

**Conclusions:** Particular attention is required by clinicians to help SSD patients face the current pandemic situation. Future epidemiological studies are needed in order to better understand the impact of the COVID-19 pandemic in this population and provide proper care.

**Disclosure:** No significant relationships.

**Keywords:** Covid-19 pandemic; severe mental illness; schizophrénia; Psychosis

### EPV0483

#### Post Traumatic Growth as a way of mastering COVID-19 Peritraumatic Distress Inde[ (in Russian sample)

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doi: 10.1192/j.eurpsy.2022.1328

**Introduction:** COVID-19 pandemic reality raise multiple problems that need effective ways of coping. Not only for people experienced contracting COVID-19 but those who did not the positive ways of coping are important way to overcome distress associated with COVID-19. Post-traumatic Growth of personality may be effective coping factor. To test this hypothesis we used several instruments: one of them - Peritraumatic Distress Index (CPDI) for assessing the level of distress specific to Covid-19

**Objectives:** 463 participants (including 66 patients in COVID-19 clinics)

**Methods:** Russian version of Covid-19 Peritraumatic Distress Index (CPDI) validated in Psychological Helping and resocialization Department Moscow State University; Impact of Event Scale (Horowitz), Post-Traumatic Growth Inventory – PTGI (Tadashi & Calhoun) adapted by M. Magomed-Eminov

**Results:** Russian version of CPDI has high reliability-consistency (Cronbach's  $\alpha$  -0.87). We obtained from our data: significant correlation between CPDI and PTG for people experienced COVID-19 contamination. Content analysis of narratives and incomplete sentences showed: those who had higher scores on PTG and CPDI have differences in personal meaning of their traumatic experience.

**Conclusions:** CPDI is presented in research as brief effective tool to identify COVID-19 related distress and plan helping strategies and psychiatric interventions for various people suffering by continuing pandemic crisis. Correlation between CPDI and COVID-19 contamination: could suggest more severe distress is associated with higher PTG. And PTG could be considered as positive factor coping with distress. We suggest cultural-activity approach to personality work with stressful experience of individual to confront distress, existential evaluation of life situation taking into account also resilience, growth .

**Disclosure:** No significant relationships.

**Keywords:** Covid-1; Covid-19; Peritraumatic Distress Index; coping; personality work; Peritraumatic Distress Index; coping

### EPV0484

#### Psychosocial experiences of frontline health professionals working in hospitals during the covid-19 pandemic

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doi: 10.1192/j.eurpsy.2022.1329

**Introduction:** The covid-19 pandemic exerts severe pressure on health systems worldwide and creates stressful working conditions for healthcare workers.

**Objectives:** The aim of this study, which used the focus group method, was to investigate the psychosocial experiences of the healthcare personnel working in covid-19 wards.

**Methods:** An interview guide was specially designed and the sample consisted of twelve frontline healthcare workers. Data analysis was based on the empirically grounded theory and thematic analysis was used as a method.

**Results:** One overarching theme called “Threat” and three main themes were identified: a) Nature of the disease, b) Interpersonal relationships at the hospital, and c) Challenges-Interventions. The concept of “Threat” is dominant throughout the discussion and transcends every issue of the analysis. The first main theme “Nature of the disease” refers to the fear of infection and spread of the virus in the professionals’ environment, the existential concerns brought to the surface by the fear of death, as well as the stigma experienced by health professionals as “potential carriers” of the coronavirus. The second main theme “Interpersonal relationships at the hospital” concerns the relationships developed both among health staff and between health professionals and patients in response to the challenges of the epidemic. The third main theme concerns the obstacles that health professionals face in carrying out their work, the strategies they adopt to deal with stressful situations, but also the type of institutional support they need.

**Conclusions:** Hospital staff training on the biomedical developments about covid-19 as well as face-to-face self-help groups are recommended.

**Disclosure:** No significant relationships.

**Keywords:** Covid-19; healthcare workers; psychosocial experiences; Qualitative research

### EPV0485

#### Distinctive features of First Episode of Psychosis during the Covid-19 pandemic

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doi: 10.1192/j.eurpsy.2022.1330

**Introduction:** COVID19 has brought several psychosocial stressors that are having an impact on global mental health. The impact of the pandemic on the incidence of First Episode of Psychosis (FEP) is not clear.