

Methods: Students from the Faculty of Medicine University of Coimbra answered socio-demographic and personality questionnaires and the Depression, Anxiety and Stress Scale/DASS before (academic years 2016-2017-2018-2019 - SAMPLE1; n=1000) and during (September-December 2020 and January-March 2021 - SAMPLE2; n=650) the COVID-19 pandemic. Mean age (21.12 ± 3.75), personality traits scores, and gender proportions ($>75\%$ girls) did not significantly differ between samples. SAMPLE2 also filled in the Fear of COVID-19 Scale and a new version of the Inventory of Sources of Stress During Medical Education/ISSDME, containing a COVID-19 -related dimension (restrictions on training and on socializing with friends/colleagues).

Results: SAMPLE2 presented significantly higher mean scores of depression (3.89 ± 3.55 vs. 3.33 ± 3.34), anxiety (3.27 ± 4.08 vs. 2.86 ± 3.29), stress (7.07 ± 5.72 vs. 6.18 ± 4.59) and total DASS (12.28 ± 10.55 vs. 13.65 ± 11.13) than SAMPLE1 (all $p < .05$). Fear of COVID-19 was a significant predictor of DASS score (adjusted $R^2 = 2.9\%$, $p < .001$). COVID-19-related stressors continued explaining significant increments of DASS variance after controlling for each of the ISSDME dimensions: Course demands (R^2 Change = 1.8%), Human demands (2.5%), Lifestyle (2.3%), Academic competition (5.5%), and Academic adjustment (5.2%) (all $p < .001$).

Conclusions: This study adds to the evidence of the negative impact of COVID-19 on students and emphasizes its pernicious role on medical students' psychological distress, which is already higher due to the individual and academic stressors to which they are more exposed.

Disclosure: No significant relationships.

Keywords: stress sources; Covid-19 pandemic; depression anxiety and stress scale; medical students

EPV0397

Persistent emotional stress, fatigue and impaired neurocognitive function in recovered COVID-19 patients: a longitudinal prospective study

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Introduction: Several surveys report that post-COVID-19 patients (pts) could be at risk of persistent emotional distress, fatigue and impaired neurocognitive function (NCF).

Objectives: The aim was to assess emotional distress, fatigue and NCF in order to provide adequate care.

Methods: Patients with persistent physical or mental symptoms, at least 8 weeks post-COVID-19, were eligible for this ongoing prospective longitudinal single center trial. Data on depression, anxiety, cognition, post-traumatic stress symptoms (PTSS) and fatigue were collected using 4 validated questionnaires at study entry (T0) and at 6 months (T1).

Results: Ninety-three pts were recruited between November 2020-March 2021. Test results from 64 eligible pts (15 male pts) were analyzed at T0; 63 pts (98%) were treated in outpatient settings. Median age was 47 years [range 27-75]. Median time since COVID-19 was 29 weeks [range 8-53]. Twenty-two pts (34%) had a history of psychiatric disorders. According to the Hospital Anxiety Depression Scale (HADS), 44 pts (73%) reported anxiety symptoms and 26 pts (41%) reported depressive symptoms; 48 pts (69%) reported cognitive complaints according to the Cognitive Failure Questionnaire and 29 pts (45%) suffered from PTSS, according to the Post-Traumatic Stress Disorder Checklist-Civilian Version (PCL-C). Fifty-five pts (86%) had an elevated score on the Fatigue Severity Scale, indicating severe fatigue. Twenty-seven pts (42%) were still on sick leave. Diminished social support and psychiatric history were predictive factors for neurocognitive dysfunction and PTSS.

Conclusions: A majority of patients who recovered physically from COVID-19, are at risk for suffering from persistent anxiety, PTSS and neurocognitive dysfunction.

Disclosure: No significant relationships.

Keywords: Covid-19; cognitive function; post-traumatic stress symptoms; Anxiety

EPV0398

Viral topic about the COVID-19 vaccination: the attitudes towards it and the relationship with the well-being and religiosity in a group of Polish students

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Introduction: The COVID-19 pandemic currently remains the most significant stressor affecting the global population. Researchers continually report widespread mistrust and negative attitudes towards vaccination, but only a little focus on its association with the emotional well-being.

Objectives: We aimed to investigate the attitudes towards vaccination against COVID-19, as well as its relationship with well-being and religiosity after one year of the pandemic duration amongst Polish students.

Methods: We conducted an anonymous online cross-sectional survey between 12th April – 1st June 2021 amongst Polish students (n=1202). To evaluate emotional distress, we used the Depression,