

well as Pittsburgh Sleep Quality Index (PSQI) was self-administered to a convenient sample of Croatian adults from central and northwestern Croatia.

**Results:** The study sample included 939 subjects with, median age of 42 years (interquartile range 35-48), 35.4% males, and 64.6% females. According to the PSQI there were 22.6% of subjects who presented sleep disturbances. Sleep disturbances were more frequent among females ( $p < 0.001$ ), inhabitants of the Croatian capital Zagreb ( $p = 0.001$ ), subjects who were not infected with COVID-19 virus ( $p = 0.042$ ), subjects who had fear of coronavirus infection in the workplace ( $p < 0.001$ ), subjects who had fear of coronavirus infection during daily life activities ( $p < 0.001$ ), subjects who had fear of coronavirus infection during daily physical activities ( $p < 0.001$ ) and subjects who worked with limited social contact ( $p = 0.005$ ).

**Conclusions:** The COVID-19 pandemic has a significant negative influence on the sleep quality of the Croatian general population. Development of appropriate supportive programs that enhance mental health and sleep quality during pandemics is needed to address mental health problems in Croatia during the ongoing pandemic.

**Disclosure of Interest:** None Declared

## EPP0572

### Changes in the characteristics of Suicide Attempts during COVID-19 pandemic

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**Introduction:** Different studies indicate high prevalence's of suicidal behaviour, anxiety, depression, insomnia, and PTSD associated with the COVID-19 pandemic. There is currently not enough scientific evidence available to analyze the impact that the COVID-19 pandemic has had on the rate of suicide attempts and their characteristics.

**Objectives:** To analyze and compare the characteristics of suicidal behavior (in terms of method, severity, medical damage produced and need for hospitalization) of patients attended during the COVID-19 pandemic compared to previous years.

**Methods:** A retrospective study was performed based on a standardized data collection of patients attending the University Hospital La Paz between April 2018 and November 2021. 581 patients who attempted suicide at least once were included in this study. We compared the severity using the Beck Suicide Intent Scale. Chi-square and Student's *t* were used to compare clinical characteristics such as medical damage, method of suicide attempt and indication for admission after the attempt, between suicide attempts during the COVID-19 pandemic and previous years.

**Results:** Our results suggest that during the COVID-19 pandemic suicide attempts caused more medical damage ( $p < 0.001$ ), had higher severity ( $p < 0.000$ ), and required more admission in Intensive Care

Units, General Internal Medicine and Psychiatry compared with pre-Covid years ( $p < 0.000$ ).

**Conclusions:** This is the first study in Spain analysing the changes in characteristics of suicide attempts during the COVID-19 pandemic. This has important implications for reducing suicide rates, preventing future attempts, and enabling us to design specific treatments of Suicidal Behaviour.

**Disclosure of Interest:** None Declared

## EPP0573

### Impact of COVID-19 pandemic on psychiatric emergency care in a general hospital

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**Introduction:** The SARS-CoV-2 pandemic has produced an unprecedented clinical situation, causing a direct and indirect impact on the physical and mental health of the population. In Spain, between March 15 and June 21 of 2020, it was decreed a home confinement that caused the interruption of the daily life of millions of people. However, there are few studies that analyze the changes produced in psychiatric care in the Emergency Department (ED).

**Objectives:** To analyze the changes produced in psychiatric emergencies, subanalysing paediatric population, during the first year of the pandemic (COV1/Y-COV1) compared to the previous year (NOCOV/Y-NOCOV1). To analyze the clinical features of patients attended during the lockdown period of the pandemic (LOCK) and compare it to the period of the pandemic after the lockdown (NOLOCK).

**Methods:** Through the registry of computerized medical records, patients who attended the psychiatric hospital emergency department between 03/01/2019 and 02/28/2021 were identified. We also identified all attendances from 15/03 to 21/06 in 2019 and in 2020 to obtain variables from the lockdown period.

**Results:** During period of this study, 2694 psychiatric visits made in the ED (1744 patients - 54.3% women, and 69.5% were between 25 and 64 years-), 1537 in NOCOV and 1157 in COV1. Significant differences were found between COV1 and NOCOV in sociodemographic variables, such as employment status and number of offspring. At a clinical level, in COV1, we observed an increase in attendance due to heteroaggressive behaviors, mania, insomnia and problems due to substance use. An increase in the prescription and/or modification of treatment was observed (59.3% vs 54.3%). During COV1, in terms of discharge follow-up in the month following the ED visit, telematic assistance increased (11.4% vs. 5.3%). During the period of study, 282 ED attendances were performed, 153 in Y-NOCOV and 129 in Y-COV1. At a clinical level, during Y-COV1, a decrease in attendances related to substance use was found significant. The sub-analysis carried out for LOCK and NOLOCK yields similar data to those obtained in the COV1 vs. NOCOV1 comparison. During lockdown, the face-to-face follow-up in the month following the ED was significantly lower (39,5% vs 57,1%) regarding telematic follow-up (24,4% vs 5,8%)

In this period, an increase of adolescents without previous mental health follow-up was observed (44% LOCK vs. 22% NOLOCK).

**Conclusions:** Our work supports the hypothesis that the COVID-19 pandemic caused a change in psychiatric care in the ED. It also shows how lockdown changed the attendance in psychiatric emergencies, and also in the later community care attendance. Changes are detected in emergency care for adolescents during the pandemic compared to the previous year. Strikingly, our study does not reflect a quantitative increase in the demand. It would be of interest to continue collecting data after the time of the present project.

**Disclosure of Interest:** None Declared

## EPP0574

### Students' emotional well-being and religiosity during the COVID-19 pandemic- an international study in 7 countries

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**Introduction:** There are no conclusive findings about the possible protective role of religion on students' mental health during the COVID-19 pandemic. Therefore, more research is needed.

**Objectives:** The purpose of this study was to assess the relationship between the level of emotional distress and religiosity among students from 7 different countries during the COVID-19 pandemic.

**Methods:** Data were collected by an online cross-sectional survey that was distributed amongst Polish (N = 1196), Bengali (N = 1537), Indian (N = 483), Mexican (N = 231), Egyptian (N = 565), Philippine (N = 2062), and Pakistani (N = 506) students (N = 6642) from 12th April to 1st June 2021. The respondents were asked several questions regarding their religiosity which was measured by The Duke University Religion Index (DUREL), the emotional

distress was measured by the Depression, Anxiety, and Stress Scale-21 (DASS-21).

**Results:** Egypt with Islam as the dominant religion showed the greatest temple attendance (organizational religious activity: M=5.27±1.36) and spirituality (intrinsic religiosity: M=5.27±1.36), p<0.0001. On another hand, Egyptian students had the lowest emotional distress measured in all categories DASS-21 (depression: M=4.87±10.17, anxiety: M=4.78±10.13, stress: M=20.76±11.46). Two countries with the dominant Christian religion achieved the highest score for private religious activities (non-organizational religious activity; Mexico: M=3.94±0.94, Poland: M=3.63±1.20; p<0.0001) and experienced a moderate level of depressive symptoms, anxiety, and stress. Students from Mexico presented the lowest attendance to church (M=2.46±1.39) and spirituality (M=6.68± 3.41) and had the second highest level of depressive symptoms (M=19.13±13.03) and stress (M=20.27±1.98). Philippines students had the highest DASS-21 score (depression: M=22.77±12.58, anxiety: M=16.07±10.77, stress: M=4.87±10.08) and their level of religiosity reached average values in the whole group. The performed regression analysis confirmed the importance of the 3 dimensions (organizational religious activity, non-organizational religious activity, intrinsic religiosity) of religiosity for the well-being of students, except for the relationship between anxiety and private religious activities. The result was as presented for depression: R<sup>2</sup>=0.0398, F(3.664)=91.764, p<0.0001, SE of E: 12.88; anxiety: R<sup>2</sup>=0.0124, F(3.664)=27.683, p<0.0001, SE of E: 10.62; stress: R<sup>2</sup>= 0.0350, F(3.664)=80.363, p<0.0001, SE of E: 12.30.

**Conclusions:** The higher commitment to organizational religious activity, non-organizational religious activity, and intrinsic religiosity was correlated with the lower level of depressive symptoms, stress, and anxiety among students during the COVID-19 pandemic, but taking into account factors related to religiosity explains the level of emotional well-being to a small extent.

**Disclosure of Interest:** None Declared

## EPP0575

### Challenges and Factors Affecting Child, Adolescents, Young Adults, and Their Parents in Returning to School After Remote Learning in COVID Pandemic

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**Introduction:** The COVID pandemic caused an unprecedented public health crisis and adversely impacted children's well-being. It has negatively affected children's mental health due to social isolation, human losses, and remote learning. Our goal is to learn about the challenges and factors that these children and young adults face upon returning to school and college, which could further decline their mental health. We also need to understand parents' concerns about this transition to a back-to-school routine.