

## EPV0157

**Tunisians peoples dealing with death in COVID-19 pandemic: Lived experiences of grief**

H. Ghabi, A. Aissa\*, S. Meddouri, U. Ouali and F. Nacef

Psychiatry A, Razi Hospital, Manouba, Tunisia

\*Corresponding author.

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**Introduction:** As Dame Cecily Saunders said, “How people die remains in the memory of those who live on.” For Muslim people, funerals and burial procedures are crucial moments that help them come to terms with the loss of a loved one. The COVID-19 pandemic has disrupted usual experiences of grief since funerals and burials are held without the presence of family. Approaches to support grief are needed to be adapted to these particular circumstances.

**Objectives:** Describe the lived experiences of grief of the Muslim Tunisian family for patients who died due to COVID -19.

**Methods:** This was a qualitative study with a phenomenological approach. Data of patients who died due to COVID -19 were collected. One family member or more of each deceased was contacted. Semi directive interview was conducted to help participants to describe the lived experience.

**Results:** 30 persons participated in this study. The reactions of participants towards death were crying, being sad, and being choked. The reactions of grief were influenced by several factors. These included: the circumstances of the deceased, relationship with him, the hospitalization in an intensive care unit, doctors' expectation, and the average length of stay in hospitals before the death. Islamic religious beliefs influenced the way family experienced grief, mainly toward the management of the dead body and the imposed funeral protocol.

**Conclusions:** This study describes the devastating impact of COVID-19 toward lived experiences of grief of Muslim Tunisian. In light of these results, grief therapies should be adapted and evaluated in this population.

**Disclosure:** No significant relationships.

**Keywords:** Grief; Muslim tunisian family; COVID-19; lived experiences

## EPV0159

**The impact of COVID-19 lockdown - case report**B. Jesus<sup>1\*</sup>, J. Martins Correia<sup>1</sup>, S. Freitas Ramos<sup>2</sup>, D. Cruz E Sousa<sup>1</sup> and M.I. Fonseca Marinho Vaz Soares<sup>1</sup>

<sup>1</sup>Department Of Psychiatry And Mental Health, Local Health Unit of Guarda, Guarda, Portugal and <sup>2</sup>Psychiatry And Mental Health, Hospital, Guarda, Portugal

\*Corresponding author.

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**Introduction:** In early 2020, governments started to implement different forms of public health measures, from physical distancing recommendations, to stay-at-home orders, to limit the propagation of COVID-19. Here we report the case of a 41-year-old woman, with a diagnosis of panic disorder. During the end of the lockdown, the patient presented psychopathological worsening, from her fear of

Covid-19 infection, stemming from a heart failure disease and concerns regarding the hygiene and safety measures of those around her.

**Objectives:** Presentation of a clinical vignette.

**Methods:** Selection and analysis of clinical case and review of the literature using PubMed database.

**Results:** The COVID-19 pandemic and the measures adopted to prevent the spread of the disease had a huge impact on a personal, social, and economic level for the world population. The rise of fear and anxiety among people due to uncertainty about the disease are coupled with essential yet disruptive measures such as lockdowns and quarantines. The chronically ill population are especially vulnerable during such circumstances and require addressing their physical health and any psychological difficulties they might experience, being at higher risk of suffering physically from the pandemic's disease as well as psychologically from the implemented countermeasures.

**Conclusions:** This vignette provides a case where a person's psychiatric conditions are worsened due to the end of a pandemic lockdown, rather than the lockdown itself. Additional work should aim at comparing the experiences of the different countries affected by the pandemic in order to understand the size of the psychological impact, the potential risk and protective factors.

**Disclosure:** No significant relationships.

**Keywords:** COVID-19; Anxiety; lockdown; mental health

## EPV0162

**Psychological impact and coping strategies of medical students during university closure due to COVID-19 in a state university in Sri Lanka – an online survey**Y. Rohanachandra<sup>1\*</sup>, P. Seneviratne<sup>1</sup>, L. Amarakoon<sup>1</sup> and S. Prathapan<sup>2</sup>

<sup>1</sup>Department Of Psychiatry, University of Sri Jayewardenepura, Nugegoda, Sri Lanka and <sup>2</sup>Department Of Community Medicine, University of Sri Jayewardenepura, Nugegoda, Sri Lanka

\*Corresponding author.

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**Introduction:** Loss of routine, disengagement from peers and adapting to distant learning during the pandemic may lead to psychological distress in medical students. Psychological impact of the pandemic on medical students has not been assessed in Sri Lanka

**Objectives:** To identify the psychological impact and coping strategies of medical students during the pandemic.

**Methods:** An online survey was done among 527 medical students in a state Medical Faculty in Sri Lanka. Depression Anxiety Stress Scale (DASS-21) was used to measure psychological impact.

**Results:** The main worries among the students was upcoming exams (74.4%, n=389) and taking a longer time than expected to complete their undergraduate medical education (68.1%, n=356). 68.7% (n=362) of the respondents experienced difficulty in working up the initiative to do things and 62.6% (n=330) had tendency to overreact to situations. Depressive symptoms were present in 40.8%, anxiety in 34% and high levels of stress were seen in 24.7%. In 10.8% depression was severe and anxiety was severe in 10.3%. Depression (p<0.01), anxiety (p<0.05) and stress (p<0.01) were significantly higher in students with a past history of psychiatric disorders. Depression, anxiety or stress was not associated with the gender, ethnicity, family income or living circumstances.

The main coping strategy of the participants was engaging more with family (73.4%).

**Conclusions:** Given the high levels of psychological distress, supportive strategies should be designed to minimize the psychological impact in this vulnerable group.

**Disclosure:** No significant relationships.

**Keywords:** medical undergraduates; Depression; Anxiety; stress

## EPV0164

### Attention deficit hyperactivity disorder (ADHD) & COVID-19: Attention deficit hyperactivity disorder: Consequences of the 1st wave

I. Insa<sup>1\*</sup> and J.A. Alda<sup>2</sup>

<sup>1</sup>Child And Adolescent Mental Health Service, Sant Joan de Déu Hospital, Esplugues de llobregat, Spain and <sup>2</sup>Child And Adolescent Mental Health, Sant Joan de Déu Hospital, Esplugues de llobregat, Spain

\*Corresponding author.

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**Introduction:** In times of pandemic as Covid-19, as in disaster situations, there is an increased risk of Post-Traumatic Stress Disorder, Depression, and Anxiety (Kaufman et al., 1997; Douglas, Douglas, Harrigan, & Douglas, 2009; Guessoum et al., 2020). The measures taken have affected individual freedoms for the benefit of community health by seeking to reduce the spread of the virus, although the side effects can cause profound damage to society, especially in those most vulnerable populations such as children and adolescents with ADHD.

**Objectives:** This study aims to assess the psychopathological state and possible consequences of the first wave of the Covid-19 pandemic.

**Methods:** This study is part of the Kids Corona, an institutional research project of the Hospital de Sant Joan de Déu and the Fundació de Sant Joan de Déu to provide a social and research response to the Covid-19 Pandemic. To assess the impact of Covid on children and adolescents with ADHD a cross-sectional study was conducted between 20 and 30 July 2020 with a battery of questionnaires. The Child Behavior Checklist (CBCL), the Sleep Disturbance Scale for Children (SDSC), the Screen for Child Anxiety Related Disorders (SCARED), the Children's Depression Inventory (CDI) were used.

**Results:** 70% of children and adolescents aged 7 to 12 years with ADHD had sleep disorders, the 54% had anxiety symptoms and 9% had a depressive disorder.

**Conclusions:** Children and adolescents with ADHD are a vulnerable population to the effects of Covid, with anxiety, depression, and sleep disorders.

**Disclosure:** No significant relationships.

**Keywords:** ADHD; Mental health; Child; adolescent; Covid-19; first wave

## EPV0165

### Changes in moral decision-making during the COVID-19 pandemic

S. Enikolopov, T. Medvedeva, O. Boyko\*, O. Vorontsova and O. Kazmina

Clinical Psychology, Federal State Budgetary Scientific institution "Mental health research center", Moscow, Russian Federation

\*Corresponding author.

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**Introduction:** Stress can influence moral decisions.

**Objectives:** The aim of the study was to evaluate whether the stress experienced by people during the COVID-19 pandemic can change moral decision making.

**Methods:** 311 respondents took part in the Internet survey 30.03.20-31.05.20, including SCL-90-R, and a subset of moral dilemmas proposed by Greene J.D (30 dilemmas in Russian), with «footbridge dilemma» among them as a personal dilemma and «trolley dilemma» as impersonal. The relationship of utilitarian personal dilemmas choices with psychopathological characteristics was analyzed. Personal moral dilemma choices were considered separately, in subgroups with a high level of somatization (N=107) and a high level of psychopathological symptoms (N=76).

**Results:** The results showed an increase in personal dilemmas choices: 2.84 mean utilitarian choice in March - April and 3.17 in May (Univariate Analysis of Variance, age, gender as Covariates,  $p < 0.01$ ). At the beginning of the study the groups did not differ in the number of utilitarian personal choices, and at the end of the study the number of personal choices increased in the subgroup with a high level of psychopathology (4.7 utilitarian choices in May) and became statistically higher than in other groups (ANOVA with Bonferonni correction). In the subgroup with a high level of somatization, personal choices slightly decreased by the end of the survey (2.68 choices).

**Conclusions:** The level of stress during the COVID-19 ambiguously affects moral decisions: a higher level of psychopathological symptoms leads to an increase in utilitarian choices and a high level of somatization leads to a decrease in utilitarian choices.

**Disclosure:** No significant relationships.

**Keywords:** Moral decision-making; COVID-19; Moral dilemmas; psychopathology

## EPV0166

### Differences in psycho-social impact of COVID-19 in albania, india and iran; a cross-section online study

E. Dashi<sup>1\*</sup>, R. Ransing<sup>2</sup>, B. Vahdani<sup>3</sup> and V. Alikaj<sup>1,4</sup>

<sup>1</sup>Department Of Neuroscience, University Hospital Center "Mother Theresa", Tirane, Albania; <sup>2</sup>Department Of Psychiatry, BKL Walawalker Rural Medical College, Ratnagiri-415606, Maharashtra, India; <sup>3</sup>Clinical Research Development Unit, Qazvine University Of Medical Sciences, Ministry of Health, Tehran, Iran and <sup>4</sup>Faculty Of Medicine, Tirana Medical University Albania, Tirane, Albania

\*Corresponding author.

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**Introduction:** After the outbreak of a new coronavirus infection (COVID-19) on 31 December 2019 in Wuhan (China), an increasing amount of information and concerns are impacting global mental health. It is already evident that apart from physical suffering, the direct and indirect psychological and social effects of COVID-19 pandemic are pervasive and could affect mental health now and in the future.