

by the ACEs. Findings indicated that Turkish adolescents with childhood trauma are more likely to feel alienated from themselves, suggesting a vulnerability for the development of psychopathology.

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The emotional state of population during the pandemic of coronavirus disease 2019 (COVID-19)

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Introduction: One of the consequences of the coronavirus (COVID-19) pandemic and the quarantine is an increase of social isolation and loneliness, associated with the development of anxiety and depressive symptoms. **Objective:** The aim of the research was to study the impact of the pandemic on the psychological well-being –the emotional state (anxiety and depression levels)– of the population. **Material and methods:** The online study conducted in March–May 2020 involved 629 people (18–67 y.o.); 65 health care providers not involved in the treatment of COVID-19 patients among them (10.6%). Demographic data were obtained by an interview. The Hospital Anxiety and Depression Scale (HADS) and the Spielberger's Test Anxiety Inventory (STAI) were used, ANOVA was performed. **Results:** It was found that 30.3% of the respondents had anxiety, and 4.7% had depressive symptoms that required psychological intervention (HADS); the lowest average score for anxiety as well as for depression ($p < .05$) was found in the group of doctors. According to STAI, trait anxiety among caregivers was significantly lower ($p < .05$) than among participants of other professions; the average indicators of trait anxiety corresponded to high values in all groups. Doctors' average indicators of state anxiety were within the standard values, while in other groups high level of state anxiety was revealed. **Conclusions:** The data obtained indicate the need to provide psychological support to the population. Anxiety leads to a decrease of quality of life and psychological/somatic well-being, to an increased risk of maladaptive behavior, including non-compliance with recommendations to prevent the spread of coronavirus. Health professionals are less prone to anxiety and depression, which may be due to a greater awareness about the epidemiological situation and health literacy, and a less pronounced sense of uncertainty. However, the question about the pandemic long-term consequences on the mental health of caregivers remains open.

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The reality of remote psychological support during the COVID-19 pandemic in Japan

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Objective: In the wake of the rapid spread of COVID-19, the need for remote psychological support using communication devices is becoming more prevalent. In Japan, however, its introduction has lagged behind that of Western countries. Therefore, it was most important to grasp its current situation in Japan, so we carried out an interview survey. This study aimed to show the current status of telepsychological support through qualitative analysis of structured interviews. **Methods:** The participants were 15 qualified psychologists (Ave: 47, SD: 12.2). Structured interviews were conducted with them on the following topics: problems and advantages of telepsychological support, concerns regarding support, and future issues. The contents of the interviews were analyzed qualitatively. First, they were categorized by main author and another author, and then validity of the categorization was confirmed by three authors including main author. Because of the small sample size, no statistical analysis was conducted. **Results:** Qualitative analysis of the interviews showed that the benefits of remote psychological support included the reduction of anxiety about the risk of infection (60%), as well as a greater understanding of the private lives of clients (26%). While there were many positive comments about the future use of telepsychological support (100%), issues from various perspectives were highlighted. **Conclusion:** In this study, current status in telepsychological support in Japan were clarified. Considering these results, the importance of utilizing remote psychological support was advocated for the COVID-19 epidemic, which is still not under control.

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The relationship between marital satisfaction and depression: The mediation effect of housewife burn

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The Objective: Housewives have multiple roles (wife, mother, homemaker etc.) leads to stress-psychological well-being problems via work overload. Marital satisfaction affects the mental health of women. Although most of the research emphasizes the effect of marital satisfaction on depression among housewives, the role of housewife burnout has not been addressed. This study aims to investigate the mediating role of housewife burnout in the relationship between marital adjustment and depression among married housewives. **Methods:** The sample of the study consists of 224 housewives from Turkish community sample between the ages 25 to 71 ($M = 43.85$

$SD = 11.23$). Besides Socio-Demographic Form, Housewives Burnout Questionnaire (CUBAC), Revised Dyadic Adjustment Scale (RDAS), and Depression, Stress, Anxiety Scale (DASS-21) depression subscale were given to the participants via online survey platform. **Results:** Parallel Multiple Mediation Analysis (PROCESS, Model 4) demonstrated that the model was significant $F(1,221) = 79.00, p < .001$ and predicted 26% of the variance. RDAS was significantly (a paths) associated with marital adjustment ($B = -.88, SE = .07, p < .001, CI [-.10, -.73]$). CUBAC was significantly (b paths) associated with depression ($B = .17, SE = .01, p < .001, CI [.13, .20]$). Both the direct effect between RDAS and depression (c' path; $B = -.05, SE = .19, p < .001, CI [-.09, -.004]$), and total effect of them (c path; $B = .02, SE = .02, p < .001, CI [-.25, -.15]$) were significant. After CUBAC was kept constant, bias-corrected bootstrap with a 95% confidence level indicated that marital satisfaction influenced depression through housewife burnout (a1b1 path; 95% CI [-.20, -.11]). **Conclusions:** The findings highlighted the importance of housewife burnout in the relationship between marital adjustment and depression, and it is suggested that clinicians should consider modifying work overload in their daily life, in addition to marital problems in the intervention and treatment of depression among housewives.

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The relevance of authenticity to psychological distress

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This study examined the implications of dispositional authenticity for psychopathology in a clinical and nonclinical sample. The clinical sample ($N = 105, 58\%$ female) consisted of outpatients referred to counseling and formally diagnosed in adherence to ICD-10 criteria: anxiety disorders 46.7%, mood disorders 20.9%, mixed anxiety and depressive disorder 20%, other disorders 12.4% (psychotic, conduct, personality and psychoactive substance use). The nonclinical sample ($N = 102, 62\%$ female) consisted of demographically matched individuals screened for utilization of mental health services. All participants completed the 12-item Authenticity Scale, as a measure of the tripartite person-centered conception of authenticity, comprising self-alienation, authentic living, and accepting external influence, as well as the Brief Symptom Inventory and the BFI Neuroticism scale. As expected, psychological distress, neuroticism, self-alienation and acceptance of external influence were significantly higher in the clinical sample. However, the participants did not