

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

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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

