

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

A.J. Ogunmodede^{1*}, O. Buhari² and J. Ogunmodede³

¹Dept Of Behavioural Sciences, UNIVERSITY OF ILORIN TEACHING HOSPITAL, ILORIN, Nigeria; ²Dept Of Behavioural Sciences, UNIVERSITY OF ILORIN & UNIVERSITY OF ILORIN TEACHING HOSPITAL, ILORIN, Nigeria and ³Dept Of Medicine, UNIVERSITY OF ILORIN & UNIVERSITY OF ILORIN TEACHING HOSPITAL, ILORIN, Nigeria

*Corresponding author.

doi: 10.1192/j.eurpsy.2021.281

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+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

E. Cassioli^{1*}, E. Rossi¹, G. Castellini¹, G. Sanfilippo¹, C. Silvestri², F. Voller² and V. Ricca¹

¹Psychiatry Unit, Department Of Health Sciences, University of Florence, Florence, Italy and ²Agenzia Regionale di Sanità Toscana, Florence, Italy

*Corresponding author.

doi: 10.1192/j.eurpsy.2021.282

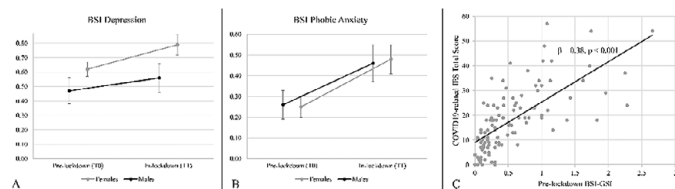
Introduction: In the first months of 2020 the COVID-19 epidemic spread in Italy, and the Italian government implemented a general lockdown. These events are at high risk for psychiatric symptoms in the general population, including anxiety/depression and post-traumatic stress symptoms (PTSS).

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

increase in phobic anxiety in the whole sample, and in depression for female subjects only, following the spread of COVID-19. Pre-existing psychopathology was a significant predictor of PTSS.



Conclusions: COVID-19 epidemic and lockdown have a high impact on psychopathology and PTSS. Female subjects and those with pre-existing psychopathology were found to be more vulnerable and may need additional support.

Disclosure: No significant relationships.

Keywords: post-traumatic stress disorder; quarantine; COVID-19; Depression

O071

The impact of COVID-19 on eating disorders: A longitudinal study with assessments before and after the lockdown

E. Rossi^{1*}, E. Cassioli¹, G. Castellini¹, G. Sanfilippo¹, F. Felciai¹, A. M. Monteleone² and V. Ricca¹

¹Psychiatry Unit, Department Of Health Sciences, University of Florence, Florence, Italy and ²Department Of Psychiatry, University of Campania "Luigi Vanvitelli", Naples, Italy

*Corresponding author.

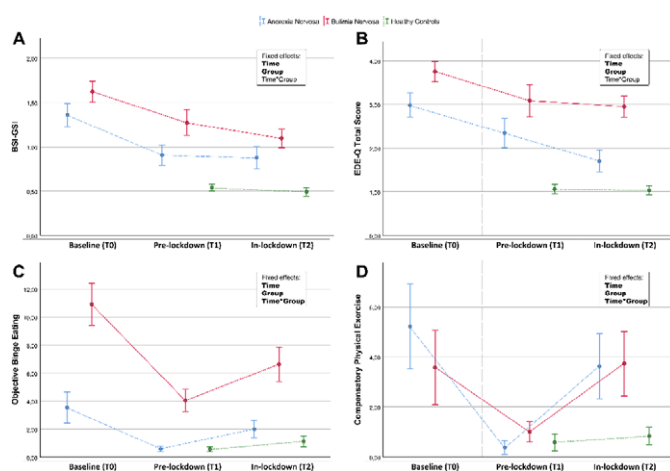
doi: 10.1192/j.eurpsy.2021.283

Introduction: The COVID-19 epidemic that spread in Italy in the early 2020, together with the general lockdown, are high-risk events for vulnerable populations who need high levels of assistance, such as patients with eating disorders (EDs).

Objectives: To evaluate the impact of the COVID-19 epidemic and lockdown on subjects suffering from EDs, considering previous vulnerabilities.

Methods: 74 patients with anorexia nervosa (AN) or bulimia nervosa (BN) already on treatment and 97 healthy controls were evaluated between November 2019/January 2020 (T1), and again in April 2020, 6 weeks after the start of lockdown (T2). Patients were also evaluated at baseline (T0). At each assessment, general and ED psychopathology (SCL-90-R and EDE-Q) were assessed. Childhood abuse experiences (CTQ) and adult attachment (ECR-R) were investigated at T1, and post-traumatic stress symptoms (IES-R) at T2.

Results: Patients reported a significant increase in compensatory exercise; in addition, patients with BN and those who achieved remission at T1 showed a significant exacerbation of binge-eating. The longitudinal trend (T1-T2) of psychopathology was not different between patients and controls, however the expected benefit from treatment on ED psychopathology was significant only for AN, while no changes were noted in BN. Patients with BN reported more severe post-traumatic stress symptoms than AN and controls,



and these symptoms correlated positively with prior traumatic experiences and an insecure attachment style.

Conclusions: The COVID-19 epidemic and lockdown had a significant impact on subjects with eating disorders, both by interfering with the treatment process and in terms of post-traumatic stress symptoms.

Disclosure: No significant relationships.

Keywords: eating disorders; post-traumatic stress disorder; COVID-19; quarantine

O072

Professionals' experience of the rapid implementation of a remote consultation model of healthcare: A survey of clinicians in the early stages of the COVID-19 pandemic

M. Boughdady^{1*}, L. Connah², J. Inman², S. Jaydeokar³, D. Marnoch² and R. Nathan²

¹Inpatient Psychiatry, Chester and Wirral Partnership, BQ, United Kingdom; ²Effective Services, Chester and Wirral Partnership, BQ, United Kingdom and ³Community Learning Disability Team, Chester and Wirral Partnership, BQ, United Kingdom

*Corresponding author.

doi: 10.1192/j.eurpsy.2021.284

Introduction: Despite the availability of remote consultation and the evidence for its effectiveness, its adoption has been relatively limited (Hashiguchi, 2020). In light of COVID social distancing measures, there was an immediate requirement to adopt this technology into routine practice.

Objectives: The objective of this evaluation was to examine clinicians' experiences of the urgent adoption of digital technology in a NHS provider of mental health and community physical health services.

Methods: From a staff survey (n=234) of experiences of working during a period when there were significant levels of Covid-related restrictions, data was extracted and subject to thematic analysis by a research team made up of clinicians, academics, and quality improvement specialists.