

**Objectives:** To describe the clinical and sociodemographic characteristics of FEP patients diagnosed since the onset of the COVID19 pandemic and compare them with the equivalent period of the previous year.

**Methods:** We included all FEP patients attended at Parc de Salut Mar (Barcelona, Spain) from March 14, 2020 (when the state of emergency in Spain began) to December 31, 2020 with the same period of 2019. We assessed sociodemographic variables, duration of untreated psychosis (DUP), cannabis and alcohol use, psychiatric diagnosis, and psychiatric symptom scales. We performed a univariate analysis between the groups using U-Mann Whitney for continuous variables and Chi-Square for qualitative variables.

**Results:** A total of 20 FEP patients were diagnosed in each period. No differences were found in sociodemographic variables, scales scores or DUP. During COVID19 period there was a smaller proportion of cannabis users (60% vs 90%;  $p=0.028$ ) and a tendency of lower weekly consumption (14.44 vs 16.42;  $p=0.096$ ). There were more cases of BPD (25% vs 5%;  $p=0.077$ ) and less of affective psychosis (0% vs 25%; 0.017).

**Conclusions:** During the COVID-19 pandemic we did not find an increase of FEP or more severe clinical presentations. However, we identified differences in the type of FEP that could be related to the psychosocial stressors of this time.

**Disclosure:** No significant relationships.

**Keywords:** brief psychotic disorder; Covid-19; Psychosis; Cannabis

## EPV0486

### The COVID-19 pandemic impact on prenatal anxiety

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**Introduction:** Anxiety manifestations are one of the most described symptoms during pregnancy. Meanwhile, the effect of the coronavirus disease 2019 (COVID-19) pandemic on the mental health and anxiety distress in particular, of pregnant and postpartum women remains unclear.

**Objectives:** the purpose of our study was to evaluate anxiety among pregnant women during covid19 and describe its associated factors

**Methods:** It was a comparative cross-sectional case-control study in a Tunisian gynecologic department. All women were in the third term of pregnancy. Anxiety symptoms were evaluated using Beck Anxiety Inventory (BAI). The data were compared to a control group assessed in a similar study conducted before the pandemic in the same city. Eighty pregnant women were investigated during the covid pandemic and 100 pregnant women investigated before the COVID-19 outbreak in Tunisia were assigned to the control group.

**Results:** Pregnant women during COVID-19 scored less on BAI than controls (15.49±9.223 vs 17.40±7.410). Less patients presented moderate to severe anxiety during pandemic (38.8% (n=31) than controls 51% (n=51)). The difference between groups in means and prevalence values was not significant. The negative results could be related to the low power of the test ( $P=0.36$ ).

**Conclusions:** Despite the expected psychological distress among vulnerable population, Covid-19 didn't impact anxiety prevalence or scores among pregnant women in our current study.

**Disclosure:** No significant relationships.

**Keywords:** Pregnancy; Anxiety; Covid-19

## EPV0487

### the evaluation of main sources of anxiety and fear for Covid 19 in Greece

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**Introduction:** Covid19 has led in major changes in our lives, while fear was one of the major psychological symptoms that emerged in psychological first aid evaluations.

**Objectives:** The aim of the present study was to report the major factors creating anxiety and fear, affecting everyday life of people in Greece during the two years of the pandemic.

**Methods:** A sample of 1,158 Greeks (280 males [24.2%]) participated voluntarily in the study through online platforms. The Fear factors was assessed through an open question which was then analyzed with SPSS 24.

**Results:** According to the findings, the main source of anxiety and fear arises from the situation that prevails in other European countries with increasing death rates (20.9%) presented in television, followed by what is shown in the news and news programs on television (14, 8%), the fear that the individual may get sick, watching television and radio (9.7%), the experts' announcements in public (7.8%), the announcement of new measures by the government and the Ministry of Health in media (6.1%), the existence of elderly parents in the family (4.6%) and social networks (3.8%), while 12.6% stated that they have no fear or anxiety. Gender differences were significant in most of the factors  $\chi^2=51.167$   $p=.001$ .

**Conclusions:** According to the findings, the effect that media have in anxiety and fear creation (64.1%), a result that can be used in designing effective health measures that can help people deal with the psychological aftermath of the pandemic.

**Disclosure:** No significant relationships.

**Keywords:** fear; Covid-19; Anxiety

## EPV0488

### Evolution of Electroconvulsive Therapy during the COVID-19 pandemic in the Regional ECT Unit of the Region of Murcia.

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**Introduction:** Covid-19 was declared a global pandemic by the WHO on 11 March 2020. From the beginning, the pandemic posed a challenge to the different health systems around the world, which were forced to prioritise and distribute their resources as efficiently as possible. During the period between 11 March 2020 and 28 April 2021, the Regional ECT Unit of the Region of Murcia remained closed.

**Objectives:** - Determine the clinical status of patients on maintenance ECT in the Regional ECT Unit during the Covid-19 pandemic.  
- Prioritise resumption of treatment in those who were clinically decompensated or at risk  
- Understand the consequences of discontinuation of maintenance ECT for these patients.

**Methods:** A longitudinal descriptive study was conducted during the month of May 2020.

**Results:** Thirty-seven patients were contacted by telephone. On the first call, a total of 15 patients were unstable or at risk of decompensation.

Prior to the second call, CT was administered preferentially to a total of 8 patients and programmed to 2. On the second call, a total of 11 patients were at risk of decompensation.

**Conclusions:** The closure of the Regional ECT Unit had negative consequences for patients undergoing maintenance treatment. Electroconvulsive therapy is an essential part of the treatment of psychiatric patients both in acute episodes and in relapse prevention.

**Disclosure:** No significant relationships.

**Keywords:** Maintenance ECT; Covid-19; Electroconvulsive therapy

## EPV0489

### Attitudes to COVID-19 during the lockdown among university students in Russia and Uzbekistan

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**Introduction:** During the COVID-19 caused lockdown, when students had to study on-line, they became highly vulnerable to stress. How different were the attitudes of university students towards COVID-19 in such situation in different countries?

**Objectives:** The goal is to determine the differences in attitudes to COVID-19 during the lockdown among university students in Russia and Uzbekistan

**Methods:** In May 2020, there was an on-line survey of 163 students of both genders in Ulianov Chuvash State University in Russia and of 49 university students from Bukhara, Samarkand and Andijan in Uzbekistan. The instrument used was 'Attitude towards COVID-19 Questionnaire' (Nikolaev, 2020).

**Results:** The comparison revealed that Uzbek students are more interested in the latest COVID-19 news than Russian ones ( $p=.0004$ ), they also consider this pandemic as severe and

dangerous for people ( $p=.0006$ ), and think that governmental measures to fight coronavirus are adequate ( $p=.0008$ ). Russian students in their turn, as compared with their Uzbek peers, feel highly concerned about the risk of their own infection ( $p=.00001$ ), as well as the threat to their own life ( $p=.00546$ ) and the life of their relatives and closest ones ( $p=.0005$ ) as a result of coronavirus spread. In addition, Uzbek students regard themselves healthier than Russian ones ( $p=.0329$ ). Students' self-estimation of happiness does not differ ( $p=.0776$ ).

**Conclusions:** Differences in attitudes to COVID-19 among students are associated with more apparent socially oriented behavior of students from Uzbekistan, and more personality-oriented behavior of Russian students.

**Disclosure:** No significant relationships.

**Keywords:** Attitudes to COVID-19; Uzbekistan; university students; Russia

## EPV0490

### The dark side of social ties: coronavirus 2019-induced fear and intergroup conflicts

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**Introduction:** The relationship between fear and social ties has been frequently discussed in the context of the coronavirus 2019 (COVID-19) pandemic, but investigation of the nature of these experiences is still insufficient. Research suggests that people who respect social ties often experience better mental health outcomes. However, when socially isolated, excluded, or subjected to rumors, they may become more vulnerable to criticism, shame, and fear. Another potential problem of the COVID-19 pandemic is intergroup prejudice and distrust.

**Objectives:** To examine the development and mitigation of social ties, fears, and biases during the COVID-19 pandemic.

**Methods:** We applied discourse analysis to relevant literature and their associated references that incorporated textual, social, and cognitive dimensions. The main databases used were PubMed and Web of Science.

**Results:** Although the importance of social ties was loudly vocalized as lessening loneliness, people also globally described stigma-related fear or intergroup conflicts. The sense of social ties appeared disproportionately amplified in the form of an in-group identity, group pressures, and empathic distress. Some people overstated worries about their COVID-19-positive status being revealed to others and causing distress for them. Furthermore, discrimination and vigilantism were manifested with fear-related stereotyping and hostility.

**Conclusions:** Our findings support the view that social ties can indeed function as both risk and protective factors. Context-adjusted perspectives and reciprocal dialogs seem crucial to alleviate these negative impacts. The subsequent mitigation of misunderstandings,