

Predictors of successful adaptation can be the degree of development of individual self-regulation and its profile. The emotional state depends on successful adaptation.

**Objectives:** The study aimed to examine the individual self-regulation of behaviour and emotional reactions among patients living with HIV in Russia.

**Methods:** The data were collected from February to July 2021 using a Google form developed by us. Fifty-nine HIV-positive patients participated in the study. To diagnose the development of individual self-regulation and its profile, we used the Self-Regulation Style Questionnaire, to study depression, anxiety, and stress — DASS-21 adapted for use in Russia.

**Results:** We found that 10 % of respondents had a low overall level of self-regulation, 53 % had an average level, and 37 % had a high level. The average individual profile was as follows: predominance of planning ( $M = 6.24 \pm 1.90$ ) over modelling ( $M = 5.69 \pm 1.90$ ), programming ( $M = 5.93 \pm 1.66$ ), and evaluating results ( $M = 5.78 \pm 1.60$ ), which were approximately at the same level. Flexibility ( $M = 6.58 \pm 1.90$ ) and autonomy ( $M = 5.56 \pm 2.08$ ) scores were in the average normal range. Only two correlations were found: modelling was negatively associated with depression ( $r_{xy} = -0.336$ ,  $p < 0.01$ ) and anxiety ( $r_{xy} = -0.275$ ,  $p < 0.05$ ).

**Conclusions:** Awareness and adequacy of perceptions of changes in external and internal significant conditions contribute to a favourable emotional status among people living with HIV.

**Disclosure of Interest:** None Declared

## EPV0380

### Unreliable conspiracies: survey results about COVID-19 conspiracy theories lack temporal stability

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**Introduction:** Conspiracy theories complicating public reaction to the COVID-19 pandemic inspired quantitative research on conspiracy theories, mostly using survey-based, correlational designs. Data from similar studies may, however, be unreliable due to low temporal stability (Graham, 2021).

**Objectives:** We examine the temporal stability of a popular survey measure of COVID-19 conspiracy beliefs (CCBs).

**Methods:** CCBs were measured by a popular set of items developed in the first months of the pandemic, addressing the beliefs that COVID-19 was a hoax (CCH) and that it was artificially created for evil purposes (CCC) (Imhoff & Lamberty, 2020), in 179 students of medicine. In March 2022, CCBs were measured twice using the same set of questions presented once with a numeric (N1 measure) and once with a Lickertian (L1 measure) scale, with filler questions in between. The same Lickertian items were presented to the same sample in May 2022 (L2 measure).

**Results:** The mean agreement with CCBs did not differ between March and May 2022 and previous survey on a similar sample in January 2021. The temporal stability of CCBs expressed as the correlation between the L1 and L2 measurement was poor ( $r =$

.57 for CCC,  $r = .67$ , for CCH). The difference between L1 and L2 was positively correlated with agreement with CCBs ( $r = .21$ ,  $p < .01$  for CCH;  $r = .44$ ;  $p < .001$  for CCC). Out of 18 respondents reporting agreement with CCC in March and 5 respondents reporting agreement with CCH, only 8 still reported agreement with CCC and 1 reported agreement with CCH in May.

Finally, participants were split based on their L1 CCC score into groups of “mainstreamers”, “undecided”, and “conspirators”. For “mainstreamers”, there was no difference between their CCC score recorded in N1, L1, and L2. For “undecided”, there was a difference between L1 versus N1=L2, suggesting random effects (regression to the mean). For “conspirators”, the scores recorded in March were equal, while their agreement with CCC was lower in May, suggesting that the scores recorded in March were not random and the difference between March and May is better explained by situational factors.

**Conclusions:** Temporal stability of survey-reported CCBs is low, particularly among those reporting agreement with CCBs: When a respondent reports agreement with a CCB in a survey, they are more likely to disagree than agree with the same CCB two months later. The low temporal stability seems to be affected not only by incorrect or random answers, but also by situational factors. Implications: First, survey measures of CCBs may inflate the spread of conspiracy theories in population. Second, correlations of CCBs with other variables measured by surveys may be inflated via *common method bias*, distorting our understanding of the predictors and consequences of CCB.

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## EPV0381

### Psychological impact of telework during the covid 19 pandemic in tunisia

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**Introduction:** Telework is a work organization in which a task that could have been performed on the employer’s worksite is performed by an employee outside of these offices, using information and communication technologies. COVID-19 pandemic has strengthened digitalization as the result of social distancing and lockdown. However, teleworking can lead to different risks for employees mental health.

**Objectives:** Evaluation of the psychosocial impact of telework during the first wave of the COVID-19 pandemic in Tunisia

**Methods:** Descriptive cross-sectional study carried out from 17 to 22 May 2021. It included workers who teleworked during the first lockdown. The data collection was performed with a self-administered online questionnaire specifying the socio-medical, occupational and psychosocial characteristics.