

Introduction: In these unprecedented times, the medical workers particularly at the frontlines of the pandemic are vulnerable to psychological trauma rooted in the new demands of their work, as well as the prevailing sense of insecurity and safety concerns for themselves and their loved ones.

Objectives: To explore the mental health impact of the covid-19 pandemic on the front-line health care workers in a tertiary care hospital in Rawalpindi, Pakistan

Methods: Frontline healthcare workers will include all doctors, nurses and paramedical staff performing duties that involve dealing directly with known or suspected cases of COVID-19 at triage clinics, ICUs and isolation wards. Depression Anxiety and Stress Scale (DASS) and Impact of events scale-revised (IES-R) were administered to them to assess the mental health of these frontlines.

Results: A total of 94 frontlines were included in the study. 76(80.9%) had no significant depression while 18 (19.1%) had presence of significant depression. 62 (66%) had no significant anxiety while 32 (34%) had significant anxiety. Female gender and degree of contact with high clinical suspicion cases were significantly related with presence of anxiety and depression among the study participants. Being female, single, a nurse or a paramedic and degree of contact with high clinical suspicion cases was significantly related with presence of stress among the frontlines. People working in ICU or corona isolation unit had more chances of having trauma as compared to other frontlines.

Conclusions: Depression, anxiety, stress and trauma were common among the front liners fighting in this pandemic

Keywords: Covid 19; health care workers; mental health

EPP0293

Psychiatric morbidity among patients tested positive and isolated for COVID-19

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Introduction: In this crisis situation when everybody has been emphasizing on preventive measures, screening, early recognition and provision of necessary equipment, less emphasis has been laid on the mental health of the sufferers who have been listening news and following social media reporting catastrophe linked with COVID 19.

Objectives: To look for the psychiatric morbidity and associated socio-demographic factors among patients tested positive and isolated for covid-19

Methods: All patients tested positive for covid-19 and admitted in Covid-19 ward of Malir hospital without any associated complications were included in the study. General Health Questionnaire-12 (GHQ-12) was administered to look for the presence of psychiatric morbidity. Chi-square test and binary logistic regression analysis were the tests applied to look for the relationship of various socio-demographic factors with presence of psychiatric morbidity among the target population.

Results: Out of 61 patients included in the study, 45 (73.7%) showed the presence of psychiatric morbidity while 16 (26.3%) did not show psychiatric morbidity when screened with GHQ-12. 43 (70.4%) were male while 18 (29.6%) were female. Mean age of the patients was 35.21 ± 2.355 years. Regression analysis revealed that advanced age and female gender have statistically significant relationship (p -value<0.05) with presence of psychiatric morbidity among patients of covid-19.

Conclusions: A considerable number of patients had psychiatric morbidity after being tested positive for covid-19 and isolated in the health facility. Female patients and patients with age more than 40 years were found to be more at risk of developing psychiatric morbidity among the patients admitted in covid-19-ward.

Keywords: COVID-19; psychiatric morbidity; socio-demographic factors

EPP0296

Prevalence of maternal burn out and depression in tunisia during the coronavirus pandemic

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Introduction: Lockdown due to coronavirus pandemic has been a stressful experience especially to mothers. Juggling work from home and childcare has led to maternal burn out and depression.

Objectives: The aim of the present study was to assess maternal burn-out rate during lockdown and its eventual relationship with depression and associated factors

Methods: 156 Tunisian mothers responded to online questionnaire posted on social network after 1 month of lockdown. The questionnaire evaluated burnout and depression as measured by the Maslach Burnout Inventory (MBI) and depression and anxiety symptoms (HADS) respectively.

Results: The participants were aged between 24 and 64 years and 61.5% had more than one child. Mean score on the BMS10 was 4.11 out of 7 maximum score with 71.8% of participants fulfilling criteria for maternal burn-out. Among them, 30.1% had high level of burn out and 9.6% extreme burn out. The main factors associated with maternal burn out were age of children, financial difficulties and lack of leisure activities. Mother's age, perceived husband support, medical or psychiatric history haven't been associated with maternal burn out. HADS questionnaire indicated that 38.5% of mothers had moderate to severe anxiety disorder and 35.9% had moderate to severe depressive disorder. A positive correlation was found between burnout and anxiety ($r=0.634$, $p<0.001$) and burn out and depression ($r=0.515$, $p<0.001$).

Conclusions: The prevalence of maternal burn out during lockdown was significantly high resulting in higher rate of depression than usual. However, severe forms of burnout may share several characteristics with depression raising the question of overlap of these two entities.

Keywords: coronavirus; lockdown; maternal burn out; Depression

EPP0299

Burn-out syndrome in healthcare practitioners- a narrative literature review

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Introduction: Burn-out syndrome is an underestimated entity in the medical environment, and lack of health policies for screening, prevention and early phase treatment strategies may be responsible for complications of this syndrome, e.g. major depression, substance use disorders, or anxiety disorders. Large variations in the estimation of burn-out prevalence in healthcare providers may be related to poorly designed epidemiological trials and lack of well-defined criteria for diagnosis.

Objectives: To analyse the current evidence in the literature about the diagnosis and treatment of burn-out syndrome in physicians and auxiliary personnel.

Methods: A literature review was performed through the main medical databases (Cochrane Database of Systematic reviews, PubMed, Thomson Reuters/Web of Science, SCOPUS, EMBASE, CINAHL) using the search paradigm “burn-out” AND “healthcare providers” OR “physicians” AND “nurses”. All papers published between January 2000 and August 2020 were included in the primary analysis.

Results: A large number of papers were detected in the primary analysis (n=245), but only 15 remained after the inclusion/exclusion criteria were applied. Maslach Inventory for Burnout is the most extensively used instrument for screening, but its validity is questioned, and new instruments have been created, but less frequently applied. Cognitive behavioral therapy led to improvement of the emotional exhaustion in multiple trials. Meditation techniques, music therapy, structured physical exercises, and management-related interventions have been associated with low to moderate degree of success.

Conclusions: Burn-out syndrome is a still insufficiently explored diagnosis and more good-quality epidemiological and clinical trials are needed in order to support adequate prevention and treatment strategies.

Keywords: burn-out; COVID-19; first line responders; healthcare practitioners

EPP0302

Online group psychotherapy for patients with binge eating disorder during COVID-19 emergency

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Introduction: On March 13th 2020, in execution of the Law Decree 14/2020 regarding the reorganization of National Health Care related to COVID-19 emergency, all non-urgent outpatient healthcare services were suspended in Italy. The present work describes remote support and online group psychotherapy set in motion during COVID-19 emergency for outpatients with Binge Eating Disorder.

Objectives: Aim of the present work is to describe and evaluate online support and group psychotherapy for outpatients with Binge Eating Disorder during lockdown due to COVID-19 emergency. Outcomes were evaluated by remote administration of questionnaires.

Methods: 20 outpatients with Binge Eating Disorder, treated by psychotherapists of Hospital Psychology Unit in Psychiatry Day

Hospital of an Italian General Hospital, received remote support by phone calls and online group psychotherapy from march to may 2020. During the first two weeks, patients were supported via phone calls. From the third week on, they took part to online group psychotherapy sessions, held every week at the same day and time. Pre-post remote administration of Clinical Outcomes in Routine Evaluation-Outcome Measure (CORE-OM) and the Questionnaire of Eating Behaviours (Scheda dei Comportamenti Alimentari, SCA) was used to evaluate outcomes. Data were analyzed by Student's t-test.

Results: No significant difference was found, thus indicating stability of symptomatology.

Conclusions: Lockdown was a highly stressful period, in which many people lost control on eating behaviours and those with Binge Eating Disorder were expected to have an exacerbation of symptoms. Remote support and online group psychotherapy proved effective in protecting patients from a possible aggravation of their condition.

Keywords: binge eating disorder; online group psychotherapy; COVID-19 emergency; online psychotherapy

EPP0303

Impacts of social distancing during the covid19 pandemic on the development of children with autism in Brazil

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Introduction: COVID-19 is a respiratory disease and its main symptoms are fever, dry cough and difficulty breathing. It spread to several countries, which led the World Health Organization to decree, on March 11, 2020, a pandemic state that deeply affected Brazil. Due to the impossibility of leaving the house, the routine of children with autism was changed. Children in Autism Spectrum Disorder (ASD) have a qualitative deficit in social interaction. Clinical and daily observations reinforce several scientific studies that defend the importance of maintaining a routine as stable as possible for people with ASD, without this stability they may become emotionally disorganized, feel discomfort or even irritability.

Objectives: Investigate the impact caused by social distancing on the development of children and adolescents with autism.

Methods: An online questionnaire based on the DIR/Floortime basic map of emotional functional capacity development was distributed in Brazil from April to May, 2020. The results were analyzed using SPSS software.

Results: Results obtained from 122 questionnaires showed that after 30 days of quarantine 20% of children no longer had the characteristic of being able to remain calm and organized for at least 2 minutes; 11% no longer initiates interactions with their parents; 27% demonstrated more protests and anger than before the social distancing; 18% demonstrated more emotions such as anger, fear and intimacy, 28% began to understand their limits and 12% of the children are using greater facial expression during the social distancing.