

Results: Both groups did not differ ($p>0.05$) in sex, having COVID-19 symptoms, having family/friends infected, or income changes. While youngsters were single more frequently (68.8% vs 14.3%, $\chi^2 = 179.7$, $p<0.001$), elders had somatic illness more frequently (64.8% vs 39.7% $\chi^2 = 30.401$, $p<0.001$). Youngsters obtained higher scores in depression (4.69 vs 4.1, $T=5.413$, $p<0.001$), anxiety (2.86 vs 1.97, $T=5.249$, $p<0.001$) and stress (4.48 vs 3.17, $T=6.355$, $p<0.001$) DASS-21 subscales, as in intrusive (3.42 vs 3.05, $T=1.984$, $p=0.048$) and avoidant (4.64 vs 4.11, $T=3.056$, $p=0.002$) IES scores.

Conclusions: Despite the group of elders with depression being more vulnerable to severe COVID-19 disease and presenting more frequently somatic comorbidities, younger depressive patients suffered more from depressive, anxiety, stress and avoidant symptoms and intrusive thoughts, in line with previous reports in the general population.

Disclosure: No significant relationships.

Keywords: Depression; COVID-19; psychological impact; Age

EPV0206

Group therapy for health care workers in a general hospital during the COVID-19 pandemic

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Introduction: A considerable percentage of Health Care Workers (HCW) have experienced psychological distress during the COVID-19 pandemic. Data from previous pandemics suggest that HCW might develop psychiatric disorders. Psychosocial and workplace measures can improve mental wellbeing of the MHW. As part of the program of the Hospital to give support to the HCW, five support weekly open dynamic groups have been carried out with HCW from the COVID Areas of our Hospital including the ICU

Objectives: Identify recurrent contents in the group that express areas of concern Identify HCW in risk of develop a psychiatric disorder and refer them to their appropriate level of

Methods: The sessions were carried out in a freely open group and the contents expressed in the sessions were recorded and analyzed in a narrative way. Special attention was given to the more stressful activities identified, to Signs of overload and to the ability to seek relief, as well as signs of disruption of personal life outside of work. Four sessions of 90 minutes, with staff of the same area were established and after these four sessions booster sessions were offered through continuity groups to members with need of more long term care as well as individual care.

Results: The recurrent areas identified were Concern about inadequate Personal Protective Equipment Concern about spreading the infection in their own families Need for relief and avoid double turn Uncertainty about the course of the illness Exposure to patients suffering and dying

Conclusions: HCW need not only psychological support but also pragmatic measures

Disclosure: No significant relationships.

Keywords: group therapy; COVID-19; burn out

EPV0207

Locked in and stressed out: COVID-19 and video-telemedicine in community perinatal mental health services

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Introduction: The COVID-19 viral pandemic has taken the world by surprise. The pandemic has caused a great impact on the mental health and wellbeing of pregnant women with mental health difficulties. Healthcare providers veered towards video-telemedicine to safely and swiftly provide services to its users.

Objectives: To determine impact of Video-telemedicine on: 1. Access to Care 2. Ease of Use 3. Quality of Care 4. Difficulties of Use 5. Future Prospects of Video Telemedicine

Methods: We have decided to conduct a targeted survey to 100 pregnant women who are known to Perinatal Mental Health services to assess the new methods of contact that the viral pandemic has enforced upon healthcare providers.

Results: Pre-pandemic: video-telemedicine was ranked as least preferred Post-pandemic it is ranked as second favourite. 70.4% of responders have confirmed that video-telemedicine significantly facilitated access to care. 23.3% of responders insisted video-telemedicine made the service better. 50% of responders thought it was much easier to use video options to access their care services needs 95.4% of responders felt that video-telemedicine alternatives should remain post-pandemic

Conclusions: Video-telemedicine options have significantly improved the access and quality of services provided by Community Health Services to pregnant women during the pandemic. Video options can also make it easier to reach critical care without negatively affecting the quality of wholistic care provided, in fact, it can sometimes improve it. It is important that the psychiatric field learn from this pandemic and implement these services permanently. Bigger and wider studies need to be done in the future to support these conclusions.

Disclosure: No significant relationships.

Keywords: COVID-19; telemedicine; Perinatal Psychiatry; psychiatry

EPV0208

COVID-19 pandemic and first episode of psychosis: Clinical characteristics

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Introduction: The rapid spread of the SARS-CoV-2 pandemic among the world poses challenges to the management of both physical and mental health. This unexpected situation could predict an exacerbation of anxiety, depressions, obsessions, and even multiple cases of psychosis.