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MATERIALS AND METHODS: Respondents were classified according to medical specialty and average number of hours worked per week. Descriptive statistics, including frequency distribution, were used for categorical variables, while mean, median, standard deviation, interquartile range, minimum, and maximum were used for continuous variables. Chi square or Fisher’s Exact test was performed to determine differences in the distribution of reproductive health practices among specialty and work hour groups.

RESULTS: A total of 229 respondents were included in the study (26% Obstetrics and Gynecology (OB/GYN), 22% Internal Medicine, 10% Pediatrics, 10% Emergency Medicine, 8% General Surgery, 24% Other). The distribution by age and marital status was similar across the specialty groups. Most respondents had an OB/GYN visit within the past year (44.3%), while 22.6% had an OB/GYN visit more than 3 years prior. Most respondents (88%) experienced a barrier in visiting an OB/GYN provider during residency, and lack of time was the most common reason reported. Ninety-two percent of respondents were using contraception (39% long acting reversible contraception and 32% ring or oral contraceptive pills). Most respondents (87%) were not pregnant at the time of the survey or trying to conceive during residency, and this was not significantly different across specialty groups (p=0.2663). Forty-five percent of respondents felt that if they got pregnant during residency, it would negatively affect the way their peers viewed them as physicians. Over half (54%) of the respondents felt that their medical profession negatively impacted their plans for fertility, and this was not significantly different across specialty groups (p=0.3716).

CONCLUSIONS: Our data demonstrate that most female residents experienced a barrier in seeing an OB/GYN provider and nearly half of the respondents felt that pregnancy during their training would negatively affect their image as a physician. Additionally, our data shows that over half of the respondents felt that their medical profession negatively impacted their plans for fertility. Based on our analysis, we recommend placing additional emphasis on reproductive health needs when addressing the wellness of medical residents. Identifying opportunities for improvement in this area could help diminish the escalating problem of physician stress and ultimately improve residents’ reproductive health needs.

POSTER SESSION: COVID-19

P-168 4:30 PM Saturday, October 17, 2020

PERCEIVED STRESS, INSOMNIA SEVERITY, AND THE IMPACT OF EVENTS AMONG IN VITRO FERTILIZATION (IVF) PATIENTS DURING THE CORONAVIRUS DISEASE 2019 (COVID-19) PANDEMIC.

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OBJECTIVE: The objective of this study was to evaluate the Perceived Stress Scale, Insomnia Severity Index, and Impact of Events Scale-Revised scores of patients at a fertility clinic in Manhattan during the coronavirus disease 2019 (COVID-19) pandemic.

DESIGN: Surveys were administered to 220 patients at a fertility clinic in Manhattan during the COVID-19 pandemic. The surveys included a 7-item questionnaire on patient demographics, the Perceived Stress Scale (10-item questionnaire), the Insomnia Severity Index (7-item questionnaire), and the Impact of Events Scale-Revised (IES-R, 21-item questionnaire).

MATERIALS AND METHODS: Online surveys were administered to 220 patients at Generation Next Fertility, located in Manhattan. Percentages of patients who met different thresholds along the Perceived Stress Scale, Insomnia Severity Index, and the IES-R questionnaires were calculated. We excluded one question from the standard 22-item IES-R questionnaire: “During the past seven days with respect to (insert event) have you felt yourself acting or feeling like you were back at that time?” All patients who did not complete IES-R were excluded from the Perceived Stress Scale, Insomnia Severity Index, and/or IES-R questionnaires were excluded from the respective analyses. Multiple linear regression was run to determine if surpassing a high school education and being unemployed were correlated with higher Perceived Stress Scale scores. A p-value of less than 0.05 was considered as statistically significant.

RESULTS: According to the results of the Perceived Stress Scale, 66.9% of patients at the Manhattan-based fertility clinic self-reported experiencing moderate stress during the COVID-19 pandemic. 21.9% and 11.2% of patients perceived low and high stress, respectively. There was no statistically significant relationship between the demographic variables of not surpassing a high school education and being unemployed and the perceived stress levels of IVF patients during the COVID-19 pandemic. Additionally, the results of the Insomnia Severity Index survey demonstrated that 43.7% of patients self-reported no clinically significant insomnia, 39.5% self-reported subthreshold insomnia, 15.6% self-reported clinical insomnia of moderate severity, and 1.2% self-reported severe clinical insomnia. Furthermore, the results of the IES-R survey showed that 52.1% of patients self-reported scores high enough to indicate that post-traumatic stress disorder (PSTD) is of clinical concern.

CONCLUSIONS: According to surveys administered at an IVF clinic in Manhattan, the majority of the patients self-reported moderate stress, no clinically significant levels of insomnia, and PTSD levels of clinical concern during the COVID-19 pandemic. Not surpassing a high school education and...