

EPP0323

COVID-19 stigma

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Introduction: ‘Health-related stigma’ is typically known as social rejection or exclusion of individuals and populations suffering from specific health problems. Results on previous infectious diseases showed that stigma can be experienced by survivors but also by health-care workers (HCW). Several factors contribute to stigma associated with infectious diseases, such as people’s knowledge, myths and stories transmitted by the mass and social media and psychosocial variables, such as risk perception and fear of being infected. COVID-19 is a new disease with many unknown aspects and, naturally, people are afraid of the unknown.

Objectives: To reflect on infectious diseases and social stigma during covid-19 pandemics.

Methods: Pubmed and Google Scholar search.

Results: Stigmatization can considerably increase psychosomatic distress and disturbance and can negatively affect people with infection and those at risk of infection in seeking medical care. HCWs and volunteers working in the field may also become stigmatized, leading to higher rates of distress, stress, and burnout. When people avoid groups or geographic areas related to infectious diseases, this can pose significant economic losses. Thus, stigma is more than a mere negative outcome of infectious diseases; it is both a factor that contributes to the epidemics and pandemics and a disease in itself.

Conclusions: Anticipating disease-related stigma during the COVID-19 pandemic enables policy-makers to address it, restricting its adverse effects. The hidden burden caused by this stigma can cause severe consequences for patients, HCW, and public health measures, so, coordinated psychological interventions to overcome this crisis seems essential.

Keywords: infectious diseases; Stigma; COVID-19

EPP0322

Immediate psychological effects of COVID-2019 in Emilia Romagna, Italy

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Introduction: The epidemic caused by the SARS-CoV-2, which began in Wuhan city in December 2019, quickly spread to various countries around the world. On march Italy had already become the second country after China in terms of number of infections and deaths and Emilia Romagna was the second region in Italy by number of cases after Lombardy. On 11th of March 2020 through

the “Stay at home” decree, the entire nation was sheltered-in-place (SIP).

Objectives: Main objective is to understand immediate psychological effects on sheltered in place persons living in Emilia Romagna.

Methods: This study is based on a cross-sectional online survey conducted anonymously in the period between the tenth and seventeenth day of SIP. We used Zung Anxiety Self-Assessment Scale, Insomnia Severity Index and Perceived Stress Scale 4. SPSS 21.0 was used for data analysis.

Results: We collected data on 651 individuals. About 38% of the sample reported having sleep problems; 31% of the population has a minimal-moderate level of anxiety while 4% marked-severe; finally, 54% of the interviewees perceive a moderate level of stress while 31% high. The MANOVAs showed that anxiety is influenced by gender, age, level of education and occupational status. Greater levels of stress are shown by individuals who declared the fear of contracting the virus and the concern of financial loss.

Conclusions: Our results could be used as a “psychological baseline” meanwhile the outbreak of COVID-19 is still ongoing. Despite the few days of SIP, we found the presence of a significant incidence and pervasive prevalence of psychological distress.

Keywords: Anxiety; stress; COVID-19; shelter in place

EPP0323

Professional burnout and increased workload during covid-19 in higher education teachers in monteria - colombia

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Introduction: Faced with the global health emergency, a product of Covid-19, the educational system was forced to change its dynamics, assuming new challenges and adapting to virtual environments (Sierra, López, Azar & Trevethan, 2020). In this sense, the teaching task from home supposes an increase in the hours dedicated to their work, since they have seen the need to be trained in digital platforms to be able to respond to the changes derived from confinement; which can quietly generate professional wear and tear.

Objectives: Analyze the relationship between professional burnout and increased workload on teachers

Methods: A cross-sectional study of correlational scope was carried out in 60 (n = 60) teachers, working actively at a higher education institution. A sociodemographic scale was designed to identify the hours dedicated to work before and during confinement and to evaluate professional burnout, the adaptation of the MBI instrument for the Colombian population was used (Barbato, Córdoba, González, Martínez & Tamayo, 2011)

Results: A 50% increase in the workload of teachers was observed during confinement, besides, a statistically significant correlation between professional burnout and the increase in hours dedicated to work (Table 1)

Table 1: Pearson correlations between the Emotional exhaustion and the empathy

Variables	1	2	3	4
1. Emotional Fatigue	----	,205**	,60	,523**
2. Depersonalization		----	,41	,318*
3. Personal Realization			----	-,167
4. Increased workload				-----

Nota: ** p < .01; * p < .05

Conclusions: It was possible to conclude that the significant increase in the workload in teachers correlates positively with levels of emotional exhaustion and depersonalization; however, no correlations were observed between workload and personal achievement of higher education teachers.

Keywords: workload; burnout; teachers; COVID-19

EPP0324

Mental health of israeli employees with autism spectrum disorders following COVID-19-related changes in employment status

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Introduction: The COVID-19 pandemic caused employment related challenges worldwide. Adults diagnosed with Autism Spectrum Disorders (ASD) are especially vulnerable, due to pre-existing employment challenges, intolerance to changes and uncertainty and high levels of related anxiety.

Objectives: To examine COVID-19 related changes in work experiences and mental health of employees with ASD who held a steady job before the COVID-19 outbreak.

Methods: Data were collected from 23 participants diagnosed with ASD (4 females), aged 20–49, who answered an online administered survey at two timepoints: prior to the COVID-19 outbreak, and during the outbreak. Self-reports included measures of background and employment status; mental health (General Health Questionnaire-12); job satisfaction (Minnesota Satisfaction Questionnaire); and satisfaction of psychological needs at work (Psychological Need Satisfaction and Frustration – Work domain).

Results: Participants who continued to physically attend work maintained pre-COVID-19 levels on all assessed variables. Participants who transitioned to remote work from home preserved their salary levels and job satisfaction, but showed a marginally significant deterioration in mental health and a significant decrease in the satisfaction of their needs for competence and autonomy at work. Unemployed participants showed a significant decrease in mental health.

Conclusions: Results highlight employment as a protective factor from the potential negative implications of COVID-19 on mental-health of employees with ASD. Employees who transition to working from home

require personalized work-support plans due to the possible negative effects of this transition on mental health. Maintaining the routine of physically reporting to work should be preferred, when possible.

Keywords: Adults with ASD; Employment; COVID-19; Mental health

EPP0325

COVID-19 pandemic's burden on healthcare professionals' mental health

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Introduction: Healthcare professionals report about anxiety, depression, and fear during pandemic COVID-19 worldwide. Resilience becomes the high-powered important mechanism that reduces stress impact on the emotional state of healthcare professionals.

Objectives: We suggested that effective resilience is associated with less COVID-19's fear, as well as less anxiety, and depression; healthcare professionals' mental health depends on age, gender, as well as involvement in the care of patients with COVID-19.

Methods: 211 healthcare professionals participated in the study and were evaluated with the Connor-Davidson Resilience 10-item scale (CD-RISC-10), Fear of COVID-19 Scale, PHQ-9, GAD-7.

Results: A negative correlation between resilience and fear of COVID-19 ($p \leq 0,01$), anxiety ($p \leq 0,01$), and depression ($p \leq 0,001$) was found. Positive correlations were found between depression, anxiety, and fear of COVID-19 ($p \leq 0,001$), between age and fear of COVID-19 ($p \leq 0,05$). No statistically significant association between age and depression, anxiety, or resilience was found. The significant difference of COVID-19 fear depending on gender – female vs male ($p \leq 0,05$) was found. No statistically significant difference in resilience and emotional state in healthcare professionals depending on the involvement in the care of patients with COVID-19 were found.

Conclusions: Resilience is associated with better mental health in healthcare professionals during the COVID-19 pandemic. Anxiety and depression are connected with the fear of COVID-19 and highly comorbid in healthcare professionals. The elder age and female gender are among the risk factors for a more deteriorated mental state. Fear of COVID-19, mental state, and resilience are not associated with healthcare professionals' involvement in the care of patients with COVID-19.

Keywords: COVID-19; mental health; Healthcare professionals; resilience

EPP0326

Post-traumatic stress disorder and its relation to the pandemic of the novel corona virus (COVID-19) in the bahraini society

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