O0117

Changes in compassion and fears of compassion during the COVID-19 pandemic: Findings of a multinational study

M. Matos[1]* and C. Compassion & Covid-19[2]

[1]Center for Research in Neuropsychology and Cognitive and Behavioral Intervention (CINEICC), University of Coimbra, Coimbra, Portugal and [2]Multinational, Multinational, Multinational
*Corresponding author.
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Introduction: Cross-sectional data has shown that compassion for self and from others may be a protective factor for greater psychosocial wellbeing in the COVID-19 pandemic whilst fears of compassion act as a risk factor for experiencing mental health difficulties.
Objectives: The current study sought out to explore the natural fluctuation of compassion (for self, for others and from others) and of fears of compassion (for self, for others and from others) across time during the COVID-19 pandemic in a multinational community sample.
Methods: Data from 4057 participants from 21 countries was collected at 3 time points during the pandemic (baseline, 3 months and 6 months). Other than demographic variables, participants completed the Compassionate Engagement and Action Scales and the Fears of Compassion Scales. Multilevel latent growth modelling was used to investigate the main aims.
Results: There was a significant increase in compassion for self and from others, whilst compassion for others remained unchanged throughout the 3 time points [Chi square 349.30(df=50) p< .001; RMSEA .035; CFI .93; TLI .91; SRMR (within) .043; SRMR (between) .70]. Fears of self-compassion and compassion for others significantly reduced throughout the pandemic whilst fears of compassion from others remained stable [Chi square 406.57 (df=50) p< .001; RMSEA .038; CFI .96; TLI .94; SRMR (within) .042; SRMR (between) .35].
Conclusions: The findings from this study seem to suggest that in a period of shared suffering people from multiple countries and nationalities tend to become more compassionate and less afraid of and resistant to compassion for and from others.

Disclosure of Interest: None Declared

O0118

Changes in UK Pre-Schooler's Mental Health Symptoms over the first year of the Covid-19 pandemic: data from Co-SPYCE Study

H. Dodd[1]*, S. Skripkauskaite[2], A. Shum[2], P. Waite[2] and P. Lawrence[3]

[1]Exeter Medical School, University of Exeter, Exeter; [2]Department of Experimental Psychology, University of Oxford, Oxford and [3]Department of Psychology, University of Southampton, Southampton, United Kingdom
*Corresponding author.
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Introduction: The COVID-19 pandemic caused significant disruption to the lives of children and their families. Pre-school children may have been particularly vulnerable to the effects of the pandemic, with the closure of childcare facilities, playgrounds, playcentres and parent and toddler groups limiting their opportunities for social interaction at a crucial stage of development. Additionally, for parents working from home, caring for pre-school aged children who require high levels of support and care, was likely challenging
Objectives: We aimed to conduct an intensive longitudinal study to examine trajectories of pre-schoolers' mental symptoms in the United Kingdom during the first year of the COVID-19 pandemic.
Methods: UK-based parents and carers (n = 1520) of pre-school-aged children (2 to 4 years) completed monthly online surveys about their pre-schoolers' mental health between April 2020 and March 2021. The survey examined changes in children's emotional symptoms, conduct problems and hyperactivity/inattention.
Results: Pre-schoolers' emotional problems and hyperactivity/inattention symptoms declined from April through summer 2020 and then increased again during the autumn and winter 2020/2021 as lockdowns were re-introduced. Pre-schoolers who attended childcare showed greater decline in symptom severity than those who did not. Older children, compared to younger, showed greater lability of emotion symptom severity. Attending childcare predicted lower symptom severity across all three domains of conduct problems, emotional symptoms, and hyperactivity/inattention, while the opposite pattern was observed for children whose parent had a mental health problem.
Conclusions: Our findings reinforce the importance of examining pre-schoolers' mental health in the context of micro and macro-level factors. Interventions focusing on family factors such as parent mental health, as well as continued provision of childcare, may have most potential to mitigate the impact of COVID-19 on young children's mental health.

Disclosure of Interest: None Declared

O0119

Cognitive impairment after post-acute COVID-19 infection: a systematic review of the literature

N. Sansone*, P. Pezzella, A. Perrottelli, G. M. Giordano, E. Caporusso, L. Giuliani, P. Bucci, A. Mucci and S. Galderisi

University Of Campania "Luigi Vanvitelli", Naples, Italy
*Corresponding author.
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Introduction: After coronavirus disease 2019 (COVID-19) infection, many individuals reported neurological and psychiatric sequelae, including cognitive impairment, even several months after the acute infection.
Objectives: The present study aims to provide a critical overview of the literature on the relationships between post-acute COVID-19 infection and cognitive impairment, highlighting limitations and confounding factors.
Methods: A systematic search of articles published from January 1st, 2020, to July 1st, 2022 was performed in Pubmed/Medline. We followed the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines.

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