

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 care.

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.

Objectives: The aim of this literature review is to identify and analyze studies conducted in 2020 that investigate the incidence of psychotic disorders, related to COVID-19 pandemic and describe its symptoms.

Methods: A systematic search in the PubMed electronic database was performed using keywords “COVID-19”, “pandemics”, “psychotic symptoms”, and “first episode of psychosis” Relevant literature was limited to articles describing studies conducted and published in 2020.

Results: 9 papers met the inclusion criteria. The selected studies reported 20 cases of psychosis in patients with no psychiatric history, directly triggered by stress derived from the COVID-19 pandemic and by social distancing and quarantine. All cases were characterized by sudden behavioral changes out of character, increased concern about coronavirus risk infection, anxiety, psychomotor agitation, and insomnia. In multiple cases, psychotic symptoms were characterized by thoughts of reference, persecution, and structured delusional. 5 patients were convinced that COVID-19 Pandemic was part of a conspiracy and that someone was trying to infect them by diffusing the COVID-19 or other pollutants. Half of the patients had the delusional conviction that they got infected and they were contagious.

Conclusions: COVID-19 pandemic appears to be the trigger for precipitating psychosis which has a high risk of suicidal behavior. During pandemics, mental health professionals should carry out more focused diagnostic and therapeutic strategies.

Disclosure: No significant relationships.

Keywords: psychotic disorder; COVID-19; pandemic; delusions

EPV0209

Trait-anxiety among healthcare professionals in COVID-19 pandemic

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Introduction: Factors causing anxiety among healthcare professionals (HCP) are increasing, and psychosocial causes are the most common. During the COVID-19 pandemic, HCP are exposed to additional stressful factors.

Objectives: The aim of this study was to assess the prevalence of trait-anxiety and its associated factors towards the COVID-19 outbreak among Tunisian HCP.

Methods: A cross-sectional descriptive and analytical study conducted among Tunisian HCP during November and December 2020. The data were collected by an online questionnaire including the sociodemographic information and the “General anxiety questionnaire of Spielberger” (STAI-Y-B) which was used to assess the trait-anxiety.

Results: A total of 135 HCP participated in this study (47.4% female and 52.6% male). The average age was 31.98 years (SD=6.59). Of the participants, 3% were nurses, 8.1% were interns, 48.1% were

residents, 34.8% were specialist doctors and 5.9% were generalist doctors. Concerning marital status, 61.5% were single, 36.3% were married and 2.2% were divorced. Of HCP involved in the study, 13.3% of the participants had a history of chronic somatic-disorder and 11.9 % of them had a history of a psychiatric disorder. The prevalence of trait-anxiety in HCP was 53.3%. The analysis showed that anxious HCP were more younger ($p=0.002$) and had history of a psychiatric disorder ($p=0.017$) compared to non-anxious HCP. However, no significant difference was found by gender, marital status and professional degree according to trait-anxiety.

Conclusions: In our study, we found that more than the half of HCP were anxious and these one were more younger and had history of psychiatric disorders.

Disclosure: No significant relationships.

Keywords: Healthcare professionals; Trait-Anxiety; Associated factors; Covid-19 pandemic

EPV0210

Predictors of the perceived risk of COVID-19 and adherence to confinement guidelines in the context of the COVID-19 pandemic

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Introduction: Complete adherence to public health guidelines is essential to reduce the spread of COVID-19. Studies on the factors associated with increased/decreased adherence to these measures have the potential to inform public policies directed at increasing adherence, and thus helping to control the spread of the current pandemic.

Objectives: This study aimed at assessing the demographic and psychosocial predictors of the perceived risk of the COVID-19 and adherence to confinement guidelines during the first mandatory lockdown in Portugal.

Methods: A convenience sample of 430 adults living in Portugal between March 19th and May 2nd, 2020 completed an online survey asking participants about the perceived risk of the COVID-19 and adherence to confinement guidelines. Participants also completed a sociodemographic questionnaire and measures of psychological function. Multiple regression analysis was performed.

Results: Teleworking and Risk and COVID-19 controllability were significant predictors of the perceived risk of COVID-19 as measured by the perceived risk of being infected with COVID-19. Teleworking participants and those perceiving COVID-19 as less controllable reported a higher perceived risk of being infected with COVID-19 than those who were not in telework and perceived COVID-19 as a controllable condition. Adherence to confinement guidelines was predicted by the mental health status and perceived risk of COVID-19. Participants who reported worse mental health status, who perceived COVID-19 as a dangerous condition, and