

EPP0194

“Family Burnout” of psychiatric patients: its role during the COVID-19 pandemic

F. Franza^{1*}, A. Vacca², M.V. Minò³, B. Solomita¹, F. Papa⁴, A. De Paola⁴ and A. Franza⁴

¹Psychiatric Rehabilitation Centre Villa dei Pini, Psychiatry, Avellino, Italy; ²ASL Taranto, Mental Health Department, Taranto, Italy;

³Psychiatric Rehabilitation Centre Don Tonino Bello, Assoc Mitag, Brindisi, Italy and ⁴Neamente Association, Neuroscience, Mercogliano (AV), Italy

*Corresponding author.

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Introduction: Family members caregivers (FMCs) of patients with severe psychiatric disorders (SMPD) are subjected to a complex system of fatigue and stress. FMCs can be subjected to a care burden defined as “Family Burnout”. Caring of family members of patients affected by psychiatric disorder suffered an additional burden during the pandemic period.

Objectives: To investigate the stress, burnout and compassion fatigue in FMCs during the pandemic vs non-pandemic period.

Methods: In our observational study we recruited family members (FMCs) of SMPDs (DSM-5). The severity was assessed with BPRS > 31; from March 2021 to July 2021 (T1), in 66 FMCs (38 females, 28 men) that completed following questionnaires: CBI (Caregiver Burden Inventory), ProQOL (compassion satisfaction and compassion fatigue (burnout and secondary trauma) subscales). These data (T1) were compared with the scores obtained in the same family members in 2019 (T0) in a pre-pandemic period.

Results: ProQOL data (T1) have a higher total score than those observed in a previous study (T0). They show a lower main score in Compassion Satisfaction (CS) subscale [T1 vs T0; 34.27 vs 38.89 ($p < .005$). CS subscale T0 vs T1= 34.84% vs 12.12%). High levels of burnout were found in 28.79% (T1) vs 13.64% (T0) of FMCs group. Similar results showed in the Secondary Trauma subscale and CBI with higher scores in T1 vs T0.

Conclusions: The comparative mean results (2019 vs 2021) showed that in the same group of FMCs, the mean values obtained with same scales were higher during the lockdown. During health crisis, FMCs of psychiatric patients are subjected to high levels of stress.

Disclosure: No significant relationships.

Keywords: Burnout caregivers; Family Members; Covid-19; Stress

EPP0193

Relationship between attitude towards vaccination against COVID-19 and psychological characteristics of personality.

O. Boyko*, T. Medvedeva, S. Enikolopov, O. Vorontsova and O. Kazmina

Federal State Budgetary Scientific institution “Mental health research center”, Clinical Psychology, Moscow, Russian Federation

*Corresponding author.

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Introduction: Vaccination is an effective way to control the infection. COVID-19 is a new disease, and so is the vaccine against it.

Objectives: The aim of the study was to investigate psychological characteristics associated with attitude towards vaccination.

Methods: An online survey was used (N=1336) (31.03.2020–9.02.2021). Respondents completed COPE, «Moral dilemmas» (30 Green’s Dilemmas, 10 of each type) and decided which strategy to stop the pandemic they found the effective (vaccination, herb immunity, innovative treatment or simply waiting until it fades away on its own). The study analyzed groups of those who see the benefits of vaccination and those who do not consider vaccination as a way to solve the problem of coronavirus.

Results: «Vaccination» attitude is more typical for men, for younger people and is also associated with assessment of COVID-19 as a dangerous disease (61% versus 21% for «vaccination» and «no vaccination» groups respectively), more diligent compliance with anti-epidemic rules (3,7 and 2,9 mean number of protection methods used), at the same time, the “vaccination” group responds about the less inconvenience associated with restrictions during the pandemic. This social attitude is associated with «need for creativity» and constructive coping: «planning», «concentration on emotions», the use of instrumental and emotional social support. There is a difference in personal moral choices (3,6 versus 2,9 for «vaccination» and «no vaccination» groups respectively), that demonstrated that positive attitude towards vaccination signifies an active personal position.

Conclusions: Positive attitude towards vaccination is associated with a proactive personal position and involvement in social interaction using interpersonal coping strategies.

Disclosure: No significant relationships.

Keywords: vaccination; attitude; Covid-19

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Problematic internet use among elementary school students during the Covid – 19 pandemic

L. Iliopoulou^{1*} and V. Koutras²

¹General Hospital of Ioannina, Psychiatry, Ioannina, Greece and

²University of Ioannina, Early Childhood Education, Ioannina, Greece

*Corresponding author.

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Introduction: During Covid-19 pandemic schools in Greece were closed and distance education instituted.

Objectives: To find out whether the pandemic circumstances and the catholic internet access affected the time students spend on web activities other than educational duties.

Methods: Our sample consisted of 1213 parents with children from 4th, 5th, and 6th elementary school grades. They were collected with snowball sampling through internet, and they filled closed ended questions anonymous questionnaire.

Results: During the pandemic the amount of time that children spent on the internet for purposes other than school obligations (social media, videogames, videos) was increasing by the time. On holidays and weekends this time was further increased. Parents mentioned reduced sleep time, reduced interest in hobbies and activities, as well as in person social communication with friends and loss of interest for school and educational matters. Children spend a lot of time on internet activities and sometimes they use it to avoid loneliness and negative situations. According to parents if