

**Introduction:** In these unprecedented times, the medical workers particularly at the frontlines of the pandemic are vulnerable to psychological trauma rooted in the new demands of their work, as well as the prevailing sense of insecurity and safety concerns for themselves and their loved ones.

**Objectives:** To explore the mental health impact of the covid-19 pandemic on the front-line health care workers in a tertiary care hospital in Rawalpindi, Pakistan

**Methods:** Frontline healthcare workers will include all doctors, nurses and paramedical staff performing duties that involve dealing directly with known or suspected cases of COVID-19 at triage clinics, ICUs and isolation wards. Depression Anxiety and Stress Scale (DASS) and Impact of events scale-revised (IES-R) were administered to them to assess the mental health of these frontlines.

**Results:** A total of 94 frontlines were included in the study. 76(80.9%) had no significant depression while 18 (19.1%) had presence of significant depression. 62 (66%) had no significant anxiety while 32 (34%) had significant anxiety. Female gender and degree of contact with high clinical suspicion cases were significantly related with presence of anxiety and depression among the study participants. Being female, single, a nurse or a paramedic and degree of contact with high clinical suspicion cases was significantly related with presence of stress among the frontlines. People working in ICU or corona isolation unit had more chances of having trauma as compared to other frontlines.

**Conclusions:** Depression, anxiety, stress and trauma were common among the front liners fighting in this pandemic

**Keywords:** Covid 19; health care workers; mental health

### EPP0293

#### Psychiatric morbidity among patients tested positive and isolated for COVID-19

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**Introduction:** In this crisis situation when everybody has been emphasizing on preventive measures, screening, early recognition and provision of necessary equipment, less emphasis has been laid on the mental health of the sufferers who have been listening news and following social media reporting catastrophe linked with COVID 19.

**Objectives:** To look for the psychiatric morbidity and associated socio-demographic factors among patients tested positive and isolated for covid-19

**Methods:** All patients tested positive for covid-19 and admitted in Covid-19 ward of Malir hospital without any associated complications were included in the study. General Health Questionnaire-12 (GHQ-12) was administered to look for the presence of psychiatric morbidity. Chi-square test and binary logistic regression analysis were the tests applied to look for the relationship of various socio-demographic factors with presence of psychiatric morbidity among the target population.

**Results:** Out of 61 patients included in the study, 45 (73.7%) showed the presence of psychiatric morbidity while 16 (26.3%) did not show psychiatric morbidity when screened with GHQ-12. 43 (70.4%) were male while 18 (29.6%) were female. Mean age of the patients was  $35.21 \pm 2.355$  years. Regression analysis revealed that advanced age and female gender have statistically significant relationship ( $p$ -value $<0.05$ ) with presence of psychiatric morbidity among patients of covid-19.

**Conclusions:** A considerable number of patients had psychiatric morbidity after being tested positive for covid-19 and isolated in the health facility. Female patients and patients with age more than 40 years were found to be more at risk of developing psychiatric morbidity among the patients admitted in covid-19-ward.

**Keywords:** COVID-19; psychiatric morbidity; socio-demographic factors

### EPP0296

#### Prevalence of maternal burn out and depression in tunisia during the coronavirus pandemic

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**Introduction:** Lockdown due to coronavirus pandemic has been a stressful experience especially to mothers. Juggling work from home and childcare has led to maternal burn out and depression.

**Objectives:** The aim of the present study was to assess maternal burn-out rate during lockdown and its eventual relationship with depression and associated factors

**Methods:** 156 Tunisian mothers responded to online questionnaire posted on social network after 1 month of lockdown. The questionnaire evaluated burnout and depression as measured by the Maslach Burnout Inventory (MBI) and depression and anxiety symptoms (HADS) respectively.

**Results:** The participants were aged between 24 and 64 years and 61.5% had more than one child. Mean score on the BMS10 was 4.11 out of 7 maximum score with 71.8% of participants fulfilling criteria for maternal burn-out. Among them, 30.1% had high level of burn out and 9.6% extreme burn out. The main factors associated with maternal burn out were age of children, financial difficulties and lack of leisure activities. Mother's age, perceived husband support, medical or psychiatric history haven't been associated with maternal burn out. HADS questionnaire indicated that 38.5% of mothers had moderate to severe anxiety disorder and 35.9% had moderate to severe depressive disorder. A positive correlation was found between burnout and anxiety ( $r=0.634$ ,  $p<0.001$ ) and burn out and depression ( $r=0.515$ ,  $p<0.001$ ).

**Conclusions:** The prevalence of maternal burn out during lockdown was significantly high resulting in higher rate of depression than usual. However, severe forms of burnout may share several characteristics with depression raising the question of overlap of these two entities.

**Keywords:** coronavirus; lockdown; maternal burn out; Depression

### EPP0299

#### Burn-out syndrome in healthcare practitioners- a narrative literature review

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