

**Objectives:** In this study we aimed to examine whether the psychological results of the pandemic affect chronically ill and whether the specific illness and other demographic factors account for any changes in perceived stress levels.

**Methods:** An online questionnaire has been distributed to 4 groups (n=369): 92 psoriasis patients, 73 dialysis patients, 100 patients after kidney transplantation and 104 multiple sclerosis patients. The study was conducted during the pandemic in Poland (June-July 2020). Perceived stress levels were measured by the Perceived Stress Scale (PSS).

**Results:** The preliminary results suggest elevated perceived stress levels among the studied groups. As the data are currently under statistical evaluation specific statistical conclusions are to be expected in November 2020.

**Conclusions:** As the described study was conducted during the SARS-CoV-2 pandemic in Poland, it stands to reason that the epidemiological situation affected the levels of perceived stress among chronically ill patients.

**Keywords:** Covid; stress; chronic illness

### EPP0390

#### Evaluation of depression symptoms among caregivers of children that take therapy in the national center for children rehabilitation and treatment during COVID-19 pandemic

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**Introduction:** Raising a child with neurodevelopmental disorder is very challenging. Furthermore COVID-19 pandemic can increase stress levels especially among people that suffer from mental health disorders. On of the high risks group are children with neurodevelopmental disorders. Studies show that these difficult, challenging times have had a negative impact on most families, which have a child with neurodevelopmental disorders.

**Objectives:** Evaluation of depression symptoms among caregivers of children that take therapy in the National Center for Children Rehabilitation and Treatment (NCCRT) during COVID-19 pandemic

**Methods:** The study was conducted during a two-month period March-April 2020. The sample involved 110 individuals, relatives, of children that were taking educative and rehabilitation therapy in NCCRT during last year, ambulatory or inpatients. Data were collected by clinical records and phone interviews with children's caregiver. Instrument we used were: Demographic inventory and Hamilton Anxiety Rating Scale for anxiety symptom evaluation. All data were statistically analyzed through excel.

**Results:** Most of individual interviewed, whom are responsible for children wellbeing were their parents, 69% of them. 56% of individuals were among 31-45 years old and 92% of them were women. Depression symptoms were slightly present. We noticed that depressive symptomatology was a bit worse in caregivers in urban areas compared with ones in rural areas.

**Conclusions:** It is necessary supporting with special attention caregivers whom have depressive symptoms. Yet has to be evaluated the connection, if it's present, between parents with depressive

symptoms and children progress, for ones that are being supported with development therapy.

**Keywords:** Depression; COVID-19; caregivers; developmental disorder

### EPP0391

#### Perceived stress during the COVID-19 pandemic among the tunisian population

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**Introduction:** Documenting Tunisian' stress responses to an unprecedented pandemic is essential for mental health interventions and policy-making.

**Objectives:** To describe the perceived stress generated by the Covid-19 epidemic and confinement among the Tunisian people.

**Methods:** Participants had to fill out a questionnaire including epidemiological data and the Perceived Stress Scale 10 (PSS10), which is the most widely used psychological instrument for measuring the stress perception. Individual scores can range from 0 to 40 with higher scores indicating higher perceived stress.

**Results:** Our study included 121 subjects, of which 70.6% were women. They had an average age of 36.52 years and a history of psychiatric disorders in 13.1% of cases, such as anxiety disorders (10.4%), depressive disorders (5.9%) and obsessive compulsive disorders (2.3%). More than one in two participants (61.4%) reported the presence of sleep disorders. Regarding medical history, participants declared having asthma (5%), diabetes (1.8%), high blood pressure (3.6%), and a chronic disease with corticosteroid treatment (5%). The mean PSS score was 16.96. This last was correlated to age (p<0.001), female gender (p<0.001), primary or secondary school level (p=0.03), a history of anxiety (p<0.001) and depressive disorders (p<0.001), and to sleep disorders (p<0.001).

**Conclusions:** The stress level among the Tunisian people during the Covid-19 pandemic was very close to that observed in other countries, deserving special attention especially among vulnerable populations.

**Keywords:** perceived stress; COVID-19; PSS10; psychological stress

### EPP0392

#### Covid19 pandemic impacts on mental health of tunisian health care workers

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**Introduction:** Covid19 pandemic in Tunisia has disturbed the health system. Health care workers, who were in the frontline to face this disease, had experienced reactions of anxiety, depression and distress.