

**Conclusions:** There exists no overall difference in the perceived-stress among the medical students of public and private medical colleges despite private-sectors having significantly more operational financial resources.

**Disclosure:** No significant relationships.

**Keywords:** Depression; Stress; medical students; psychiatry

## EPP0566

### Frequent visitors in a university psychiatric emergency department in Greece

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doi: 10.1192/j.eurpsy.2022.775

**Introduction:** Background :The profile of “frequent visitors” at the psychiatric emergencies (PE) has not been sufficiently investigated in Greece.

**Objectives:** In this study we aimed to investigate the prevalence and relevant parameters of frequent PE visits in a Greek University Psychiatric Hospital for the year 2017.

**Methods:** In a retrospective study, we analyzed data of patients who presented in the PE of Eginition University Hospital in Athens during 2017. Frequent visitors were grouped under this category if they had at least five visits per year. Clinical and sociodemographic data of the patients were further related to number of visits.

**Results:** 84 patients were characterized as frequent visitors carrying out 9.8% of the total number of visits. 50% were women and 70% of them were living with family members. Anxiety, depressive and psychotic symptoms were the most frequent major complaints at the time of their visit, whereas psychosocial problems were associated with increased number of visits. Moreover, in terms of the underlying diagnosis substance use disorders significantly related to more frequent visits

**Conclusions:** Psychosocial problems and the diagnosis of substance use disorders significantly correlated to the number of visits at the PE of a university hospital setting in Greece for 2017.

**Disclosure:** No significant relationships.

**Keywords:** substance use disorder; frequent visitors; psychosocial problems; Psychiatric emergencies

## EPP0567

### Influence of personal resources on job satisfaction. A study among professionals in the inpatient care of children and adolescents

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doi: 10.1192/j.eurpsy.2022.776

**Introduction:** Professionals in the inpatient care of burdened children and adolescents are confronted with high demands in their daily work. The job satisfaction can be affected negatively, if these professionals do not have the necessary resources to carry out their work.

**Objectives:** In a study as part of the accompanying research of an online course called “Trauma informed Care”, the connection between the personal resources action competence, emotional competence, self-efficacy and self-care and job satisfaction were investigated on a sample of N = 543 professionals working in the (inpatient) care of children and adolescents.

**Methods:** In order to quantify the connections between the personal resources action competence, emotional competence, self-efficacy and self-care and job satisfaction, correlations and a multiple regression were calculated.

**Results:** Moderate to strong correlations were identified between personal resources and job satisfaction among the professionals. The regression model revealed self-efficacy to be the most important predictor of job satisfaction. Self-care was also identified as an important predictor. Less importance could be ascribed to emotional competence. Action competence showed no effects in the regression model.

**Conclusions:** The results indicate the importance of personal resources for job satisfaction and their targeted promotion in order to increase job satisfaction and thus counteract the tendency of fluctuation and shortage of professionals in the area of child and youth welfare.

**Disclosure:** No significant relationships.

**Keywords:** job satisfaction; child and youth residential care; personal resources; self-efficacy

## EPP0568

### Anxiety and depression among victims of work-related upper extremity injuries

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doi: 10.1192/j.eurpsy.2022.777

**Introduction:** Being a victim of work-related upper extremity injuries is a source of physical damage and mental damages. Psychological distress related to this type of accident is usually underestimated.

**Objectives:** Evaluate anxiety and depression among victims of work-related upper extremity injuries.

**Methods:** We conducted a 10-month cross-sectional analysis on workers consulting for an Impairment Rating Evaluation after an upper extremity injury due to an occupational accident. We collected socio-professional data, characteristics and outcomes of the accident. Anxiety and depression were evaluated by the Hospital Anxiety and Depression scale. The pain was evaluated by a Visual Analogue Scale.

**Results:** Our population consisted of 90 cases of work-related upper-extremity injuries. The mean age was 43.10 and the sex ratio 3.7. The most represented category was blue-collar workers (71.1%). Medical history of chronic diseases was reported in 23% of cases and 3.3 % had mental health antecedent. Dominant upper limb injuries were found in 62% of cases. Hand and wrist injuries were the most affected part (63%), and 33.3% had fingers' injuries. The prevalence of anxiety and depression were 31.1% and 20% respectively. About thirty-one per cent rated their current pain greater than or equal to 8. Both anxiety and depression were positively correlated with male gender ( $p=0.001$ ,  $p=0.007$ ) and shoulder injuries ( $p=0.001$ ,  $p=0.018$ ). Depression was correlated to fingers' injuries and pain ( $p=0.002$ ).

**Conclusions:** The studied population present an important rate of anxiety and depression. Assessing Mental health after upper extremities injuries are necessary to prevent serious mental illness and to promote a successful return to work.

**Disclosure:** No significant relationships.

**Keywords:** Depression; occupational accident; Anxiety

## COVID-19 and Related Topics 06

### EPP0569

#### Older adults during the pandemic: Mental health symptoms are predicted by childhood trauma

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doi: 10.1192/j.eurpsy.2022.778

**Introduction:** It has been broadly anticipated that COVID-19 pandemic-related experiences may constitute traumatic stressors in vulnerable populations, and that older adults' might be especially at risk of experiencing mental health symptoms during the pandemic.

**Objectives:** The present study aimed to examine older adults' psychological distress: posttraumatic stress, Covid-related fears, anxiety, and depression during the pandemic, and the relationship between present distress, defensive functioning, and childhood trauma. We also explored potential differences between *younger-older adults* (between 65 and 74 years), and *older-older adults* (75 years and above).

**Methods:** Data was collected in a large-scale online survey during the early months of the pandemic, for the present study, we included participants above 65 years old ( $N = 1,225$ ).

**Results:** showed that age, adverse childhood experiences, and overall defensive functioning were all significantly related to post-traumatic stress, anxiety, and depression. Specifically, younger age and more reported childhood adversity were related to higher distress, whereas higher defensive functioning was related to less distress. Covid-related fears were not associated with age. Our final model showed that defensive functioning mediated the relationship between childhood trauma and distress.

**Conclusions:** Our results support the relative resilience of older-older adults compared to younger-older adults, as well as the long-lasting impact of childhood adversity through defensive

functioning later in life, specifically in times of heightened stress, such as the COVID-19 pandemic. Future studies are warranted to identify further factors affecting defensive functioning as adults age, as well as processes that are associated with resilience in response to stressors in older adulthood.

**Disclosure:** No significant relationships.

**Keywords:** Covid-19; Childhood Trauma; Older Adults; Distress

### EPP0570

#### The elephant in the room: the stressful psychological effects of COVID-19 pandemic in mental healthcare workers

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doi: 10.1192/j.eurpsy.2022.779

**Introduction:** Despite the large amount of research concerning the impact of COVID-19 on health care workers, to date few targeted MHWs. Moreover, none has investigated the vulnerability due to exposure to previous traumatic events among health care workers.

**Objectives:** This study aimed to investigate the psychological distress in MHWs after the first lockdown imposed by the COVID-19 pandemic in the more impacted regions of the North of Italy, to understand which COVID-19, sociodemographic and professional variables as well as previous stressful life experiences, could have had greater negative effects.

**Methods:** The online survey occurred from 28-June to 10-August 2020. This included questions regarding sociodemographic factors, professional information, COVID-19 exposure. Moreover, three validated self-report questionnaires were administered: Life Events Checklist for DSM-5 (LEC-5), Impact of Event Scale-Revised (IES-R), Depression Anxiety Stress Scales-21 (DASS-21).

**Results:** 271 MHWs completed the survey. At least 20% had elevated levels of psychological distress with post-traumatic symptoms. Stratifying for professional roles, the nurses resulted the most affected, with significantly higher scores in terms of intrusive thoughts, hyperarousal and avoidance behaviors. Several variables affected psychological distress in MHWs, but stronger effects were done by age, professional roles, increased workload and worst working environment during COVID-19 pandemic, to had experienced the separation of family members, but also had experienced during their life of a severe human suffering (physical and/or psychological) on oneself or on a loved one.

**Conclusions:** Our data underlying the importance of recent but also previous severe stressful events as risk factors to develop post-traumatic symptoms reducing the resilience of the subjects investigated.

**Disclosure:** No significant relationships.

**Keywords:** psychological distress; Covid-19; mental healthcare workers; resilience/vulnerability