(N=331,NQ=15.26±9.5), compared to those who sure about it (N=88,NQ=19.16±10.05, p=0.007). Respondents who have relatives ill COVID-19 (N=430) have a higher score on NQ (18.6±10.5), compared with those dont have (N=932, NQ=17.1±9.7, p =0.011).

Conclusions: The dysfunctional breathing is associated with the respondents' beliefs about the danger of coronavirus and the expectation of stigmatization in COVID-19 disease, as well as with the experience of COVID-19 disease among relatives.

EPV0391

Socio-demographic predictors of the prevalence of dysfunctional breathing in a healthy population during the COVID-19 pandemic

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Introduction: Dysfunctional breathing is a breathing patterns that do not correspond to the physiological needs of the body, provoke many poly-systemic symptoms. Dysfunctional breathing is experienced as a feeling of "difficulty in breathing", which in the conditions of the COVID-19 pandemic may be similar to the symptoms of coronavirus infection (Taverne et al., 2021).

Objectives: To examine the role of socio-demographic predictors in the prevalence of dysfunctional breathing in the Russian population during the COVID-19 pandemic.

Methods: The author's socio-demographic questionnaire, the Naimigen Questionnaire (Van Dixhoorn, Duivenvoordent, 1985), the STAI (Spielberger et al., 1983) and the "Perceived Stress Scale-10" (Cohen,Kamarck,Mermelstein,1983) were used. The study was conducted online from April 27 to December 28, 2020. It was attended by 1,362 people from all regions of Russia (38.3 ±11.4 y.o.).

Results: In men, the average values for NQ (11.19±7.74) are lower than among women (18.73±9.96, p=0.000). Persons with incomplete higher education have a higher score on NQ (N=103,NQ=20.44±11.8) than persons with higher education (N=1051,NQ= 17.40±9.63,p=0.048) and candidates/doctors of sciences (N=97,NQ= 15.34±11.20,p=0.005). There was also a connection between the severity of dysfunctional breathing and the level of income, which is associated with a negative correlation between income level and perception of stress (r=-0.215,p=0.000), state (r=-0.165,p=0.000) and trait anxiety (r=-0.127,p=0.000).

Conclusions: The severity of dysfunctional breathing is associated with gender, income levels and education, what can be used to identify a group of people who are most susceptible to the occurrence of dysfunctional breathing during the pandemic COVID-19. The study was supported of the Russian Science Foundation, project No.21-18-00624.

EPV0392

Association between self-efficacy, social support, knowledge of COVID-19, COVID-19 perception and stress, anxiety, depression of healthcare providers: the role of news media exposure as moderator

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Introduction: All pandemic outbreaks because of their rapid spread and high mortality rate cause to everyone considerable stress and anxiety.

Objectives: The aim of the present study is to investigate how news media exposure moderates the relationship between stress, anxiety, depression and self-efficacy, social support, knowledge of the coronavirus and coronavirus perception.

Methods: 223 healthcare providers, men 46 (20.6%) and women 177 (79.4%), working in hospitals in Greece participated in the study. independent t-test, one-way ANOVAs, Pearson's correlation, multiple-linear regression and moderator's analysis were analyzed with SPSS23.

Results: Organization support, friends support, covid-19 knowledge and covid-19 perception are most significant predictors to stress, $F_{(4,218)} = 11.47$, $p < .001$ and Adjusted R2- .159. Friends support, covid-19 knowledge and self-efficacy, working with covid19 patients and gender are most significant predictors to anxiety, $F_{(5,217)} = 11.16$, $p < .001$ Adjusted R2- .186. Friends support, covid-19 knowledge and self-efficacy and organization support are most significant predictors to depression, $F_{(4,218)} = 16.37$, $p < .001$ Adjusted R2-squared: .217. News media exposure did moderate the predictive power of almost all predictors for stress, anxiety and depression, at $p<.05$.

Conclusions: Therefore, the study verifies previous findings arguing that stress, anxiety and depression are strongly associated with numerous factors. These associations seem to be moderated by news media exposure. It is recommended to further explore the impact news media exposure has during crucial periods, such as covid-19 outbreak.

EPV0393

Changes in alcohol consumption in the Russian Federation during the first months of the COVID-19 pandemic

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