

## EPV0379

### Depression in women recovered from COVID-19

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**Introduction:** Studies assessing the psychological impact of COVID-19 have shown that patients with COVID-19 had significantly higher levels of depression, anxiety, and post-traumatic stress symptoms than healthy controls.

**Objectives:** The objectives of our study were to assess depression in women recovered from COVID-19 and to compare it to healthy controls.

**Methods:** It was a cross-sectional case-control study.

We randomly recruited women, from April 1st to 30th, 2021. The women in the case group have been infected with Sars-Cov 2, with a benign or pauci-symptomatic clinical form, and cured for one to two months at the time of the study without any post-COVID complications. Women included in the control group have not been infected with Sars-Cov 2. Depression was assessed by the Beck Depression Inventory (BDI).

**Results:** In total, we recruited 30 women in the case group and 30 women in the control group. The average age of the case group was  $35.8 \pm 6.8$  years versus an average age of  $35.3 \pm 6.33$  years in the control group. The majority of coronavirus infections were symptomatic (83.3% (n=25)).

The average depression score for the case group was  $10.8 \pm 9.6$  corresponding to moderate depression, while the average depression score for the control group was  $6.1 \pm 6.1$  corresponding to mild depression. The presence of depression was more significant in the case group compared to the controls ( $p=0.003$ ).

**Conclusions:** COVID-19 is significantly associated with depression, even in mild or pauci-symptomatic clinical forms.

**Disclosure:** No significant relationships.

**Keywords:** recovered; Depression; women; Covid-19

## EPV0378

### Cognitive and emotional factors of the subjective readiness to vaccination against coronavirus in Russia

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**Introduction:** Low vaccination rate against coronavirus in Russia demands for studies of psychological factors affecting decision to vaccinate. Readiness for vaccination is related to perceptions of risk, concerns and trust in the source of the recommendations (Chung, Thone, Kwon, 2021, Flanagan et al., 2020).

**Objectives:** To study the subjective readiness for vaccination against coronavirus and its relationship with pandemic anxiety and attitudes towards vaccination.

**Methods:** 525 people aged 18 to 65 appraised their readiness to vaccination (Cronbach's alpha .89-.90), filled out Anxiety Regarding Pandemic Scale (Tkhostov, Rasskazova, 2020), modified version Beliefs About Medication Questionnaire (Horne, 2002) that was reformulated to measure beliefs about vaccination in December 2020.

**Results:** 13.2% -17.0% participants reported readiness to be vaccinated. Low readiness rate was due to doubts and mistrust (59.0% -60.4%). Having more friends experienced coronavirus as well as severe or fatal cases of coronavirus illness among personal acquaintances were associated with higher rates of pandemic anxiety but not readiness to vaccinate. Readiness to vaccinate asap was predicted by belief in the effectiveness and lower concern about vaccination ( $R^2=34,6\%$ ) and anxiety regarding risks and side effects of the vaccination ( $\Delta R^2=1,5\%$ ). Decision to refuse was predicted by belief that there are better alternatives of prophylaxis, doubts in effectiveness and concerns about necessity ( $R^2=56,0\%$ ).

**Conclusions:** Decision to vaccinate is based both on cognitive confidence in the importance and effectiveness of vaccination, and on less pronounced anxiety about risks and side effects. Research is supported by the Russian Foundation for Basic Research, project No. 20-04-60072.

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**Keywords:** vaccination; readiness; psychological factors

## EPV0379

### Coping with emotions in pandemic as a factor of somatic complaints during lockdown

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**Introduction:** Increase in affective and somatic complaints during pandemic is considered as related to experienced stress (Wang et al., 2020, Roy et al., 2020, Robillard et al., 2020). Expression or suppression of emotions related to pandemic could affect the vulnerability of people to stressful situations (Gross, Thompson, 2007, Roberts et al., 2008).

**Objectives:** The aim was to reveal a role of suppression / expression emotions regarding pandemic in the changes in somatic and affective complaints in people without coronavirus during lockdown.

**Methods:** In May 2020 110 people 18-65 years old (61.2% females) without coronavirus appraised their strategy of dealing with different emotions regarding pandemic on the 1-5 scale from emotional expression to hiding and suppression (Cronbach's alphas) and 26 somatic and emotional symptoms including sleep-related

symptoms, daytime functioning, affective symptoms, general physical condition (Cronbach's alphas .81-.90). In December 2020 they reappraised 26 complaints.

**Results:** There were no statistically significant changes in somatic and affective complaints during May-December 2020 ( $p>.20$ ). Increase in sleep-related complaints ( $\beta=.23$ ,  $p<.05$ ,  $\Delta R^2=5.0\%$ ) and complaints regarding general physical condition ( $\beta=.32$ ,  $p<.05$ ,  $\Delta R^2=10.0\%$ ) were more pronounced in those reporting higher expression of emotions related to COVID.

**Conclusions:** People with higher emotional reactivity to pandemic situation tend to report increase in sleep-related problems and general worsening of their physical condition during lockdown. Research is supported by the Russian Foundation for Basic Research, project No. 20-013-00799.

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**Keywords:** lockdown; expression of emotions; somatic complaints; affective complaints

### EPV0381

#### Evaluation of stress and coping skills of nursing students during a COVID-19 pandemic

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**Introduction:** The coronavirus epidemic started in Tunisia in March 2020. Health personnel have been in the front line in the fight against this virus since that date. The COVID units of the hospitals and the different hospital services have been reinforced by student nurses (trainees, volunteers...).

**Objectives:** To evaluate the degree of stress perceived during the COVID-19 pandemic by student nurses. To identify coping skills during a COVID-19 pandemic.

**Methods:** Descriptive, retrospective study conducted in March 2021 on the 60 senior nursing students enrolled in the military health school. We used the Cungi (1997) stress scale and developed a self-questionnaire on coping skills used by the students.

**Results:** Our population was 54.3% male and 45.7% female. The average age was 22.6 years. The majority of the senior students (54.3%) worked in units dedicated to the care of patients with COVID-19. On the Cungi Stress Rating Scale, students had very low (13%), low (27%), and high (60%) stress levels. The main coping methods used were watching movies and listening to music (81%), playing sports (80%), praying (75%), rigorously applying social distancing measures and wearing protective gear (73%), talking with friends or psychologists (62%), doing yoga or meditation (34%), drinking herbal tea, alcohol, or taking psychotropic drugs (23%).

**Conclusions:** The COVID-19 pandemic is a time of major stress for nursing students. The coping methods used seem insufficient. Psychological support should be provided.

**Disclosure:** No significant relationships.

**Keywords:** nurse student; stressors; Coronavirus; coping

### EPV0382

#### Willingness to vaccinate against COVID-19: the role of health locus of control and conspiracy theories

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**Introduction:** Understanding the predictors of the willingness to get vaccinated against COVID-19 may aid in the resolution of current and future pandemics. Understanding the predictors of the willingness to get vaccinated against COVID-19 may aid in the resolution of current and future pandemics.

**Objectives:** We aim to investigate how the readiness to believe conspiracy theories and the three dimensions of health locus of control affect the attitude towards vaccination.

**Methods:** A cross-sectional study was conducted based on data from an online survey of a sample of Czech university students ( $n=866$ ) collected in January 2021, using multivariate linear regression models and moderation analysis.

**Results:** Sixty-six percent of Czech students wanted to get vaccinated against COVID-19. Forty percent of the variance of willingness to get vaccinated was explained by the belief in covid-related conspiracy theories and the powerful others dimension of health locus of control. One sixth of the variance of the willingness to get vaccinated was explained by health locus of control, cognitive reflection, and digital health literacy.

**Conclusions:** Health locus of control and conspiracy mentality and its predictors are valid predictors of a hesitancy to get vaccinated against COVID-19. Campaigns promoting vaccination should target groups specifically vulnerable to conspiracy theories and lacking health locus of control related to powerful others.

**Disclosure:** No significant relationships.

**Keywords:** health locus of control; vaccination; Covid-19; conspiracy theories

### EPV0383

#### The psychological impact of the covid-19 on Tunisian healthcare workers tested positive

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**Introduction:** The covid19 pandemic has led to a major health crisis and the healthcare workers, who are the first to respond, are generally the ones who pay the highest price. Their safety, both physical and psychological, should be a priority in the management of this pandemic.

**Objectives:** We aim to assess anxiety and depression in caregivers with covid19 and to identify the many factors that may be responsible for this psychological distress.