

EPOSTER 02

## **Impact of SARS-COV-2 Outbreak and COVID-19 Lockdowns on Education and Mental Health of Physiotherapy Students in France: A National Multicenter Cross-sectional and Observational Survey Study**

Arnaud Delafontaine<sup>1</sup>, Sylvain Gautier<sup>2</sup>, François-Régis Sarhan<sup>3</sup>, Gabriel Saiydoun<sup>4</sup>,  
Nicolas Pinsault<sup>5\*</sup>

<sup>1</sup>Dr. CIAMS, Université Paris-Saclay, France

<sup>2</sup>Dr. Inserm U1018 CESP, Paris-Saclay University, UVSQ, Univ. Paris-Sud, France

<sup>3</sup>Dr. UR 7516 CHIMERE, Université de Picardie Jules Verne, France

<sup>4</sup>Dr. Inserm U955, Institut Mondor de Recherche Biomédicale, Faculté de Santé de Créteil, France

<sup>5</sup>Dr. Conseil national, Ordre des masseurs-kinésithérapeutes, France

\*Corresponding Author

**Question:** France had to implement strict lock-down measures in March and November 2020 to deal with the SARS-CoV-2 epidemic. These isolation measures particularly affect the mental health of students.

**Design:** A national cross-sectional survey, collecting demographic and mental health of French physiotherapy students was conducted.

**Participants:** 2678 physiotherapy students throughout 35 French physiotherapy school.

**Intervention:** The aim was to evaluate the impact of COVID-19 outbreak on experience, education, perceptions of physiotherapy profession and professional project of the French physiotherapist students.

**Outcome measure(s):** The severity of symptoms of depression, anxiety and insomnia, was assessed by the French version of the PHQ-9, the GAD-7 and the ISI, respectively. We performed a multivariable logistic regression analysis to identify risk factors associated with mental health disorders.

**Results:** In this survey, among the physiotherapy students asked to participate, we obtained 2678 full answers for a number need to threat fixed to 1,584 respondents. Responders were equally distributed according to their position in their public and private school. Unsurprisingly, a very large proportion of students (84%) consider that the crisis has had a negative impact on the quality of their education. More surprisingly, 26% of the respondents report an increased fear concerning their future career and 30% think that the crisis has put into question their choice of professional orientation in physiotherapy.

**Conclusion:** COVID-19 period affects severely experience, education, perceptions of physiotherapy profession and professional project of the French physiotherapist students. This is particularly true for students at the end of their studies.

**Keywords:** COVID-19; Lockdown; Physiotherapy students; Mental health; Education

