

Conclusions: Our study revealed a significant sleep disturbance in medical trainees at Charles Nicolle Hospital. This could be due to the SARS-COV2 vaccination but can also be explained by the night shifts and the stress to which they are exposed, especially during this pandemic period.

Disclosure of Interest: None Declared

EPV0348

Peculiarities of the first time diagnosed mental disorders formation in after the coronavirus disease COVID-19

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Introduction: The world community is only at the beginning of awareness of the peculiarities of the formation, course and outcome of the psychopathological consequences of the impact of the SARS-CoV-2 pandemic.

Objectives: To investigate the clinical and anamnestic features and their influence on the formation of psychopathological consequences in patients with first diagnosed mental disorders who have experienced COVID-19 and were exposed to the stressors of the SARS-CoV-2 pandemic.

Methods: 97 patients with first diagnosed mental disorders who have experienced COVID-19 and were exposed to the stressors of the SARS-CoV-2 pandemic were examined (F 32.0-32.2 – 34 patients, F 40-45 – 32 patients, F 06.3-06.6 – 31 patients). Clinical-psychopathological, clinical-anamnestic methods, including information about the experienced coronavirus disease COVID-19, the impact of the stressors of the SARS-COV-2 pandemic, and methods of statistical analysis were applied.

Results: The conducted research made it possible to identify the phenomenological structure of mental disorders that develop after the coronavirus disease COVID-19. This structure includes depressive disorders (35.05%), neurotic, stress-related and somatoform disorders (32.99%), as well as mental disorders of organic genesis (31.96%). An important result of the study was the determination of the heterogeneity of mental pathology in the context of the influence of stressogenic factors of the pandemic and other psychogenies. In this aspect, all mental and behavioral disorders must be divided into 3 variants of pathology, which differ in the mechanisms of formation: caused by the pathoplastic factors of COVID-19 and the patient's personal reactions to the disease; related to the psychogenic effects of the stressors of the SARS-COV-2 pandemic; with a combined mechanism of influence of pathoplastic and psychogenic factors. Certain diagnostic and phenomenological regularities characteristic of each of the options are defined. The influence of pathoplastic factors and personal reactions to the disease is associated with the formation of depressive disorders. Pandemic stressors most often cause the development of neurotic, stress-related and somatoform disorders. Under the influence of combined factors, disorders of organic genesis are formed to a greater extent. The initial manifestations of pathology also differ with different formation mechanisms: when pathoplastic factors predominate, asthenia, depression and sleep disturbances prevail; with leading psychogenic influences – anxiety and tension; when the above factors are combined - asthenia, stress and cognitive disorders.

Conclusions: The significance of the obtained data lies in the possibility of studying the role of the psychopathological consequences of COVID-19 in the genesis of mental disorders.

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EPV0349

The impact of the COVID-19 pandemic on the mental health of nursing professionals in the state of São Paulo

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Introduction: This is a descriptive cross-sectional clinical study with professionals from the Nursing Team (Nursing Assistant, Nursing Technician and Nurse).

Objectives: To assess the psychological impact of the Covid-19 pandemic on nursing staff professionals.

Methods: A descriptive, quantitative, cross-sectional study will be applied to a structured interview aimed at collecting sociodemographic and occupational data, Mental Health Scales evaluating professional exhaustion - Oldenburg Burnout Inventory and Beck's Anxiety Rating Scale to assess the state of anxiety.

Results: About 13,587 nursing professionals were interviewed, including nurses, technicians and nursing assistants. They were evidenced through the behavior indexes related to insomnia, the desire to cry and appetite variation may be related to the long working hours, the fear of contamination and the consequent absence from work, as well as the fear of getting sick may be related to the fact that the professional stops being a caregiver and starts to be cared for.

Conclusions: the study denotes the importance and need for interventions to promote and prevent mental well-being in health professionals exposed to COVID-19, these need to be implemented immediately, for nursing professionals, as they are on the front line, demanding attention Special. In this sense, the Nursing Council of the State of São Paulo created and implemented some bills such as the Obligation of Rest Rooms in Health Units, the Cuidando de Quem Cuida Program and the Yellow September Campaign in Allusion to actions for Nursing professionals for the prevention and promotion in mental health category.

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EPV0350

Coping self-efficacy and personal growth in the situation of the COVID-19 threat

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Introduction: In studies of the socio-psychological consequences of the COVID-19 pandemic, models focused on the negative aspects of stressors, dysfunctions, anxiety. We present the attempt to expand the context and include in the field positive personal resources for psychological well-being and even post-traumatic personality growth after disasters. Sometimes separation from family and friends, lack of medicines and medical resources, loss of income, social isolation to humanity, do not automatically assume that a person is capable and responsible for effectively coping with life difficulties.

Objectives: 397 (students and patients of clinic average age 26, 2/3 are female)

Methods: Peritraumatic Distress Index (CPDI) (Feng, 2020); Impact of Event Scale (Horowitz, 1979), Coping Self-efficacy Scale (Chespeu et al, 2006); Posttraumatic Growth Inventory (Tedeschi & Calhoun, 1996), MMI (Nuttin, 1986) – adapted by M. Magomed-Eminov.

Results: Significant negative correlation between coping self-efficacy and intensity of the impact of stressful events (IES) ($r = -0.140$, $p < 0.05$) was predictable.

CPDI and PTG showed significant correlation (Pearson's $r = 0.23$, $p < 0.01$) between Peritraumatic Distress Index and Post-Traumatic Growth indicators only in the group of respondents who have had COVID-19. The data is confirmed by the content analysis of incomplete sentences of the subjects of COVID group. The correlation between these indicators in the Non-Covid group was insignificant.

Moreover additional information we got from narratives of infected patients: the data has been split into 3 groups of narratives in the context of cultural-historical activity theory which shows the triadic outcome of survivor after trauma: a) suffering, b) adaptation, coping, resilience, c) personal growth.

Conclusions: To interpret the data the authors propose the meaning-activity approach and personality work with negative life experience (Magomed-Eminov, 1998, 2007, 2009, 2021). Authors suggest that further research on the positive consequences of stressful events beside coping styles and mechanisms that would expand the repertoire of tools predicted the ability of a modern person to cope with adversity and use experience for deeper involvement of human resources with the help of personality work with personal experience.

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Cultural Psychiatry

EPV0352

Confirmatory factor analysis and measurement invariance of the Depression, Anxiety, and Stress Scale (DASS-21) among Pakistani young adults

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Introduction: The Depression, Anxiety and Stress Scale (DASS-21) is recognized as being a widely used measure for the assessment of negative emotional states. While the DASS-21 has been widely used for assessing mental health in Pakistan, limited research has been done regarding its factor structure and measurement invariance.

Objectives: To assess the factor structure and measurement invariance of the DASS-21 among young adults in Pakistan.

Methods: A large sample of 1361 Pakistani young adults had completed the scale during the current study comprising 666 males and 695 females with a mean age of 24.51 years.

Results: Excellent internal consistency reliability was found for the overall DASS-21 and its three subscales (depression, anxiety and stress) ranging from $r = .86$ to $.71$ (Cronbach alpha). Moreover, the three subscales were strongly and significantly associated with one another. Additionally, the results showed a good fit of the three-factor model and the one-factor model of the DASS-21 aimed at assessing gender psychological distress. Strong measurement invariance was found regarding gender therefore showing that the DASS-21 is understood and interpreted similarly by males and females. However, little evidence was found regarding the three subscales (depression, anxiety and stress) for the measurement of three distinct constructs.

Conclusions: These findings confirm the utility of the DASS-21 for measuring mental health in Pakistan among young adults.

Disclosure of Interest: None Declared

EPV0353

Somatic Representation of Emotional Problems among Native Kyrgyz Speakers

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Introduction: The somatization problem has been one of the most acute in mental health for half a century (Kirmayer, L., 2000). Patients with somatic complaints turn to specialists in various fields but rarely to psychologists and psychiatrists, although the connection between bodily suffering and psychological difficulties sometimes lies on the surface (Molchanova E., 2016). In the last twenty years, the mechanisms of somatization have been considered by several disciplines, one of which is cultural psychiatry, which has become relevant. Unfortunately, most of the research focuses on the cultural characteristics of migrants living in the United States (Groleau, D. and Kirmayer, L. 2004). There needs to be more research on the cultural features of somatization in Kyrgyz culture.

Objectives: The goal of the study is to discover the distinctive features of the process of somatization in Kyrgyz culture

The objectives are:

To create a vocabulary of somatic phrases and idioms used to represent somatic problems to find the most commonly used somatic idioms for emotional complaints by native speakers of the Kyrgyz language.

To describe the mechanism of transformation of the emotional symptom into a specifically located and presented somatic complaint.

Methods: The research used a mixed, qualitative, and quantitative design.

The first stage is qualitative, including ten semi-structured interviews with linguists, culturologists, historians, and specialists in folk art.

The second stage included four focus groups (12 people in each group) with a follow-up analysis. The recruitment of respondents was carried out through social networks, announcements, and the snowball method.

The third stage was quantitative. With the help of the dictionary compiled at the first stage, 250 participants ranked the frequency of somatic idioms, which were used to express the emotional problems