

(6 items) in T0, T1 and T2 to evaluate exposure, perception, quality of life and burnout.

Results:

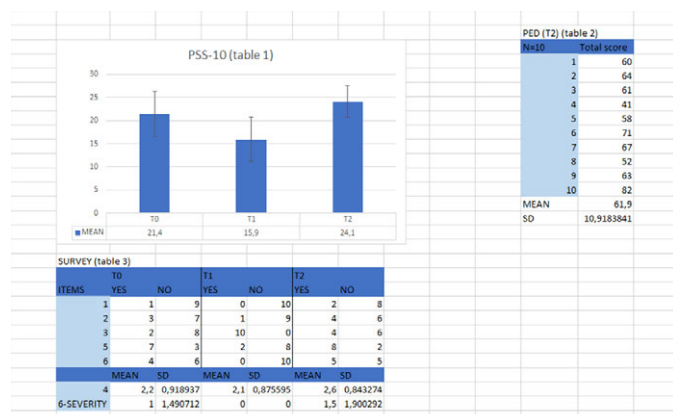


table 1,2,3. BIPQ: no one was exposed.

Conclusions: The increase of individual, who seeking help for mental health, impact on the perception of stress and on the emotional distress, even though psychiatrists have an adequate perception of COVID-19.

Keywords: COVID-19; distress; psychiatrists; burnout

EPP0458

Relationship between COVID-19 perceived risk and perfectionism – a preliminary study

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doi: 10.1192/j.eurpsy.2021.827

Introduction: Research following the Covid-19 pandemics has shown that psychological reactions to the pandemic and its constraints can vary significantly depending on personality. One of the traits that has not been studied yet, but can play a harmful role in the COVID-19 psychological impact is perfectionism. This trait, characterized by setting excessively high standards of performance and striving for flawlessness, has increased in recent years and is considered a transdiagnostic process involved in several (mental) health problems (Curran & Hill 2019).

Objectives: To analyze the role of Perfectionism in the levels of fear of COVID19 and of perception of infection risk by COVID-19.

Methods: 234 adults (75.6% women; mean age=29.53±12.51) completed an on-line survey with the Portuguese validated versions of Covid-19 Perceived Risk Scale (C19PRS; Pereira et al. 2020), Fear of COVID-19 Scale (FC19S; Cabaços et al. 2020) and Big Three Perfectionism Scale (BTPS; Garrido et al. 2020). SPSS was used to perform correlation and regression analysis.

Results: Perceived Risk and Fear of COVID-19 were significantly correlated with perfectionism (.243, .228, respectively) (both, $p < .01$). Perfectionism explains 5.5% (Adjusted R²) of the FC19S variance (Beta=.243, $p < .001$) and 4.8% of the C19PRS variance (Beta=.228, $p = .01$).

Conclusions: This study provides preliminary, but completely innovative evidence that perfectionism contribute to the psychological impact of Covid-19 pandemics. In the near future we will test the hypothesis that the nature of unpredictability and the limitations imposed by the global crisis may be exacerbating the already high levels of psychological distress that affect negative perfectionists.

Keywords: COVID-19; Covid-19 Perceived Risk; Perfectionism; psychological impact

EPP0459

Inpatient psychiatry care during coronavirus 2019 pandemic lockdown: Results from a department of psychiatry in northern Portugal

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doi: 10.1192/j.eurpsy.2021.828

Introduction: COVID-19 pandemic and the consequent containment measures have a negative impact on mental health. Simultaneously, the fear of infection can discourage patients from seeking necessary care.

Objectives: We aim to compare sociodemographic and clinical characteristics of inpatients admitted during the COVID-19 confinement period in Portugal vs. inpatients admitted in the same period the previous year.

Methods: Retrospective observational study of inpatients admitted between March 19th 2020 and May 1st 2020 and the analog period of 2019 in a psychiatry inpatient unit of a tertiary hospital. Descriptive analysis of the results was performed using the SPSS software, version 26.0.

Results: During the lockdown period, there were 30 admissions to the psychiatry inpatient unit, 55.2% less than the same period last year (n=67). The proportion of compulsory admissions and the average length of stay did not differ between the two periods. Regarding sociodemographic characteristics, in the confinement period inpatients were similar to the ones in the same period of 2019. In both periods, the majority of patients had previous psychiatric history (lockdown vs. same period last year: 95.5% and 90.0%) and a similar proportion of readmissions rate (previous year) was similar in the two groups (49.9% vs 47.6%). At discharge, the most frequent diagnostic groups were mood disorders (33.3% (n=10) and 34.3% (n=23)) and schizophrenia, schizotypal and delusional disorders (26.7% (n=8) and 31.3% (n=21)).

Conclusions: Although there was an expressive reduction of admissions to the psychiatry inpatient unit during lockdown, the clinical characteristics of these patients were analogous to the same period in the previous year.

Keywords: COVID-19; inpatient care

EPP0460

Family well-being as an important protective factor in the treatment of stress and emotional burnout among medical professionals during the COVID-19 pandemic in Russia

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doi: 10.1192/j.eurpsy.2021.829

Introduction: The COVID-19 pandemic and the need to fight it disrupt the balance between work and rest for health workers that can lead to a decrease in stress tolerance and emotional burnout appearance. The lifestyle and well-being of personal and family life can be both a “depletion” and a “resource” factor for health professionals when working under stressful conditions.

Objectives: To study the presence/absence and severity of burnout symptoms in medical professionals in the COVID-19 pandemic context; to investigate the interaction between burnout severity and overall stress levels, family well-being, and the presence of children.

Methods: The author's socio-demographic questionnaire, Stress Perception Questionnaire (Linville, 1987), modified Pandemic Perception Questionnaire (Broadbent et al., 2006), Maslach Burnout Inventory (Maslach et al., 1996), State-Trait Anxiety Inventory (Spielberger et al., 1983) were used. The study was conducted online from April 27 to October 26. It involved 249 medical workers, including 58 men and 191 women.

Results: Health workers who have children show greater confidence in their professional competence (41.28 ± 6.3 vs 39 ± 7 ; $p=0.007$) and (at the trend level) have a lower level of exhaustion (34.53 ± 9.2 vs 36.71 ± 10.8 ; $p=0.09$) than their colleagues without children. Although health workers in both groups have approximately the same scores for perceived stress, however, those with children put less effort to counteract stress (9.31 ± 2.5 vs 10.19 ± 2.9 ; $p=0.012$). They describe the pandemic as less dangerous compared to colleagues who do not have children (15.4 ± 5.7 vs 16.7 ± 5.1 ; $p=0.042$).

Conclusions: Perhaps the very possibility of switching attention from a vitally dangerous topic to more positive aspects of life allows medical staff who have children to feel less exhausted and maintain faith in their own strength.

Keywords: stress; emotional burnout; medical professionals; COVID-19 pandemic

EPP0461

Prevalence of dysfunctional breathing associated with anxiety during the COVID-19 pandemic in Russia

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doi: 10.1192/j.eurpsy.2021.830

Introduction: The COVID-19 pandemic has become a situation of increased concern due to health threats and increased uncertainty. The risk of infection with the respiratory system coronavirus attracts increased attention to respiratory sensations. These two aspects can be beneficial grounds for the dysfunctional breathing-changes emergence in the breathing pattern that does not correspond to physiological needs.

Objectives: To study the prevalence of dysfunctional breathing associated with anxiety during the COVID – 19 pandemic in Russia.

Methods: The author's socio-demographic questionnaire, the Naimigen Questionnaire, The State-Trait Anxiety Inventory were used. The survey was conducted online in May 2020. There were 582 participants (496 women & 86 men) between the ages of 18 and 64.

Results: The severity of dysfunctional breathing significantly correlated with the height of personal anxiety ($r=0.488$, $p=0.000$). Women are more likely than men to have dysfunctional breathing (18.1 ± 9.6 vs 11.6 ± 7.9 ; $p=0.000$) and have more expressed personal anxiety (26 ± 10.5 vs 19.8 ± 9.7 ; $p=0.000$). The age of respondents has an inverse correlation with personal anxiety ($r=-0.147$, $p=0.000$), but not with dysfunctional breathing. Respondents who consider coronavirus to be a very dangerous trend to have dysfunctional breathing more than those who believe that the danger of coronavirus is exaggerated (18.1 ± 10 vs 15.9 ± 8.9 ; $p=0.052$).

Conclusions: During the COVID-19 pandemic, the risk of dysfunctional breathing increases in a wide range of the population, especially among women. Since one of the dysfunctional breathing symptoms is a feeling of “difficulty inhaling”, anxious people may interpret this as shortness of breath in COVID-19, which may motivate them to seek medical help, thereby artificially increasing the burden on the health system during the COVID-19 pandemic.

Conflict of interest: No significant relationships.

EPP0462

Stress, health and lifestyle behaviours during COVID-19 home confinement in portuguese adults

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doi: 10.1192/j.eurpsy.2021.831

Introduction: The confinement associated with COVID-19 pandemic was an experience with significant physical and mental health implications, including higher stress levels, decreased sleep quality, pain symptoms and changes in lifestyle behaviours.

Objectives: The main goal of this study was to analyze the relationship between stress and health variables (sleep, health symptoms, health perception, and lifestyle behaviours) in a Portuguese university during COVID-19 home confinement.

Methods: A cross-sectional online survey design was conducted. A sample of 263 Portuguese workers (64.3% females), with mean age of 48.3 years ($sd=8.9$), filled in the PSS10, answering questions concerning health symptoms (perceived health, pain symptoms