

Methods: This was a cross-sectional study, approved by the Ethical Committee of the Universidad de los Andes, Santiago Chile (CEC201984). Undergraduate students completed an online survey between August and September 2020. Mental health was assessed using The Depression, Anxiety and Stress Scale-21; suicidality, using the Columbia Suicide Severity Rating Scale; insomnia using the Insomnia Severity Index; and several individual, family, and university factors. Variables regarding the Covid-19 were also assessed, such as personal and family history of covid-19 contagion and death of family members due to Covid-19. A multivariate logistic analysis was performed.

Results: 5,037 students responded to the survey. 70.4% were female, mean age, 21 years. 37.1% had depression; 38%, anxiety; 54.6%, stress; 32.6%, insomnia; and 20.5%, suicidal ideation (last month). The most important risk factors were non-medical use of benzodiazepine and fear of contracting Covid-19; the most relevant protective factors were high family functionality and a high sense of university belonging.

Conclusions: This is one of the first studies that has evaluated mental health among undergraduate students in the context of the Covid-19 pandemic in Chile. The findings showed concerning levels of mental health problems.

Disclosure: No significant relationships.

Keywords: mental health; Undergraduate students; substance use; Covid-19

EPP0683

Thwarted belongingness as a factor of lower anxiety of being infected and power adherence to recommendations in pandemic in female adolescents

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Introduction: Poor adherence with recommendations during pandemic is wide-spread and increases populational risk of being infected (Smith et al., 2020, Webster et al., 2020, Freeman et al., 2020). Revealing psychological factors of low adherence in adolescents is important for interventions planning. This study tests the role of perceived social support and belongingness in COVID-related anxiety and adherence.

Objectives: The aim was to reveal relationships between COVID-related anxiety, monitoring of information about pandemic, adherence to recommendations and interpersonal needs in female adolescents.

Methods: 183 female adolescents (13-21 years old) filled Anxiety Regarding Pandemic Scale, Information Monitoring and Adherence To COVID-related Recommendations Scales (Tkhostov, Rasskazova, 2020), Interpersonal Needs Questionnaire (Van Orden et al., 2012).

Results: Female adolescents moderately ($m \pm sd = 3.32 \pm 1.40$ of 1-6-point scale) worried about negative consequences of pandemic on

their life and lowly worried about risk of being infected ($m \pm sd = 2.53 \pm 1.15$). Their adherence to recommendations was upper medium ($m \pm sd = 3.42 \pm 1.18$). Neither worries nor adherence were related to age. Perceived burdensomeness was unrelated to COVID-related anxiety and adherence while thwarted belongingness was related to lower anxiety of being infected ($r = -.23$, $p < .01$) and poorer adherence to recommendations ($r = .19$, $p < .05$).

Conclusions: In female adolescents thwarted belongingness is a risk factor of poor adherence to COVID-related recommendations because of lower anxiety of being infected. Research is supported by the Russian Foundation for Basic Research, project No. 20-04-60072.

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Keywords: pandemic; Thwarted belongingness; Anxiety

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The early Impact of stress related to COVID-19 Pandemic on physicians in Tunisia

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Introduction: Contagious disease outbreaks can have major repercussions on medical staff. Doctors in Tunisia were requested to act as the first-line filter in managing active cases during the beginning of COVID19 pandemic.

Objectives: This study aims to assess perceived stress in Tunisian doctors during COVID19 pandemic early stages and to identify factors associated to stress in order to guide prevention strategies.

Methods: This was a cross-sectional study conducted through an online survey, from April 18th 2020 to June 6th 2020. A 62-item semi-structured survey was created, consisting of 5 series of questions and scales. Linear regression models were performed to identify the associations between the study variables and the perceived stress score of the participants.

Results: We included 203 physicians in this study. Stress levels were high among Tunisian doctors with a mean perceived stress score (PSS) of 28.6. One hundred fifteen participants (56.3%) scored for high PSS. This study identified vulnerable subgroups too stress. The female gender, working in the capital and working in critical medicine units were risk factors for high PSS. Managing COVID19 patients was not itself correlated to stress, however social isolation, stigma and lack of access to information were correlated to high stress levels.

Conclusions: Several stressors can affect the well-being of doctors during the COVID-19 pandemic, which can lead to adverse psychosocial outcomes. The findings of this study may guide decision-makers to implement early mental health interventions for doctors.

Disclosure: No significant relationships.

Keywords: Preventative Medicine; pandemic; Stress; Covid-19