

Conclusions: Combining different sources and forms of evidence was efficient and valuable in creating a novel decision-making tool for persons with dementia and their families within the context of COVID-19. The decision-aid covered care planning, caregiver support systems, access to information and contingency considerations. Upon publication, the tool was adopted by NHS England and other leading healthcare organisations.

Disclosure: No significant relationships.

Keywords: COVID-19; Decision-making; Place of Care / Place of Death; Advance Care Planning

O065

Perinatal depression and developmental risk of the infant: Analysis of a clinical sample and assessment of the impact of the COVID-19 pandemic

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Introduction: Studies on large samples agree on the negative impact of maternal perinatal depression (PD) on child's cognitive development. Early experience with insensitive maternal interactions appears to be predictive of poorer cognitive functioning. These children present a higher risk for the onset of socioemotional development, nutrition, growth and sleep disorders. Research on Covid-19 pandemic suggests that families, particularly mothers, may be at increased risk of psychological distress.

Objectives: This study evaluates the effect of perinatal depression on child development and the impact of distress caused by the Covid-19 pandemic.

Methods: We designed a case-control study comparing, during Covid-19 pandemic, a group-A of children of mothers with PD (n=19), with a group-B of children of healthy mothers (n=21). The age of the children recruited was 4-35 months. Participating mothers underwent DP3-Interview and the socioemotional and adaptive-behavior Bayley's scales by telephone and completed an online survey (IES-R).

Results: We found significantly lower scores on the Bayley socio-emotional scale and in all the DP3-scales, in group-A. There is an inversely proportional correlation between the age of these children and overall development score of the DP3. On the IES-R scale, the medium scores in both groups show no psychological distress as a consequence of the Covid-19 pandemic, although mothers with PD show borderline total scores and higher hyper-arousal scale values.

Conclusions: This study confirms that PD is a risk factor for the onset of disorders in all areas of the child's development. Mothers with PD are less likely to manage psychological distress secondary to the pandemic.

Disclosure: No significant relationships.

Keywords: Mother-child interaction; Child development; COVID-19; Perinatal depression

O066

The impact of COVID-19 pandemic on suicides in Portugal during the emergency state

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Introduction: The mental health impact of the COVID-19 pandemic is well documented. Portugal entered the emergency state on 19th march due to rising numbers of infected patients. The emergency state introduced regulatory measures that restricted people's movements, applied a curfew, and closed most non-essential spaces and activities, such as shops and religious celebrations.

Objectives: To evaluate the rates of suicides during the emergency state in Portugal.

Methods: We obtained the number of probable suicides during 19th march and 2nd may 2020, 2019 and 2018 from SICO/eVM (Real Time Mortality Electronic Surveillance). This system is used for health planning in Portugal and provides provisory data which is updated every 10 minutes. Excel[®] was used for the statistical analysis.

Results: During the Emergency State in Portugal there were 57 probable suicides. Comparing to the same period in 2018 and 2019, there were 62 and 70 probable suicides, respectively. Social isolation, anxiety, fear of contagion, chronic stress, and economic difficulties may lead to the development or exacerbation of depressive, anxiety, substance use, and other psychiatric disorders. Literature on suicides due to COVID-19 mention not only fear of infection, but also social isolation and distancing and economic recession as causes for suicide attempts and completions.

Conclusions: During the emergency state there was not an increase of probable suicides, compared to previous years. The greater vigilance of people's movements may have deterred many attempts. However, policymakers and health care providers must be alert as the current psychosocial predispose to an increase in suicide rates.

Disclosure: No significant relationships.

Keywords: Suicide; COVID-19

O067

In this study: Adapting to the new normal in COVID-19 pandemic; a global survey & literature review

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Introduction: Globally, governments have enforced protective measures of social distancing to prevent COVID-19 spread. The lifestyles of public have essentially transformed due to these actions. This study evaluates the effects of COVID-19 on connections and behavior/life adaptations.

Objectives: Changes in life style and behavior in COVID-19-Pandemic

Methods: We conducted a global cross-sectional study via survey on phone apps and social media platforms in population aged ≥ 16 , including questions regarding demographic data and lifestyle changes. We also searched databases APA PsycNet, PubMed, PsycINFO, and Medline; reviewed 40 articles and included 3 in this review, a cross-sectional online survey¹, a planned questionnaire², and a study on 600 adolescents, age 10-19 in Palestine³

Results: Our survey data showed total of 1002 responses, 31.7% decreased sleep, 42.1% increased appetite, 70.6% bulk-buying, and 50.2% weight gain. 43.1% less socialization than before, 78.7% increased screen time, 53.5% excessive hand washing/wiping surfaces, 45% reported social distancing facilitated in overpowering the fear of contracting infection, 29.4% negative impact on relationships, 80.7% noticed changes in behavior including shaking hands/hugging/speaking with a mask on, 49.5% adopted new hobbies, 34.9% showed increase in meditation. The literature review revealed that since COVID-19, there is an increase in screen time, weight, appetite, sleep, and a decrease in physical activity¹⁻³, and greater adherence to the Mediterranean diet in younger population²

Conclusions: COVID-19 induced quarantine has caused increased screen time, appetite, weight gain, adoption of new hobbies, bulk-buying, hand washing, meditation, reduced sleep, and negatively impacted interaction/relationships. COVID-19 pandemic is ongoing and our data needs further assessment in more population studies.

Disclosure: No significant relationships.

Keywords: Covid-19; behavioral changes; life style modifications

O069

The COVID-19 lockdown: Impact on the mental wellbeing of out-patients with chronic medical conditions in a teaching hospital in nigeria

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Introduction: Lock-down restrictions were introduced in most countries of the world at the onset COVID-19 pandemic. It was associated with serious implications for healthcare delivery, with affectation of access to medical services for patients with chronic medical conditions. It is important to assess the impact of this on the subjective feeling of mental wellbeing in these patients.

Objectives: This study aimed to assess the access to health care services during the lock-down as well the perceived affectation of the mental, physical and social wellbeing and their related factors in patients with chronic illnesses in Ilorin.

Methods: This study was a cross-sectional study, involving 166 patients being managed for different chronic medical conditions, attending the Medical Outpatient Clinics of the University of Ilorin Teaching Hospital. A socio-demographic questionnaire and a structured questionnaire designed by the researchers was used.

Results: The mean age of all respondents was 49.5 $\pm$ 18.5. 25.3% of respondents were being managed for heart-related conditions. 54 respondents(32.5%) reported a negative affectation of their mental wellbeing, which included changes in mood, sleep pattern and feelings of being overwhelmed and unable to cope properly. The age ($p=0.031$) and employment status($p=0.015$) of the patient were significantly associated with a subjective feeling of negative affectation of wellbeing.

Conclusions: The impact of the COVID-19 pandemic lockdown on the mental well-being of patients with chronic medical conditions is significant and calls for a more strategic plan for delivery of health care services during pandemic situations with focus on the mental well being of patients.

Disclosure: No significant relationships.

Keywords: COVID-19; LOCKDOWN RESTRICTION; MENTAL WELLBEING

O070

Psychopathological consequences and dysfunctional behaviours during the COVID-19 epidemic in Italy: A longitudinal study before and after the lockdown

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Introduction: In the first months of 2020 the COVID-19 epidemic spread in Italy, and the Italian government implemented a general lockdown. These events are at high risk for psychiatric symptoms in the general population, including anxiety/depression and post-traumatic stress symptoms (PTSS).

Objectives: To characterize the psychopathological correlates of the spread of COVID-19 and lockdown in a sample of subjects from the Italian population, with a before-after follow-up.

Methods: Six weeks after the lockdown, 671 subjects aged 18-60 years completed the Brief Symptom Inventory and Impact of Event Scale-Revised, for the evaluation of psychopathology and PTSS respectively. Environmental factors and subjectively-perceived deteriorations related to COVID-19 were also investigated. Pre-COVID-19 data on psychopathology, collected in December 2019/January 2020, were available for 130 subjects and were used for longitudinal analyses.

Results: With respect to males, female subjects more frequently reported deteriorations of relations (21.5% vs 10.9%), household arguments (26.0% vs 12.6%), sleep quality (47.6% vs 26.6%), episodes of overeating (22.5% vs 12.5%), worries for oneself (19% vs 8.9%) and for loved ones (55.7% vs 36.5%). These changes were associated with increased psychopathology, PTSS, and numerous environmental conditions, including significant economic damage from COVID-19/lockdown. Longitudinal analyses showed an