Patras, Greece

\*Corresponding author.

doi: 10.1192/j.eurpsy.2024.1073

**Introduction:** The global COVID-19 pandemic and subsequent lockdowns have significantly impacted global wellbeing and highlighted the close link between mental and physical health. Social isolation and quarantine have proven to be major stressors, leading to emotional distress and unpredictable psychological consequences.

**Objectives:** We explored the pandemic's impact on individuals' physical and mental health and social relationships.

**Methods:** We conducted a cross-sectional study using a questionnaire which included among other socio-demographic questions, the Fear of COVID-19 Scale, the World Health Organization Quality-of-Life Scale (WHOQOL-BREF) and the Toronto Empathy Questionnaire (TEQ).

**Results:** A total of 511 adults (55.1% males) participated in this study. Participants reported increased social media use (more than 4-5 times/week) during the lockdown, which was associated with increased fear of COVID-19 and negative effects on mental and physical health, and social relationships ( $p<0.01$ ). Conversely, non-work-related outings (once a week) were associated with lower fear ( $p<0.01$ ) and better well-being ( $p<0.05$ ). Higher fear, particularly for loved ones, was associated with negative effects. The level of physical health was moderate to high, with varying levels of satisfaction in different areas. Empathy correlated with increased fear ( $p<0.01$ ) and reduced mobility ( $p<0.05$ ).

**Conclusions:** The COVID-19 pandemic and lockdowns significantly affected physical and mental health, highlighting the importance of tailoring interventions for vulnerable populations and promoting adaptive coping strategies in times of crisis.

**Disclosure of Interest:** None Declared

### EPV0344

#### Effects of the COVID-19 Pandemic on Anger and Life Satisfaction among Children Aged 10-12 years old in Preveza

D. Georgaki<sup>1</sup>, C. Kalogirou<sup>2</sup>, A. Potamianou<sup>2\*</sup>, M. Bakola<sup>2</sup>, P. Gourzis<sup>3</sup>, G. Charalambous<sup>1</sup> and E. Jelastopulu<sup>2</sup>

<sup>1</sup>Postgraduate Program Health Management, Federich University, Nicosia, Cyprus; <sup>2</sup>Medical School, Department of Public Health and <sup>3</sup>Medical School, Department of Pusychiatry, University of Patras, Patras, Greece

\*Corresponding author.

doi: 10.1192/j.eurpsy.2024.1074