Objectives: To estimate the prevalence of health anxiety in ophthalmologists practicing in India during the ongoing pandemic.

Methods: A questionnaire-based online survey on the "changes and challenges during COVID-19" using Google forms was sent to all members of the All India Ophthalmological Society. Besides demographics, the survey had questions to assess the general mental and medical health status of the ophthalmologists. Short Health Anxiety Inventory (SHAI) was used to assess health anxiety.

Results: 1027 ophthalmologists responded to the study. Higher stress was experience by 83.1% compared to pre-COVID while examining patients closely (35.9%) or during surgery due to the risk of aerosol generation (29.3%). SHAI score >20 was observed in 5.6%. Only emergency services were being provided by 50% and 17% in the SHAI > 20 group were not working as compared to overall 14%.

Conclusions: Our findings indicate that a majority of the ophthalmologists were under stress during the COVID-19 pandemic but only a small proportion experienced health anxiety. It is likely that mental health issues may arise among ophthalmologists in the foreseeable future.

Keywords: prevalence; Covid; health anxiety; Ophthalmologists

EPP0023

Anxiety in heart failure patients and its association with NYHA class

F. Costa[1]*, S. Martins[1], E. Moreira[2], J. Silva Cardoso[2,3,4] and L. Fernandes[1,5]

[1]Department of Clinical Neuroscience And Mental Health and Center for health technology and services research (cintesis), Faculty of Medicine - University Porto, Porto, Portugal; [2]Center For Health Technology And Services Research (cintesis), Faculty of Medicine - University Porto, Porto, Portugal; [3]Department of Medicine, Faculty of Medicine - University Porto, Porto, Portugal; [4]Department of Cardiology, Centro Hospitalar Universitário S. João (CHUSJ), Porto, Portugal and [5]Psychiatry Service, Centro Hospitalar Universitário de São João, Porto, Portugal, Porto, Portugal

*Corresponding author.

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Introduction: Heart failure (HF) is a worldwide public health problem and the main cause of morbidity and mortality in older people. Previous studies have demonstrated that psychological symptoms are associated with worse cardiovascular outcomes. Nevertheless, the research regarding the association between anxiety and HF is still scarce.

Objectives: To analyse the levels of anxiety in HF patients and its association with New York Heart Association (NYHA) class in HF patients.

Methods: This study takes part of a wider project named Deus Ex-Machina project (NORTE-01-0145-FEDER-00026). HF patients were recruited from an outpatient clinic at a University Hospital. Patient with inability to communicate, with severe visual impairment or with NYHA class IV were excluded. Sociodemographic data and NYHA class were recorded. Anxiety was assessed using the Generalized Anxiety Disorder-7 (GAD-7).

Results: Overall, 136 patients were included, with a mean age of 57($\pm$13) years old. Most of them were men (66%) and married (76%), with mean education of 8 years ($\pm$4). Regarding NYHA class, 36%, 49% and 15% were at class I, II and III, respectively. The mean GAD-7 total score was 6.4 ($\pm$5.2) and 32% of patients showed

moderate to severe anxiety symptoms. No association between the NYHA functional class and anxiety was found (p=0.106).

Conclusions: The results reveal that anxiety is frequent among HF patients. However, as found in previous studies, it was not associated with more severe HF symptoms. The coexistence of HF and anxiety deserves further studies, in order to build a better understanding of this association.

Keywords: Anxiety; heart failure; NYHA class

EPP0024

Event-related potentials in a human serial conditioning paradigm

Y. Pavlov[1,2]* and B. Kotchoubey[2]

[1]Department Of Psychology, Ural Federal University, Ekaterinburg, Russian Federation and [2]Institute Of Medical Psychology, University of Tuebingen, Tuebingen, Germany

*Corresponding author.

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Introduction: In a serial compound conditioning paradigm, a sequence of several conditioned stimuli (CS) is predictive to an unconditioned stimulus (US) (e.g., CSA->CSB->US). Animal research showed that, when the US is aversive, CSA elicits the strongest conditioned response, while CSB appears redundant. These effects of primacy and proximity have never been investigated in humans.

Objectives: To study the effects of temporal proximity of imminent threat and safety in serial compound conditioning.

Methods: Twenty-two participants were presented with sequences [CSA->CSB->CSC->CSD]. In 55 trials all four CS were identical vowels (e.g, [oh]), and no US was presented. In the other 55 trials, the CSA was different (CSA+, e.g., [uh]), and the CSD was followed by an electrical shock (US) 2.5 times higher than the individual pain threshold.

Results: No ERP component distinguished between CS- and CS+ for the first three stimuli in the sequence (i.e., CSA, CSB, CSC). The last CS (CSD) elicited a strong fronto-central CNV only when it was followed by US. Moreover, already after the CSA- (which signalized that no shock would be presented on that trial) the power of alpha oscillations over the somatosensory cortex significantly increased, particularly on the side contralateral to the hand that was electrically stimulated on US trials. The alpha increment lasted up to the onset of the US.

Conclusions: The data indicate two possible mechanisms of adjustment to predictable threat, one of which relies on safety signals (manifested in alpha increment), and the other is related to flight response (manifested in the CNV immediately preceding the shock).

Keywords: ERP; Fear conditioning; EEG

EPP0025

Anxiety, depression and HIV in older gay and bisexual men

H. Pereira[1,2,3]* and I. Batista[3]

[1]Ubi, Research Centre in Sports Sciences, Health Sciences and Human Development, Covilha, Portugal; [2]Cics-ubi, Centre for Research in Health Sciences, Covilha, Portugal and [3]Psychology And Education, University of Beira Interior, Covilha, Portugal

*Corresponding author.

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Introduction: Negative consequences of social homonegativity and HIV status among older gay and bisexual men in Portugal are still to be documented.

Objectives: This study seeks to evaluate depression and anxiety disparities among older gay and bisexual men, based upon their HIV status.

Methods: This is a quantitative, descriptive, comparative, and cross-sectional study. Responses were collected from a total of 201 men, with 16.9% being HIV positive, 80.6% identifying as homosexual and 13.9% identifying as bisexual. Participants responded to the Rosenberg Self-Esteem Scale, the BSI-18, and the CDRISC-10.

Results: The sample collected revealed moderate levels of depression and anxiety that were below the average observed among the general population. Older gay men showed higher levels of depression when compared to older bisexual men. Self-esteem was negatively correlated with both depression and anxiety while being positively correlated with resilience. In contrast, depression was negatively correlated with resilience and, conversely, positively correlated with anxiety. Furthermore, anxiety was negatively correlated with resilience. Multiple linear regression models explain 33% of the general variation of depressive symptoms and 25% of the variation of symptoms of anxiety. Regarding comparisons based on HIV status, no statistically significant differences were found between HIV-positive and HIV-negative men.

Conclusions: This study offers a pioneering contribution to the literature on aging and mental health among older sexual minorities in Portugal, giving a voice to older HIV-positive and HIV-negative GBM in Portugal, in order to gain a better understanding of the barriers and obstacles that they face throughout the aging process.

Keywords: HIV; Aging; Anxiety; Depression

EPP0026

Are anxiety disorders a prelude to delusional disorder? A systematic review

A. Alvarez Pedrero[1]*, A. González-Rodríguez[2], A. Guàrdia[1], L. Delgado[3], G.F. Fucho[1], S. Acebillo[1], J.A. Monreal[1], J. Labad[4] and D. Palao Vidal[1]

[1]Mental Health, Parc Taulí University Hospital. Autonomous University of Barcelona (UAB). I3PT, Sabadell, Spain; [2]Mental Health, Parc Taulí-University Hospital, Sabadell, Spain; [3]Mental Health, Parc Tauli University Hospital, Sabadell, Spain and [4]Mental Health, Hospital of Mataró. Consorci Sanitari del Maresme. CIBERSAM., Mataró, Spain
*Corresponding author.

Introduction: Prevalence rates of panic attacks have been reported to be around 24-63% in psychotic patients. Common underlying biological substrates for panic and paranoia have been proposed, suggesting that delusional disorder (DD) may be preceded by the development of anxiety disorders.

Objectives: The main objective of this study was to investigate anxiety comorbidity in DD. As a second objective, we set ourselves to know prescription rates for the use of antidepressants and benzodiazepines in anxiety disorders in the context of DD.

Methods: A systematic literature search was performed using PubMed (1980- September 2020) according to the PRISMA guidelines. The following search terms were used: (delusional disorder) AND (anxiety OR anxiety disorder OR anxi*). Research studies and case reports were included if they met the following criteria: DD diagnosis (DSM, ICD), publication in peer-review journal and investigations containing information on anxiety comorbidity in DD.

Results: Four studies fulfilled our criteria, including 155 patients: 65 (42%) women, mean age 42.7 years (SD:14.96). Thirty-three of the 155 patients (21.29%) presented at least one comorbid anxiety disorder: 14 specific phobias, 9 panic attacks, 5 social phobias and 2 agoraphobias. Treatment was not reported for many patients (n= 28). Four patients received fluoxetine and 1 patient benzodiazepines. All of them showed partial improvement of symptoms.

Conclusions: Less than a third of DD patients showed an anxiety disorder. The effectiveness of antidepressant and benzodiazepine treatment has been poorly described. Future studies may be focused on the investigation of preceding comorbid anxiety disorders in patients with DD.

Keywords: Delusional disorder; Anxiety; panic attack; Treatment

EPP0027

Attitude towards psychological help in anxiety disorders

M. Vinogradova[1]*, A. Ermusheva[2], A. Kiselnikov[3] and V. Tsvetkov[1]

[1]Department Of Neuro- And Pathopsychology, Faculty Of Psychology, Lomonosov Moscow State University, Moscow, Russian Federation; [2]Department Of Pedagogy And Medical Psychology, I.M. Sechenov First Moscow State Medical University (Sechenov University), Moscow, Russian Federation and [3]Department Of Psychophysiology, Faculty Of Psychology, Lomonosov Moscow State University, Moscow, Russian Federation
*Corresponding author.

Introduction: In anxiety disorders with a lot of research on the effectiveness of treatment procedure it is important to consider patients' implicit attitude towards mental health services, especially psychological help.

Objectives: To investigate the attitude towards psychological help in anxiety disorders.

Methods: In order to reconstruct an implicit attitude towards psychological help the method of color-emotional semantic associations (Kiselnikov et al., 2014) was used. Ten patients with anxiety disorders and 25 subjects from control group with no history of attending mental health services evaluated subjective differences between 15 semantic objects, 10 basic emotions and 10 colors. Factor analysis was used.

Results: The analysis revealed the two-factor structure: "Valence" and "Arousal". The semantic object "Psychological help" got 0.92 and 0.72 as first factor loadings and 0.26 and -0.65 as second factor loadings in anxiety disorders and in control group, respectively. The comparison showed a more intense and positive attitude towards psychological help in anxiety disorders. Contrariwise, the data for other semantic objects showed the tendency of more intense and negative evaluations in the clinical group.

Conclusions: In anxiety disorders a shift in the categorical structure of consciousness to more negative and intense attitudes could be associated to anxiety and threat readiness. However, the attitude towards psychological help was an exception as more intense and positive which could be considered as an important factor of the effectiveness of the treatment in anxiety disorders. The research was supported by Russian Foundation for Basic Research with the Grant 17-29-02506.

Keywords: anxiety disorders; psychological help