

about the crash of humans from their being? Here, a biological, psychological, and psychoanalytic understanding of COVID-19 is investigated. The impact of physical isolation has been documented, but mental isolation remains an uncharted space. The psychological trace—the paleontological psychic trauma of experiencing a pandemic as a witnessing subject is not much talked about. This effort is to open the paths to understanding COVID-19 which may seem pathless at first.

**Methods:** Primary sources are used along with an intradisciplinary and interdisciplinary union of psychiatry, psychology, psychoanalysis, yoga, and meditation.

**Results:** Yoga and meditation for strengthening both physical and psychological immunity along with facilitating the acceptance of psychological impact which is unregistered in the minds of a large population is elucidated.

**Conclusions:** It is in the interdisciplinary and intradisciplinary union that preparedness for future pandemics could be curated.

**Disclosure:** No significant relationships.

**Keywords:** COVID-19; psychiatry; Psychology; Psychoanalysis

## EPV0214

### Telework during COVID-19 outbreak: Impact on mental health among Italian workers

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**Introduction:** Since February 2020, the outbreak of COVID-19 has spread to several countries worldwide, including Italy, leading to an uptake of telework.

**Objectives:** We aim to evaluate the psychopathological impact of teleworking during the COVID-19 pandemic in Italy, identifying mental health determinants among home-based workers.

**Methods:** 804 participants completed an online survey, including the psychometric scales “Depression, Anxiety and Stress Scale – 21 items” (DASS-21) and the “Insomnia Severity Index” (ISI). Teleworkers were also asked to provide information about their current work routine, home environment and clinical history.

**Results:** At the DASS-21, 30% of the participants presented pathological levels of depression, 20.8% of anxiety and 30.7% of stress. At the ISI, 5% appeared to suffer from insomnia. Respondents with psychological and physical frailties, greater social isolation or inadequate working spaces manifested higher levels of psychiatric symptoms. Moreover, we also find a correlation of these symptoms with occupations in education. Telework was broadly appreciated and 87% of respondents expressed a willingness to maintain access to this arrangement.

**Conclusions:** Our results document that about a third of our sample manifested psychopathological symptoms while teleworking during the COVID-19 outbreak in Italy. However, telework itself does not seem to be directly associated with increased psychiatric symptoms, which were instead exacerbated by COVID-19-

related stressful circumstances, as well as by constitutional and social determinants of health. Going forward, authorities should promote adequate measures in order to guarantee a healthy approach to teleworking.

**Disclosure:** No significant relationships.

**Keywords:** stress; Teleworking; Anxiety; Depression

## EPV0215

### On the continuity of rehabilitation and meeting the patients' needs: Online psychosocial treatment during the COVID-19 outbreak

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**Introduction:** The COVID-19 pandemic has challenged our model of face-to-face psychosocial treatment and rehabilitation format. To adapt to the current situation, as professionals, we have decided to transform the format into a virtual one that will offer the continuity of rehabilitation and therapy. Two clinical psychologists held online sessions and a special chat created in the IM messenger where patients could safely interact with each other.

**Objectives:** This pilot study aimed to evaluate the effect of online sessions in a sample of outpatients engaged in rehabilitation programs.

**Methods:** Data from 50 patients (F20-F25, aged from 25 to 45) treated with a new online psychosocial program, including i. psychoeducation, ii. learning skills of the behavior under the circumstances of isolation, iii. training skills of effective communication and emotional regulation, and assessed for depression, anxiety, hopelessness, hostility (BDI, STAI, BHS, BDHI), and self-esteem, were analyzed for this study. Motivational enhancement techniques were also used to engage the patients in this new treatment format.

**Results:** According to the preliminary data, we point out a statistically meaningful reduction in depression ( $p=0,003$ ), anxiety ( $p=0,001$ ), and hostility ( $p=0,001$ ); self-esteem, evaluated with the Dembo-Rubinstein method, was improved ( $p=0,002$ ); the T Wilcoxon criterion used for rating the magnitude.

**Conclusions:** Our results indicate that establishing a new online psychosocial program over the last few months positions us to respond effectively to such a new challenge and suggest that rehabilitative programs targeting patients' needs may continue in this time of uncertainty.

**Disclosure:** No significant relationships.

**Keywords:** COVID-19; Rehabilitation programs; Patients' needs; Online psychosocial treatment