Medical University of the Ministry of Health of the Russian Federation (Sechenov University), Moscow, Russian Federation

*Corresponding author.

Introduction: There is no much data on the psychological predictors of compliance with Covid-19 preventive measures (self-isolation, social distancing, etc.), that are one of the most effective ways to combat the spread of the disease

Objectives: This study is aimed to examine the role of personal traits in compliance with the Covid-19 preventive measures, and to identify the psychological features of those who are unmotivated to comply with quarantine.

Methods: The study involved 256 participants aged from 16 to 73 years from Russia, and was conducted in March-April 2020. The coping strategies questionnaire (COPE), Big five personality questionnaire were used.

Results: Compliance with the coronavirus preventive measures is positively associated with such personality traits as conscientiousness and friendliness, and productive coping strategies (active coping, planning, positive reformulation, acceptance). Another significant predictors of compliance with restrictive measures are explaining the reasons for the spread of coronavirus by lack of responsibility of people and violation of quarantine measures (positive predictor), as well as downplaying the risk of the disease (negative predictor).

Conclusions: Cluster analysis identified two most common motivational profiles: unmotivated and motivated. Unmotivated people are less willing to comply with Covid-19 preventive measures. Unmotivated people trust various sources of information less often, use unproductive coping strategies (denial), and are more likely to believe that the coronavirus is used to hide the presence of other problems in the society and to increase the control over citizens by the state.

Keywords: big five; coping strategies; pandemic; coronavirus (Covid-19).

EPP0438

Perceived value threat of COVID-19 is related to anxiety symptoms

E. Fyodorova[1]*, G. Arina[1] and M. Iosifyan[2]

[1]Psychology, Lomonosov Moscow State University, Moscow, Russian Federation and [2]Psychology, University of St Andrews, School of Divinity, St Andrews, United Kingdom
*Corresponding author.

Introduction: Recent studies showed that stress and anxiety increased during the Covid-19 pandemic (Bäuerle et al., 2020; Salari et al., 2020). It is important to identify factors which are related to this increase.

Objectives: In present study we investigated how perceived value threat of Covid-19 is related to anxiety and depression symptoms in April – May 2020 during the lockdown in Russia.

Methods: Three hundred and four participants were recruited online (M_{age}=33.18, SD=13.33, 108 males, 194 females). Participants completed the Short Schwartz's Value Survey (SSVS; Lindeman & Verkasalo, 2010). They were next asked to rate how likely

their values could be threatened because of the Covid-19. They also completed the State-Trait Anxiety Inventory (Spielberger, 1983) and Beck Depression Inventory-II (Beck et al., 1996).

Results: A multiple linear regression model was built to assess how own values and values threatened by Covid-19 explain state anxiety during the lockdown. Threat to openness values was positively related to state anxiety (b=1.07, SE=.49, β=.13, p=.032). Threat to conservation values was only marginally related to state anxiety (b=1.03, SE=.58, β=.13, p=.074). The effects of self-enhancement and self-transcendence values were not significant.

Conclusions: When Covid-19 is perceived as a threat to openness to change values – hedonism, stimulation and self-direction – people experience higher level of anxiety symptoms. Interestingly, perceived threat of Covid-19 to security, conformity and tradition was only marginally related to anxiety. Future studies might explore how encouraging people to fulfill their openness to change values in a safe mode might decrease the level of anxiety.

Keywords: values; value threat; COVID-19; Anxiety

EPP0439

The anxiety of nursing professionals during the COVID-19 pandemic period in a brazilian regional university hospital

L. Floriano[1]*, E. Dal'Bosco[1], R. Plantes[1], G. Arcaro[1], M. Ribas[1] and E. Krum[2]

[1]Nursing And Public Health, State University of Ponta Grossa, Ponta Grossa, Brazil and [2]Pharmacy, State University of Ponta Grossa, Ponta Grossa, Brazil
*Corresponding author.

Introduction: Nursing work requires technical, scientific competence, knowledge, skill and emotional control over practice, considering that care presents risk situations, physical and emotional stress, responsibilities with people's lives, coping with fears and suffering. All this situation in which the professional is exposed can lead to the occurrence of psychological wear, high stress and anxiety, this is conceptualized as a vague and unpleasant feeling of fear, apprehension, with characteristics of tension or discomfort derived from anticipating danger, something unknown or strange.

Objectives: To identify the prevalence and factors associated with anxiety among nursing professionals who work coping with COVID-19 in a Brazilian regional university hospital.

Methods: Cross-sectional observational study, with sociodemographic questionnaire and anxiety measurement scale (HAD), with 88 nursing professionals. The data were analyzed using absolute and relative frequency, using the software StatisticalPackage for the Social Sciences.

Results: There was a prevalence of anxiety (48.9%), with the majority of the sample consisting of women, over 40 years old, married or in a stable relationship, white, with higher education or postgraduate education, with income above R $ 3,000.00, tendered, with a work regime of 40 hours per week and time in the hospital from 1 to 5 years.

Conclusions: The impact should be considered on Nursing Mental Health caused by COVID-19 and intervene with coping strategies to minimize anxiety.

Keywords: mental health; COVID-19; Health promotion