Introduction: During the pandemic of new coronavirus infection, some medical students were actively recruited to work with infected patients, which could provoke depression, anxiety, and stress. The concept of baseline beliefs predicts characteristics of individuals' experience of trauma.

Objectives: The study aimed to determine depression, anxiety, and stress levels in medical students and examine their baseline beliefs, as well as the relationship between baseline beliefs and emotional reactions.

Methods: Data were collected in the spring and summer of 2020 using a Google form that we developed. Thirty-seven medical students participated in the study. The WAS-37 questionnaire was used to examine baseline beliefs and the DASS-21 to measure depression, anxiety, and stress. Both questionnaires were adapted for use in Russia.

Results: We found that 78 % of the respondents had no depression, 86 % had no manifestations of anxiety, and 83 % felt stress-free. The mean values on the "Benevolence in the World" scale (M = 32.3±8.0) were within the average normative values, those on the "Justice" scale (M = 19.8±5.0) were below them, and those on the "Self-Image" scale (M = 29.6±5.9), "Luck" (M = 32.5±6.9) and "Controlling Beliefs" (M = 27.3±4.1) were above the average normative values. We found only one statistically significant relationship between emotional reactions and baseline beliefs, a negative correlation between depression and luck (r_x = -0.360, p < 0.05).

Conclusions: In pandemic medical students, beliefs about one's luck were associated with lower levels of depression.

Disclosure: No significant relationships.

EPV0375

Dynamics of emotional reactions among Russian students during the COVID-19 pandemic

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doi: 10.1192/j.eurpsy.2022.1243

Introduction: The pandemic of a new coronavirus infection can be considered as a long-term traumatic event. It is known that chronic stress is characterized by dynamics of emotional state caused by processes of adaptation and maladaptation.

Objectives: Our study aimed to investigate the dynamics of depression, anxiety, and stress levels among Russian students during the COVID-19 pandemic.

Methods: Data were collected from May to July 2020 (the first pandemic wave) and from October 2020 to April 2021 (the second wave). A total of 170 non-medical university students participated in the study. We used the DASS-21 to determine levels of depression, anxiety, and stress.

Results: We found that during the first wave of the pandemic, 57 % of students showed no symptoms of depression, 77 % had no symptoms of anxiety, and 76 % showed no signs of stress. In the second wave, 50 % of students showed no depression, 65 % no anxiety and 67 % no stress. Analysis of mean values showed that the second pandemic wave provoked higher levels of anxiety (M = 3.32±4.25 vs M = 4.71±4.71, p < 0.05) and stress (M = 6.50±4.50 vs M = 7.99±4.97, p < 0.05) .

Conclusions: The second wave of the new coronavirus pandemic provoked more severe emotional reactions among Russian students than the first. By these results we suggest that the duration of the pandemic harms the emotional state of the general population. Therefore, it is essential to develop and implement psychotherapeutic programs to restore the mental health of Russian citizens.

Disclosure: No significant relationships.

EPV0376

Meaningful orientations and asthenia in pregnant women and young mothers during the first COVID-19 pandemic wave

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doi: 10.1192/j.eurpsy.2022.1244

Introduction: Pregnancy and childcare are naturally stressful for women, often accompanied by the asthenic syndrome. In a pandemic situation, this type of stress may be potentiated by external conditions.

Objectives: The study aimed to investigate the life-state orientations and asthenia levels of pregnant women and young mothers in the context of a pandemic. We also analyzed the correlations between the life-state orientations and the different types of asthenias.

Methods: Data collection was carried out in June 2020 using a Google form that we developed. Pregnant women and young mothers with children under seven years of age participated in the study with 47 respondents. We used the Purpose-in-Life Test to investigate the meaningful orientations and the MFI-20 to determine the level of asthenia. Both questionnaires were adapted for use in Russia.

Results: We found that the mean overall MFI-20 score (M = 58.0±5.9) exceeded the mean values in our sample, indicating the presence of the asthenic syndrome. Physical asthenia (M = 12.9±1.4) and decreased activity (M = 12.0±1.7) were the strongest, with the lowest score on the general asthenia scale (M = 10.6±1.8). Correlation analysis showed that all components of meaningful orientations had multiple positive correlations with different types of asthenias, and the overall asthenia score was 100 % related to life meaningfulness (p < 0.01).

Conclusions: Pregnant women and young mothers are at risk for asthenia in the COVID-19 pandemic. This is obviously due to many responsibilities of mothers raising children.

Disclosure: No significant relationships.