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form. Rather an improvement in knowledge about one's heart rate or task repetition effects might explain post training increase. The response bias might be an interesting target for future studies concerning somatic symptom reduction.

doi:10.1016/j.jpsychores.2023.111295

## 111296

### Depression among physicians in a government designated COVID-center hospital during coronavirus disease-19 pandemic

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#### Objectives

This study aimed to determine the prevalence, most common symptoms and sociodemographic factors associated with depression among physicians in a government COVID-Center in Davao City, Philippines.

#### Methodology

This cross-sectional study collected data from resident physicians from July to August 2020.

#### Results

Two hundred fifty-one (251) out of 376 physicians responded (68.39% response rate). The average age was 30 years old, majority were female (58.57%, 147), single (78.88%, 198), frontline workers (77.29%, 194), with average hospital experience of 2.0 years. Ninety-six (38.26%) were assigned in surgical departments while 155 (61.75%) worked in nonsurgical departments. There were twelve respondents (4.78%) who had a history of psychiatric illness and 31 (12.35%) had previous psychiatric intervention, while 66 (26.29%) had a history of medical illness. Eighty-five (33.86%) had depression using PHQ-9; 57 (22.71%) as mild, 19 (7.57%) moderate, 7 (2.79%) moderately severe and 2 (0.8%) severe. Out of 85 residents who were depressed, the most common symptoms were: low energy (81, 95.29%); anhedonia (76, 89.41%); and feeling depressed (72, 84.70%). Medical illness was associated with higher levels of depression. Physicians with a history of psychiatric illness, psychiatric intervention and medical illness had significantly higher levels of depression.

#### Conclusion

More than a third (33.86%) of physicians screened positive for depression. Current mental health programs must be strengthened and made specific, to prevent and address depression especially among those who have a history of psychiatric and medical illness.

doi:10.1016/j.jpsychores.2023.111296

## 111297

### Association of health behaviors with mental health problems in adolescents during COVID-19

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#### Aim

Adolescents have experienced disruption in their daily routines, including changes in health behaviors such as an increased sedentary behavior and increased smartphone usage. The aim of this study was to assess the association of health behaviors with mental health problems.

#### Method

Five cross-sectional surveys (February 2021 to May 2022) were performed during the pandemic assessing physical activity, smartphone usage, depressive symptoms (Patient Health Questionnaire-9 (PHQ-9)), anxiety symptoms (Generalized Anxiety Disorder Scale 7 (GAD-7)), sleep quality (Insomnia Severity Index 7 (ISI-7)), and stress (Perceived Stress Scale 10 (PSS-10)). In total,  $N = 7201$  adolescents (age: 14–20 years (( $MW \pm SD$ ):  $16.63 \pm 1.49$  years); 70.2% female, 18.8% migration background) participated.

#### Results

A strong increase in mobile phone usage as well as a decrease in physical activity as compared to pre-pandemic data were observed ( $p < 0.001$ ). Compared to the lowest smartphone user group (<1 h/d), the adjusted odds ratios (aOR) for depressive symptoms increased with increasing smartphone usage to 1.98 (3–4 h/d), 3.30 (5–6 h/d), 4.96 (7–8 h/d), and 6.79 (>8 h/d). High utilizers (>8 h/d) were also more likely to experience clinically relevant anxiety, insomnia, or stress symptoms (aORs 3.23–5.75) compared to those using the smartphone less than 1 h/d.

#### Conclusion

Results highlight the need for measures to promote responsible smartphone usage as well as to increase physical activity, so as to promote mental health in adolescence.

doi:10.1016/j.jpsychores.2023.111297

## 111298

### The role of emotion suppression and anger regulation in primary hypertension. A daily diary study

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#### Aims

The literature suggests that risk factors of primary hypertension (HT) might be not only of physiological, but also of psychological nature (e.g., impaired anger regulation). However, most of the studies are based on self-reported questionnaires, and empirical evidence on daily emotional functioning of HT patients is scarce. The main goal of the study was to compare, using daily diaries, emotional regulation in HT and healthy participants with a particular attention to anger control and expression, as well as to a general suppression of emotions.

#### Method

45 participants (22 hypertensive and 23 non-hypertensive) underwent the 24 h Ambulatory Blood Pressure Measure. During seven consecutive days they also filled in a daily diary assessing: anger, emotion suppression, mood of daily events.