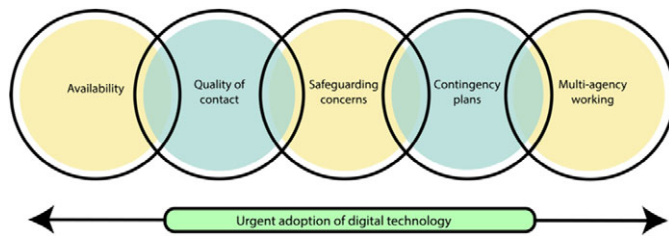**Results:** Five key themes relevant to the urgent adoption of digital technology were identified (figure 1): (1) Availability of staff for patient contact was generally felt to be improved; (2) Quality of contact was reported to be variable (e.g. some respondents reporting better rapport with patients, whereas others found remote contact interfered with rapport building); (3) Safeguarding concerns were reported to be more difficult to identify through remote consultation; (4) Contingency plans were recommended to allow for vulnerable patients for whom remote consultation was a problem; (5) Multi-agency working was reported to be strengthened.

Conclusions: The findings from this evaluation allow for an informed approach to future adoption of remote consultation in routine practice.

Disclosure: No significant relationships.
Keywords: COVID-19; Technology

O073

Stress and anxiety among healthcare workers during the COVID-19 pandemic in russia

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Introduction: Mental health of medical workers treating patients with COVID-19 is an issue of increasing concern worldwide, since previous epidemics have shown high levels of anxiety and stress in front-line healthcare professionals. The available data on stress and anxiety symptoms among healthcare workers during the COVID-19 are relatively limited and have not been evaluated in Russia yet.
Objectives: To evaluate stress and anxiety symptoms among healthcare workers directly involved in the diagnosis and treatment of patients with COVID-19 during the peak of disease outbreak in Russia.
Methods: The study was a cross-sectional hospital-based anonymous on-line survey in May 2020 of 1,090 healthcare workers practicing treatment of patients with COVID-19. Stress and anxiety symptoms were assessed using the Russian versions of Stress and Anxiety to Viral Epidemic scale (SAVE-9) and Generalized Anxiety Disorder (GAD-7) scales. Logistic regression analysis was performed to determine the influence of different variables.
Results: The median scores on the GAD-7 and SAVE-9 were 5 and 14, respectively. 49.1% respondents had moderate and 21.9% had severe anxiety according to SAVE-9. 12.3% had severe anxiety, 13.2% had moderate according to GAD-7. Female gender and younger age were associated with higher level of anxiety according to regression model.
Conclusions: Our study has shown that healthcare workers in Russia practicing treatment of patients with COVID-19 reported high rates of stress and anxiety similar to other countries. Female gender, younger age and being a physician were associated with higher levels of anxiety. These results demonstrate the importance of supportive programs for health care workers fighting COVID-19.

Disclosure: No significant relationships.
Keywords: Anxiety; COVID-19; SAVE-9; GAD-7

O074

New onset of mental disorders, lifestyle changes, and quality of relationships during COVID-19 in italian population

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Introduction: The COVID-19 pandemic has been causing relevant public health and psychosocial consequences.
Objectives: To assess the impact of the COVID-19 pandemic on mental health, lifestyle and personal relationships in the Italian general population.
Methods: An online survey spread between May and June 2020 to collect socio-demographic, clinical, lifestyle, relationship, and mental health self-reported information. Mental disorder screening was performed by the Patient Health Questionnaire and PTSD Checklist for DSM-5.
Results: Participants were 2003, 1504 of which (75%) completed the entire questionnaire (1157 females, 77%). Among the completers who have not had any mental disorder before (n=524, 35%), 263 (51.7%) met cut-off scores for psychiatric diagnoses on the self-report psychiatric screeners during the pandemic (i.e., Major Depressive Disorder, 11.3%, with death thoughts in approximately half of the cases; Panic Disorder, 1.1%; Generalized Anxiety Disorder, 13%.3, Obsessive-Compulsive Disorder, 13.2%, Post-Traumatic Stress Disorder, 7.3%; Alcohol Abuse, 5.5%). In line with this, 39% of completers complained of insomnia, while 12% and 10% started using anxiolytics and antidepressants, respectively. Approximately 7-8 % of completers started/increased alcohol and/or nicotine consumption, 33% quitted/decreased physical activity, and 40% declared decreased sexual satisfaction. Approximately 21% and 38% declared worsening in relationship with partner and difficulty in child-caring, respectively.
Conclusions: The COVID-19 pandemic appears to be a risk factor for new onset of mental disorders and worsening in lifestyle and familial relationships in the Italian population. These results should be confirmed by clinical interviews, and may represent a starting point for further monitoring of the medium and long-term consequences of the COVID-19 pandemic.

Disclosure: No significant relationships.
Keywords: lifestyle; relationships; COVID-19; Mental disorders

O075

Rapid implementation of a support intervention for bereavement at the beginning of the COVID-19 pandemic

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Introduction: There have been over 900,000 deaths from COVID-19, with more than 3 million people bereaved. These deaths are associated with factors leading to poor bereavement outcomes, and distress in frontline-staff

Objectives: to (i)present the rapid implementation of an intervention for bereavement support; (ii)characterize first calls and follow-up.

Methods: We recruited a multidisciplinary team and prepared a structure called "SIB" (Support and Intervention for Bereavement) in a matter of days. There were three steps for the support (Screening, First-line intervention, Second-line intervention (short follow-up). We collected data screening risk factors for complicated grief (CG).

Results: Between March 24th-May 14th (lockdown, March 16th-May 13th), the hotline received nineteen calls for an intervention. The hospital contacts were various, including mortuary. Fifteen relatives were followed, among them thirteen bereaved for ten deaths (on 52 deaths=19.23%). Dead persons were young (m=59.68 years-old, SD=15.25). All contacts reported several risk factors for a CG (no "goodbye" (100%), no funeral rituals (82.35%)). Six relatives were addressed for short follow-up.

Conclusions: The actual pandemic is at high risk for complicated grief and may until 2021. We hope that all hospitals would implement basic bereavement outreach programs to prepare families for the death and to support them afterwards, as well as provide basic support to frontline staff.

Disclosure: No significant relationships.
Keywords: covid-19; bereavement; grief; family support

O076

Fear of infection and optimism predict following stay-at-home recommendations during COVID-19 pandemic in russian young people

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Introduction: . Self-isolation regime is an effective measure to contain the pandemic (Alfano, Ercolano, 2020), but the psychological factors predicting compliance with stay-at-home recommendations

(CSHR) are understudied. We hypothesized that 1) defensive optimism and constructive optimism will have opposite effects on CSHR, 2) the effect of defensive optimism will be mediated through a decrease of anxiety (fear of infection).

Objectives: . The purpose of this study was to assess the direct and indirect (through the fear of infection) effects of defensive optimism (belief that coronavirus problem is exaggerated) and constructive optimism (belief that people's efforts help to prevent infection and spread of the virus) on CSHR, controlling for dispositional optimism.

Methods: . A longitudinal study (from 10/4/2020 till 2/6/2020) was conducted on a sample of 306 university students (89% women, MA=21.20, SD=4.54) using a single-item measure of CSHR, LOT-R (Scheier et al., 1994), the scales of defensive and constructive optimism (Gordeeva, Sychev, 2020), and anxiety in a pandemic situation questionnaire (Tkhostov, Rasskazova, 2020).

Results: . During seven-week interval CSHR has decreased dramatically (Cohen's d=0.66, p<0.001) while the other variables remained stable. Using SEM we have showed that CSHR at the end of study (T2) is predicted by the CSHR (T1) and through it by the defensive optimism (negative effect, p<0.05) and constructive optimism (positive effect, p<0.001). Negative effect of defensive optimism on CSHR is also mediated by the fear of infection (T2), reducing it. Dispositional optimism is associated only with constructive optimism.

Conclusions: . Defensive and constructive optimism/ pessimism are essential in explaining health-related behavior.

Disclosure: No significant relationships.
Keywords: Fear of infection; Defensive optimism; COVID-19 pandemic; stay-at-home recommendations

O077

Emotional response to illness in patients hospitalized with COVID-19 in russia

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Introduction: The situation of Covid-19 disease, associated with a high threat to life and uncertainty, had not only somatic, but also psychological consequences for most patients. Emotional reactions of patients to hospitalization and ways to cope with what is happening have become the subject of study in different countries.

Objectives: To assess the severity of signs of depression and anxiety and to study the methods used to regulate the emotional state in patients with COVID-19 at the time of hospitalization.

Methods: The study volunteered 127 hospitalized patients with Covid-19 (67 men (52.8%) and 60 women (47.2%), aged 19 to 77 years, who completed the following methods: Sociological questionnaire, Beck Depression Questionnaire, GAD-7, F-SOZU-22, CERQ, Dembo-Rubinstein self-assessment scales. The study was conducted from 04/25/2020 to 05/31/2020.