

emphasizing that the latter disorder also occurs in non-schizophrenic patients, for example, ones with OCD. Additionally, OCD and depression often co-occur. Thus, in severe cases, it may be challenging to disentangle the separate contribution of both disorders to psychomotor slowness. It is also crucial to exclude the possibility that a patient has juvenile parkinsonism or other causes of motor slowness before diagnosing him/her with OS, given that the diagnostic approaches and treatment strategies for OS and the aforementioned disorders differ.

Conclusions: OS seems to be a rare but often disabling motor manifestation of OCD, rather than a primary disease entity. However, some cases sit on the edge of current diagnostic criteria. Future research should help define OS more precisely.

Disclosure: No significant relationships.

Keywords: obsessional slowness; obsessive compulsive disorder

EPV0412

Boundaries between compulsive buying and hoarding regarding the obsessive-compulsive spectrum

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Introduction: It has long been theorized that Obsessive-Compulsive Disorder (OCD) and Compulsive Buying Disorder (CBD) may share important characteristics, increasing the likelihood of the cooccurrence of these two psychiatric disorders. On the other hand, Hoarding Disorder (HD) were originally conceptualized to exist only within the context of OCD, despite hoarding symptoms presenting in less than 5% of OCD cases.

Objectives: This study aims to provide an overview of impulsive-compulsive spectrum, regarding the similarities and differential diagnosis between compulsive buying and hoarding.

Methods: The authors performed a non-systematic literature review, using PubMed search terms “compulsive buying”, “hoarding” and “obsessive-compulsive spectrum”.

Results: Obsessive-compulsive spectrum disorders are a group of similar psychiatric disorders characterized by repetitive thoughts, distressing emotions and compulsive behaviors. Compulsive buying is defined by a preoccupation with buying and shopping, by frequent buying episodes or overpowering urges to buy that are experienced as irresistible and senseless. These episodes are accompanied by relief and pleasure, but followed by remorse and guilt. A sub-group compulsively hoard the items they have bought. Hoarding disorder is characterized by persistent difficulty discarding items regardless of value, urges to save items and distress associated with discarding, and the accumulation of possessions which compromise use of the home.

Conclusions: Empirical evidence suggests that both OCD and CBD display high levels of impulsivity and compulsivity. However, given the phenomenology, CB may not fit well in OCD related disorders. It may be also misleading to classify HD as part of OCD, since hoarding has the lowest specificity and predictive criteria for OCD.

Disclosure: No significant relationships.

Keywords: compulsive buying; hoarding; obsessive-compulsive spectrum

EPV0415

Obsessive-compulsive disorder onset and COVID-19 pandemic: Is there a relation between both?

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Introduction: Obsessive-Compulsive Disorder (OCD) is a disorder in which a person has uncontrollable, reoccurring thoughts (obsessions) and/or behaviors (compulsions). Since the COVID-19 pandemic started, a lot of people developed fears of contamination or being infected.

Objectives: To describe a clinical case and discuss the diagnosis of Obsessive-Compulsive Disorder in context of COVID-19 pandemic.

Methods: The data was achieved through patient's and his family. For the literature review we searched the terms: “OCD” and “COVID-19 Pandemic”.

Results: 45 years-old, male, single. He has a generalised anxiety disorder since 2010. At July 2020, the patient asked for help due to worsening of symptoms. Before the appointment, he was waiting outside because he didn't feel comfortable in the waiting room. When he touch anything unintentionally, he wash his hands immediately. Since the COVID-19 pandemic began, he stopped working because he was too afraid of being infected. He started to think a lot about SARS-COV2 contamination, avoiding all public places, depending on his mother and friends to do basic daily tasks. His thoughts led to cleaning and hand-washing rituals, spending a lot of time. Those symptoms are egodystonic, have a huge impact on global functioning and are not explained by normative fear or protection measures. During 10 years of psychiatric follow-up he never showed obsessive-compulsive symptoms.

Conclusions: This case is an example of OCD onset during the COVID-19 pandemic in a patient with an anxiety disorder (without previous obsessive-compulsive symptoms). He has improved after paroxetine 60mg and risperidone 1mg daily, as well as cognitive behaviour therapy weekly.

Disclosure: No significant relationships.

Keywords: Obsessive-compulsive Disorder; COVID-19 pandemic

EPV0416

Comparative study of caregiver stress between patients of obsessive compulsive disorder and chronic medical illness, without any physical disability

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Introduction: Obsessive compulsive disorder (OCD) is a disabling condition that affects the quality of life of both the patient and the caregivers. Similarly, in patients with physical medical illness, caregivers face a significant amount of stress.

Objectives: This study aimed to assess and compare the caregiver strain index between patients of OCD and medical illness. Moreover, this study will also compare the caregiver strain index in the patients of OCD and physical medical illness depending on the severity and duration of the illness.

Methods: Study was done at Department of psychiatry, Teerthanker Mahaveer University, Moradabad. In this Cross-sectional study 2 groups of caregivers were included. The group 1 included 30 caregivers of obsessive compulsive disorder patients and group 2 included 30 caregivers for physical medical illness. The Yale-Brown Obsessive Compulsive Scale was used for measuring the severity of OCD and the stress in caregivers were drawn from Caregiver strain index.

Results: This study reported a high objective burden among caregivers of OCD compared with the physical medical illness (P-value=0.002). The age of the caregivers also showed to be significantly associated with the stress in both the groups. The severity of the OCD was shown to be correlated well with the stress of the caregivers (P-value=0.032). In contrast, in physical medical illness the duration of the disease showed no significant association with the caregiver's stress.

Conclusions: This study showed that in patients with OCD caregivers face a higher strain compared with the physical medical illness.

Disclosure: No significant relationships.

Keywords: obsessive compulsive disorder; physical medical illness; Yale-brown obsessive compulsive scale; caregiver strain index

EPV0419

Older adults' sexual well-being and person-centered psychotherapy: A qualitative study

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Introduction: A qualitative study about older adults' sexual well-being and person-centered psychotherapy

Objectives: The objective of this study was to evaluate the main concerns related to sexual well-being revealed by older adults in person-centered therapy, using qualitative research.

Methods: Interviews with 58 older participants, aged 65 to 82 years, living in the community were submitted to content analysis.

Results: Eight main themes emerged from the results of the content analysis: Partner unavailability, family issues, physical changes due to aging, worries about hygiene, sexual dysfunctions, fear of physical abuse, communication issues and concerns about sexual transmitted diseases.

Conclusions: This study was relevant towards identifying the challenges older adults feel regarding their sexual well-being, as shared in therapy. Older adults referred their greatest challenges to be partner unavailability, family issues and physical changes due to aging.

Disclosure: No significant relationships.

Keywords: Challenges; sexual well-being; older adults; person-centered psychotherapy

EPV0420

Older portuguese and mexican adults and sexual well-being? A cross-cultural qualitative study

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Introduction: A cross-cultural qualitative study about older portuguese and mexican adults and sexual well-being.

Objectives: Sexual well-being (SWB) refers to the subjective emotional and cognitive evaluation of the quality of the individual's sexuality, it plays a relevant role in quality of life and health promotion on old age and has cross-cultural implications. The aim of this study is to analyse comparatively the perspectives of older adults on their SWB in Portugal and Mexico.

Methods: Data were collected from 86 Portuguese and 80 Mexican community-dwelling participants aged 65 years and older, using a semi-structured interview protocol. Older adults were inquired about their perceptions on what contributes to their sexual well-being. Socio-demographic data were also enquired. Content analysis was used to identify key themes.

Results: Outcomes indicated eight themes: eroticism, supportive relationship, positive self-concept, health and self-care, romance, active life, tenderness and care, and no pain and no pregnancy restrictions, for both samples. Eroticism was the most frequent theme reported by Portuguese participants (31.4%) and health and self-care were the most frequent theme reported by Mexican participants (26.5%).

Conclusions: The empirical results of this study indicated that SWB is strongly influenced by socio-cultural and psychosocial values. This cross-cultural comparison between Portugal and Mexico contributes to understand this concept in old age with different perspectives and place a scenario for future culture-adapted interventions and comprehensive policies.

Disclosure: No significant relationships.

Keywords: Mexican; older adults; sexual well-being; Portuguese

EPV0421

Ambivalence among intergenerational relationships in old age

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