

and fatigue), lifestyle behaviours (sleep and eating habits, use of alcohol and tobacco) during COVID-19 home confinement. A descriptive statistical analysis, a Pearson correlation analyses and the t Student test, for independent samples, were performed.

Results: The results showed significant correlations between stress and perceived health ($r=-.404$; $p<.0001$), arms pain ($r=.212$; $p=.002$), legs pain ($r=.201$; $p=.003$), back pain ($r=.219$; $p=.001$), headache ($r=.289$; $p<.0001$) and fatigue ($r=.295$; $p<.0001$). Concerning lifestyle behaviours, the results showed significant correlations between stress and sleep ($r=-.552$; $p<.0001$) and stress is significantly higher ($p<.0001$) in individuals who have changed their eating habits.

Conclusions: During the COVID-19 home confinement, higher stress levels are associated with a worse perception of health, more pain symptoms (legs, arms, back, headache), worse sleep quality and more fatigue. Moreover, the individuals with higher levels of stress have changed their eating habits. Lastly, health promotion interventions are needed in order to minimize the impact of home confinement in health.

Keywords: stress; health; lifestyle; COVID-19

EPP0463

Mental health in pandemic times - a review

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Introduction: Any outbreak of pandemic dimension will most likely produce a serious amount of distress and prejudice to anyone, in particular when it comes to mental health. The pandemic impact in primary care and in the psychiatric emergency department are some of the topics discussed in this review.

Objectives: It aims to review, evaluate and reflect over the impact of a deadly coronavirus pandemic on mental health, as well as presenting possible long-term challenges and potential ways to approach it.

Methods: A non-systematic literary review was performed on the Pubmed, PsycInfo and Cochrane databases using the key words "covid-19", "psychiatry", "self-isolation" and "telepsychiatry".

Results: Globally and, as expected, there has been a general increase in need for psychiatric assessment and treatment due to the COVID-19 pandemic.

Conclusions: The role of psychiatry has faced quite some challenges in such a short period of time: the rise of telepsychiatry; the management of patients with both a psychiatric disorder and an infection with the new coronavirus and the need to provide an adequate psychiatric assistance in the emergency room has become the new normal.

Keywords: COVID-19; psychiatry; self-isolation; telepsychiatry

EPP0464

Facial mask masking tardive dyskinesia

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Introduction: Facial covering and mask use is generally considered a preventive measure in reducing spread of infectious respiratory illnesses. With the COVID-19 pandemic, covering of the face, except the eyes, has become the norm for the first time for most people. Social interactions and clinical observation rely heavily on non-verbal communication of which facial expression is of utmost importance. While clinicians, especially in mental health settings, are acutely aware of the loss of information transmitted through the lower half of the face, signs of tardive dyskinesia may be forgotten in the list of potentially missed information.

Objectives: To reflect on possible failure to detect orobuccolingual movements of tardive dyskinesia due to use of facial masks.

Methods: Reflection on a clinical case of a patient with a treatment refractory psychosis who presents to an outpatient appointment with a facial mask. After the appointment, a family member transmitted having observed what appeared to be involuntary masticatory movements in the patient.

Results: Facial masks and coverings occult signs that may be visible on the lower half of the face.

Conclusions: Facial masks and coverings are essential in preventing COVID-19 contagion. Clinicians must keep in mind loss of information when part of the face is not visible. Tardive dyskinesia with orobuccolingual movements may be missed behind a mask. Family or other people who cohabit with the patient are essential information providers.

Keywords: facial masks; COVID-19; tardive dyskinesia

EPP0466

Steroid-induced psychosis in context a SARS-CoV-2 pandemic. about a case.

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Introduction: SARS-CoV-2 is having an important direct impact, and also due to treatments used such as corticosteroids. Among its effects, we have focused on psychosis.

Objectives: The objective of this paper is to study, from following case, incidence of steroid-induced psychosis in context of COVID-19.

Methods: A bibliographic search was performed from different database (Pubmed, TripDatabase) about psychiatric symptoms associated with use of corticosteroids during pandemic. 64-year-old woman with no psychiatric history, who is hospitalized for pneumonia secondary to SARS-Cov2 and treated with antibiotics, bronchodilators, and corticosteroids. At 4 days she began with injury and nihilistic delusions. The corticosteroids were progressively reduced, adding 2.5 mg Risperidone, resolving after ten days.

Results: Corticosteroids are currently being used to treat the systemic inflammatory response associated with COVID-19, but they can produce other effects such as psychiatric symptoms (3-6%): 75% affective (mainly hypomanic symptoms); and 25% psychotic. Steroid-induced psychosis are characterized by confusion, delusions, and hallucinations, and they usually begin 3-4 days after onset, and resolve within a week. They are associated especially with oral systemic steroids and high doses: 1.3% with 40mg of prednisone, and 18% with 80mg; increased this incidence due to the

greater use that is being made to treat COVID-19 and the higher doses used in severe cases (up to 120 mg).

Conclusions: To conclude, we need to know characteristics of these episodes in order to be able to prevent and treat them properly (minimum effective dose and less time), since they will probably occur more frequently at this time.

Keywords: SARS-CoV-2; corticosteroids; Psychiatric symptoms; steroid-induced psychosis

EPP0467

Post-traumatic stress disorder among tunisian healthcare professionals facing the pandemic coronavirus (COVID-19)

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Introduction: The new coronavirus has spread rapidly across the planet confining entire populations, filling hospitals overwhelmed by massive arrivals of patients This new health situation was traumatic especially for health-professionals

Objectives: To study the prevalence and predictors of post-traumatic stress disorder, among health-workers.

Methods: Our study was descriptive and analytical cross-sectional, between May until June 2020. An anonymous online-survey was sent to collect those parameters Sociodemographic-information Physical symptoms The existence of contact with a suspected case The need for quarantine The stressful event The state of mental health, using: PCL-5: 20 items which measures the 20 symptoms of post-traumatic stress-disorder according to DSM-5. PSQI: 9 questions to see the existence or not of a disturbance in sleep

Results: 125 participants: 28 university-hospital doctors, 55 residents, 5 interns, 4 specialist-doctors, 2 general-practitioners, 14 nurses, 14 senior-technicians, 2 midwives and a pharmacist. The average seniority at the job was 6 years. Two factors were the most stressful: The characteristics of this pandemic 37.6% The fear of caching the virus and transmit it to their families: 37.6%. 42.4% of participants presented a post-traumatic stress disorder. 3 parameters were correlated with post-traumatic stress disorder: young age, having children ($p = 0.007$) and fewer years of professional-experience. This pandemic altered the quality of sleep of caregivers, 62.4% of them had a bad quality of sleep. The bad sleepers developed more post-traumatic stress disorder

Conclusions: This health crisis had a major impact on the mental health of our heroes that is why we should provide them with the necessary psychological support.

Keywords: Post traumatic Stress Disorder; COVID-19; health professionals

EPP0470

Resilient care in times of covid: The stress buddy

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Introduction: The COVID-19 outbreak poses a challenge for health care professionals due to a surge in care demands, overwork, fear of contagion and concerns on the availability of protective equipment, and coping with distress of patients and their families. Although there is emerging evidence on prevalence of stress and its predictors, less is known on the trajectory of stress symptoms and the differences between cohorts of health care professionals.

Objectives: To sustain and restore health care professionals the Leiden University Medical Center has launched the Digital Stress Buddy, a mobile app, to assess psychological stress, depressive symptoms, anxiety and posttraumatic stress symptoms.

Methods: Participants fill in a 14-item questionnaire on stress and resilience resources, followed by a COVID-related questionnaire and finally a set of validated questionnaires on depression and anxiety (DASS-21), posttraumatic stress-symptoms (IES-R), burn-out (CBI) and resilience (RES).

Results: To date, 959 health care workers have completed the stress monitor, of whom 223 (23%) showed relevant stress levels. Within this group, anxiety and posttraumatic symptoms were most prevalent (45%), followed by depressive symptoms (15%). Predictors of stress were being female, coping with distress of patients and their families, teleworking, and overwork.

Conclusions: By identifying vulnerabilities and resilience for psychological distress, we are able to tailor the support interventions for health care workers within our hospital. This is an ongoing study and future follow-up during the second wave of the pandemic will provide more insight on the trajectories of stress-related symptoms.

Conflict of interest: No significant relationships.

EPP0471

Psychosocial consequences of the COVID-19 social isolation in the italian general population: Preliminary results

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Introduction: Although some philosophers recognize in the loneliness an evolutionary existential process, a 2019 declaration of World Health Organization underlines the major health problem in the worldwide is the perception of state of loneliness. The feeling of loneliness linked to the social isolation (SI) or a lack of social opportunity activate a stressful condition associated to an increase of social dependence. This 'learned social helplessness' can be dangerous so that it is associated with an increased prevalence of suicides (Cacioppo and Cacioppo, 2018; Bzdok and Dunbar, 2020). Considering the impact of loneliness on the mental health we can assume that the COVID-19 forced SI affects the state of health and psychosocial well-being.

Objectives: To evaluate the psychosocial impact of the SI in Italy.