

EPV0169

Internet addiction in times of COVID-19: Review of the situation

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Introduction: Covid-19 pandemic represents a sanitary crisis with social, economic and political negative impacts. Studies had well established the link between stress and the display or maintenance of addictive behaviour. Measures like social distancing and confinement imposed by governments during this pandemic, could explain an outbreak of internet addiction cases.

Objectives: Assess the prevalence of internet addiction in times of the covid-19 pandemic and to study its relationship with personal and family factors but also with the psychiatric comorbidities.

Methods: We conducted a cross sectional analytical study during the period of the covid-19 pandemic, using an internet survey exploring socio-demographic and clinical data: through Hamilton depression and anxiety rating scale and the Rosenberg self esteem scale. The assessment of internet addiction was carried out using Young's Internet Addiction test.

Results: Our study included 150 users, the average age was 36 years, mainly made up of women, married, having children, with a good socioeconomic level and of university education. The prevalence of depressive and anxious symptoms were respectively 7.3% and 18.7%. The prevalence of internet addiction in our study was 9.4% including 0.7% having severe repercussions. Being married ($p < 10^{-3}$) and having children ($p = 0.006$) were considered as protective factors against internet addiction. People having an internet addiction were at bigger risk of having low self esteem ($p = 0.023$), depressive ($p = 0.04$) and anxious symptoms ($p < 10^{-3}$).

Conclusions: Internet addiction is a new concept, though it's impact on the well being is well established and it's likely to worsen in times of pandemic. Therefore, it's necessary to take preventive measures to deal with it.

Disclosure: No significant relationships.

Keywords: Internet; Addiction; COVID-19

EPV0170

Depressive symptoms and suicidal ideation during the COVID-19 pandemic in Russia

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Introduction: The COVID-19 pandemic may bear serious consequences for mental health, such as the increase in psychopathological symptoms.

Objectives: Analysis of changes in depressive suicidal ideation symptoms and during the COVID-19. Depressive symptoms and suicidality were considered separately.

Methods: Internet survey 22.03.20–22.06.20 (908 responses), included SCL-90R, COPE, question about suicidal ideation.

Results: The analysis showed a positive correlation between suicidal thoughts and depression (Spearman .45; $p < .001$), a growing trend in the depressive symptoms (Std.J-T=2.51, $p = .012$), and the increase in severity of suicidal thoughts (Fisher's Exact Test, 5.92, $p = .046$). Severity of depression positively correlates with the emergence of the virus in the city, contraction of disease among friends (Spearman .165; $p < .001$), sick and die fears, an also is linked to more expressed seeking «emotional, social and instrumental help» (COPE). The intensity of suicidal ideation was not associated with these factors, but negatively correlated with «acceptance» and «planning».

Conclusions: The increase in depressive symptoms and suicidal thoughts is determined by different factors. Depressive symptoms is associated with various fears and mediated by non-constructive ways of coping, but there are also constructive coping-strategies as the search for help. The intensity of suicidal thoughts is associated with higher levels of stress, which cannot be explained by the «objective» threat of contagion and fears, but is experienced as an «indefinite» anxiety, supposedly linked to the measures to counter the pandemic, such as restrictions on social interactions, loneliness and uncertainty. The increase in depressive symptoms is linked with an orientation to another person, but the suicidal ideation is not.

Disclosure: No significant relationships.

Keywords: COVID-19; Depression; coping; Suicidal ideation

EPV0171

Parental subjective wellbeing during the COVID-19 lockdown: Evidence from the epicenter of a pandemic crisis

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Introduction: The Coronavirus disease (COVID-19) health emergency has led national states to adopt severe actions forcing many people to cope with new and unexpected challenges. Those constraints risked to jeopardized the mental health and subjective wellbeing (SWB) of individuals.

Objectives: The present cross-sectional quantitative study explored whether and to what extent psychological and social aspects were determinants of parental SWB as outcome variable during the COVID-19 lockdown.

Methods: The sample was composed of 304 Italian parents (93% female, mean age 41.5, 91% from Lombardy). Data were gathered through Computer Assisted Web Interview (CAWI) four weeks after the beginning of the national lockdown. World Health Organization (WHO) wellbeing scale along with other self-reported measures of social support, feelings of abandonment, feeling of being equipped and adequacy of living spaces were administered. Data were analyzed by hierarchical regression models (Ethics Committee of Milano-Bicocca University approval N.0034537/20)

Results: According to the WHO cutoff score, 37.7% of parents reported low well-being levels. The regression model ($F=11.2$, $p<.001$) suggested that the feeling of abandonment and the feeling of being equipped were the most important contributors to SWB. Other statistically significant (but with lower effect sizes) variables were the support received by the partner and the adequacy of living spaces.

Conclusions: The findings bear out the pivotal importance of subjective states (such as feelings of abandonment or perceptions of being poorly equipped) in relation to the levels of parental SWB during the COVID-19 lockdown. Implications for planning psychological interventions aimed at strengthening personal resources to face the emergency are discussed.

Disclosure: No significant relationships.

Keywords: subjective wellbeing; COVID-19; lockdown; quantitative research

EPV0172

Descriptive study on psychological first aid for COVID-19 patients' relatives

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Introduction: The presence of psychological impact on relatives of patients admitted for Covid-19 has been described. The effectiveness of psychological first aid in critical situations has also been described. The first psychological aid describes a human response supporting another person who is suffering. This intervention is indicated for those affected by a traumatic event.

Objectives: To present a theoretical review about psychological first aid and to describe data about it on relatives of patients admitted for Covid-19.

Methods: Literature review about psychological first aid and data description of telephone intervention carried out by mental health professionals on family members of patients admitted for Covid-19.

Results: From an initial pool of 77 Covid-19 patients, 50 were selected as telephone contact with relatives was possible. Mean age was 68.9 years, 13 were female and 37 male. 90% were admitted in internal medicine department and 10% in intensive care unit. First telephone intervention in all cases was to introduce the psychiatrist in charge of the follow-up and provide contact number of psychiatry department. In 13 relatives' support, emotional ventilation and active listening was provided and 2 of them also received therapeutic guidelines. Further phone contact was required in 12 relatives. In follow-up phone calls, all relatives received therapeutic guidelines and 3 was referred to our outpatient clinic.

Conclusions: Family members of patients admitted for covid-19 may present emotional symptoms, many of them normal reactions in context of a crisis situation. A large percentage do not require a structured psychotherapeutic intervention but can benefit from a first psychological help.

Disclosure: No significant relationships.

Keywords: COVID-19; psychological first aid

EPV0173

On immediate verbal learning. Descriptive study in post-intensive care syndrome patients after COVID-19 infection in a functional rehabilitation unit in Spain. A pilot study

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Introduction: Post-Intensive Care Syndrome (PICS) is a physical, cognitive, emotional and functional condition resulting from prolonged stays in ICU (Intensive Care Unit). In pathologies with clinical characteristics similar to SARS-CoV-2 pneumonia, most patients showed cognitive deficits after discharge from ICU. In particular, previous studies describe impairment on verbal learning among PICS patients.

Objectives: To analyse the immediate verbal-learning performance in patients with PICS after COVID-19 infection in a Functional Rehabilitation Unit in Madrid (Spain) using the Spanish version of the Screen for Cognitive Impairment in Psychiatry (SCIP-S).

Methods: This study was conducted in the Hospital Central de la Cruz Roja, in Madrid (Spain). A sample of 17 PICS adult patients was included, with age ranging from 56 to 74 years old (mean = 68.35 years; 13 males). Patients were assessed around three weeks after referral from their reference hospital. The Verbal Learning Test-Immediate (VLT-I) of the SCIP-S was used as outcome. Descriptive analyses were conducted (mean and standard deviation) on standardized scores (z) based on age-adjusted general population norms. Significant impairment was set at $z < -1.5$.

Results: Mean z-score on VLT-I was -1.08 (S.D. = .80) from the total sample, with 33.3% of cases with significant impairment (mean = -1.81; S.D. = .20).

Conclusions: These preliminary results show the probable presence of mild-moderate impairment on immediate verbal learning in a subgroup of patients, which was already observed in PICS patients with other medical conditions. Longitudinal studies, with larger samples, are needed where the premorbid cognitive level is considered.

Disclosure: No significant relationships.

Keywords: COVID-19; Clinical Neuropsychology; Immediate verbal learning; Post-Intensive Care Syndrome

EPV0174

On phonological verbal fluency. Descriptive study in post-intensive care syndrome patients after COVID-19 infection in a functional rehabilitation unit in Spain. A pilot study

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