

June 2020. The questionnaire included sociodemographic information, coping strategies, changes in income and working conditions and psychological distress (K10 Scale).

Results: 3102 participants over 18 years answered the questionnaire. 69.9% reported psychological distress mainly women (82.2%), members of the public health system (59%), dependent workers (39.8%), people who suffered income reduction (36.8%), and those who changed their employment status (26.4%). Participants who presented income reduction were 1.83 times more likely to present psychological distress than those without changes ($p < 0.001$)

Conclusions: Pandemic crisis had impacted population health, especially in some specific groups that could be targeted for future interventions.

Keywords: psychosocial; COVID-19; Chile; mental health

EPP0276

Digital solutions for mental health care during the COVID-19 pandemic: A systematic qualitative review and swot analysis

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doi: 10.1192/j.eurpsy.2021.686

Introduction: Since its early stages, the Covid-19 outbreak has posed immense challenges for effective, scalable and rapid interventions. Telehealth approaches have been considered as key part of an effective pandemic response.

Objectives: The aim of this systematic review was to evaluate the role of digital solutions in fighting the mental health needs during COVID-19 outbreak.

Methods: This review was conducted through searching four databases including PubMed, Scopus, Web of Science, and Science Direct. Inclusion criteria included studies clearly defining any use of telehealth services in all aspects of mental health care during COVID-19 outbreak, published from December 31, 2019 to October 31, 2020, written in English language and published in peer-reviewed journals. Narrative synthesis was undertaken to summarize the findings according a SWOT (strengths, weaknesses, opportunities, threats) analysis.

Results: 62 studies met the inclusion out of the 278 search results. Data converged on: strengths in minimizing the risk of Covid-19 transmission, reduction of travel time and costs, comparable effectiveness to in-person care; weaknesses i.e. decreased ability to detect non-verbal cues, lower therapeutic alliance, possible technical connection problems; opportunities in improving the healthcare system and expanding its accessibility for patients also for the future; threats such as privacy and legal issues, and risk to overlook vulnerable populations (e.g. elderly, marginalized ethnic minorities).

Conclusions: In the midst of a global mental health emergency, telehealth may represent a "virtually perfect" solution. However, further implementations facing issues of quality, justice and healthcare equity are required to ensure that all patients receive the care they need.

Keywords: telehealth; COVID-19; health equity; review

EPP0277

Anxiety and coping in the situation of pandemic as factors of sleep-related complaints during lockdown

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doi: 10.1192/j.eurpsy.2021.687

Introduction: Sleep-related complaints are among the most common during pandemic, along with anxiety and depression (Huang, Zhao 2020, Rajkumar 2020). Their prevalence is associated with anxiety about the pandemic (Roy et al., 2020), online information search (Moghanibashi-Mansourieh, 2020, Wang et al., 2020).

Objectives: The aim was to reveal relationship between the type anxiety and coping during pandemic and sleep-related complaints after 3-4 weeks of lockdown.

Methods: 203 adults aged 18 to 59 years filled situational version COPE (Carver et al., 1989) and scales measuring anxiety of infection and pandemic consequences (Tkhostov, Rasskazova, 2020) in the mid-April 2020 after 2-3 weeks of lockdown in Russia. After 3-4 weeks, they filled in a modified insomnia severity index (Morin, 1991) appraising how much worse their sleep and daytime functioning during this period (Cronbach's alpha .62-.73).

Results: Prevalence of sleep and day functioning related complaints during lockdown varied 19.3%-30.5%. Complaints were associated with anxiety only if it reaches dysfunctional level (interfering with daily activities, $r = .17-.34$, $p < .05$) and coping strategy of mental disengagement ($r = .15-.19$, $p < .05$). Sleep complaints were related to substance use to cope with lockdown problems while complaints on daytime functioning correlated were more common among young respondents ($r = -0.22$, $p < .01$).

Conclusions: Complaints about poor sleep during a pandemic are not related to the general severity of pandemic anxiety, but to the dysfunctional level of anxiety and attempts to avoid it. Research is supported by the Russian Foundation for Basic Research, project No. 20-013-00740.

Conflict of interest: Research is supported by the Russian Foundation for Basic Research, project No. 20-013-00740.

Keywords: lockdown; Anxiety; coping; sleep-related complaints

EPP0278

For control of COVID-19: the development of regular mass testing of COVID-19 in old age psychiatry wards.

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doi: 10.1192/j.eurpsy.2021.688

Introduction: COVID-19, was declared a pandemic by World Health Organisation on March 11, 2020. Older people with dementia or those with multimorbidity are more vulnerable to infection