

**Objectives:** To analyse the relationship between sociodemographics, personality traits, Adherence (to the Recommendations for Mental Health during the COVID-19 Pandemic) and psychological distress.

**Methods:** 413 individuals (69.2% female; mean age=31.02±14,272) completed an on-line survey, in September-December 2020, including sociodemographic questions, ASR-MH-COVID19, NEO-FFI-20 and Depression Anxiety Stress Scale (DASS-21) and Health Perception Scale.

**Results:** Adherence scores did not significantly differ by gender, age and years of education. Women presented higher DASS and Neuroticism scores ( $p<.01$ ). Adherence were negatively correlated with Neuroticism ( $r=-.247$ ) and with Depression/Anxiety/Stress (all  $r>-.200$ ), positively with Openness to Experience ( $r=.174$ ), Conscientiousness ( $r=.194$ ) and Perceived Health (Physical,  $r=.173$  and Psychological,  $r=.215$ ) (all  $p<.01$ ). Mediation analysis (Hays' Macro Process - Model 4) revealed that Adherence is a partial mediator between Openness and DASS and Conscientiousness and DASS; when considering Neuroticism, only the direct effect was significant. The effect of Perceived Health (both Physical and Psychological) on DASS was also mediated by Adherence.

**Conclusions:** The Health Behaviour Model proposes a pathway linking personality and health that applies to these results about adherence and psychological distress during the COVID-19 pandemic. Personality and perceived health (also a trait) influence both adherence to mental health behaviours and psychological distress. Understanding personality is vital for health care providers.

**Disclosure:** No significant relationships.

**Keywords:** Covid-19; Adherence (to the Recommendations for Mental Health; personality

## EPV0410

### Negative emotions associated with self-growth among older adults during the COVID-19 pandemic

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**Introduction:** The Covid-19 pandemic appeared globally (1), thus affecting the self-growth of the older population (2).

**Objectives:** The aim of this study is to identify and analyze the negative emotions felt during the pandemic, as well as their impact on self-growth of 226 older individuals of four nationalities: Mexican, Italian, Portuguese and Spanish.

**Methods:** Thus, a transnational qualitative survey was carried out. A content analysis was performed.

**Results:** Seven negative emotions were reported, namely: fear, sadness, anger, grief, annoyance, loneliness and shame. These

emotions were considerably associated with the following themes: (1) Sharing experiences; (2) Availability of the partner; (3) Spirituality and religion; (4) Be active; (5) Interest in new projects; (6) Civic participation; (7) Sexual activity. Older participants with Mexican and Italian nationality reported that sharing experiences as the most relevant topic, while for the Portuguese and Spanish participants, having a partner available was more important.

**Conclusions:** This study demonstrated that negative emotions cooperated with the self-growth of older individuals during the Covid-19 pandemic. The heterogeneity of experiences lived by each culture was highlighted, underlining the positive side of negative emotions and their strong connection with the self-growth of the older people. 1.von Humboldt S et al. Smart technology and the meaning in life of older adults during the Covid-19 public health emergency period: A cross-cultural qualitative study. *Int Rev Psychiatry*, 2020; 1-10. 2. von Humboldt S et al. Does spirituality really matter? - A study on the potential of spirituality to older adult's adjustment to aging. *Jpn Psychol Res*, 56;114-125.

**Disclosure:** No significant relationships.

**Keywords:** Qualitative study; Covid-19 pandemic; Self-growth; Older Adults

## EPV0411

### The meaning in life and smart technology of older adults during the Covid-19 pandemic: A cross-cultural qualitative study

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**Introduction:** The exponential increase of the older segment of the population (1) is coinciding with the growing challenges of a digital society in different socio-cultural contexts (2).

**Objectives:** This exploratory study aims to analyze older adult perspectives of how smart technology influenced their meaning in life during the Covid-19 Public Health Emergency period, using qualitative research at a cross-national level.

**Methods:** Three hundred and fifty one community-dwelling older participants aged 65-87 years were included in the study. Participants were Italian, Mexican, Portuguese and Spanish. All the narratives went through a process of content analysis.

**Results:** Findings of content analysis produced six themes: Meaningful relations, rewarding activities, spirituality, health and safety-related support, self-growth, and physical activity. Smart technology was important in promoting significant relations for Mexican older adults (71.3%), rewarding activities for Portuguese older adults (57.1%), spirituality for Spanish older participants (71.6%), and physical activity for Italian older adults (29.5%).

**Conclusions:** This study indicated that smart technology during the Health Emergency period was important for the meaning in life of older populations, mostly by facilitating meaningful relations, rewarding activities and spirituality. Future interventions with older adults during pandemic periods should consider the diversity of themes associated with increasing older adult well-being, from a cross-cultural perspective. 1. von Humboldt S & Leal I. The old and the oldest old: Do they have different perspectives on adjustment to aging?. *Int J Gerontol*; 9:156-160. 2. von Humboldt S et al. Does spirituality really matter? - A study on the potential of spirituality to older adult's adjustment to aging. *Jpn Psychol Res*, 56;114-125.

**Disclosure:** No significant relationships.

**Keywords:** Older Adults; Covid-19 pandemic; Smart technology; Meaning of life

## EPV0415

### Outcomes of COVID-19 in Patients with Mental Disorders

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**Introduction:** Clinical practice has shown that SARS-CoV-2 viral infection increases the likelihood of developing mental disorders. Clinical practice has shown that SARS-CoV-2 viral infection increases the likelihood of developing mental disorders.

**Objectives:** To analyze clinical indicators of patients with COVID-19 with mental disorders and to identify predictors of adverse outcomes associated with mental state on its basis.

**Methods:** The study included 97 patients, 41 men and 56 women (62.3±15.3 years of age). During the observation period, 26 people died and 71 people recovered. Data collection was carried out using a questionnaire (109 variables). Binary logistic regression and Cox proportional hazards regression were used.

**Results:** In the study group, death occurred on average after 11.5 days. In this group, the mental state of patients was more severe with a predominance of cases of delirium. With age, the probability of a fatal outcome increased by 1.03 with each year of life. The severity of mental disorder had a greater impact on the risk of death compared to age (p=0.003). Improvement of the mental state of patients during psychotropic therapy was associated with a reduction in the risk of an unfavorable outcome of coronavirus infection by 11.11 times. The greatest contribution to the unfavorable outcome was made by the severity of infection: the risk of death increased by 33.17 times.

**Conclusions:** A severe or extremely severe mental state increased the risk of death by 4.55 times. The most significant factor in predicting mortality was associated with the severity of the underlying disease.

**Disclosure:** No significant relationships.

## EPV0416

### Perceived Stress among Iranians during COVID-19 Pandemic; Stressors and Coping Mechanisms: A Mixed-methods Approach

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**Introduction:** This study was a mixed-methods study. We distributed a web-based 1scale (PSS-10), to measure perceived stress scores, through social networks from March 12 to 23, 2020. Then, we interviewed 42 students, 31 homemakers, 27 healthcare providers, and 21 male participants to identify the sources of stress and coping mechanisms.

**Objectives:** We examined the correlates of stress among a large sample of Iranian citizens, the second country hit hard by the pandemic, and still a hot spot.

**Methods:** This anonymous survey had 19 items falling into two sections: sociodemographic data and Cohen's 10-item perceived stress scale (PSS-10).

**Results:** A statistically significant difference was observed between the levels of perceived stress in individuals with different health statuses with a higher median of total PSS-10 scores reported for hospitalized individuals. The total PSS-10 scores were higher in those who were practicing self-isolation, had a relative affected with COVID-19 disease, and had experienced the death of a relative due to COVID-19 disease.

**Conclusions:** This study highlighted the most vulnerable groups overloaded with stress in society and the sources of their stress. Furthermore, we identified the groups that perceived lower levels of stress along with their coping mechanisms. The most frequent source of stress among the most stressful groups including homemakers, students, and health care workers has directly related to their job and their principal role in this period. Abstract thought about the COVID-19 pandemic and its complications were more prevalent among students while homemakers and health care providers showed concrete thinking about the COVID-19 pandemic.

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**Keywords:** COVID-19; Perceived stress; Iranians; Mixed method study

## EPV0417

### Assessment of worries and attitudes towards the COVID-19 pandemic and the vaccine among Tunisian elderly

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**Introduction:** The COVID-19 pandemic poses a threat particularly to the elderly. Although the current vaccination strategy is