Introduction: The coronavirus disease 2019 (COVID-19) has a great impact on health care workers (HCWs) who are exposed to high levels of stress and trauma leading to negative mental health outcomes, including stress-related symptoms and depressive symptoms.
Objectives: The aim of this study was to investigate the prevalence of depressive symptoms, anxiety and post traumatic stress symptoms related to to the COVID 19 pandemic in Cyprus.
Methods: In this cross-sectional study, we report on mental health outcomes among HCWs in Cyprus. Data were collected between May 3rd and May 27th, 2020, using an online questionnaire that included demographics, the 9-item Patient Health Questionnaire (PHQ-9), assessing depressive symptoms, the Impact of Events Scale Revised (IES-R) measuring PTSD symptoms and the 10 item Perceived Stress Scale (PSS) measuring stress.
Results: 424 Health Care Workers (HCWs) participated in the study. 79 HCWs (18,6%) scored in PHQ-9 above the cut-off for depression while 62 HCWs (14,6%) scored high enough in IES-R indicating a diagnosis of post-traumatic stress disorder. The prevalence of depression and PTSD symptoms were significantly higher among nurses compared to doctors and other HCWs. (20.7% versus 10.8%; adjusted prevalence ratio, 1.70 [95% CI, 1.06 to 2.73]), after adjustment for age and sex.
Conclusions: Even in countries like Cyprus with minimum impact of the COVID-19 pandemic, the impact on the mental health of HCWs is substantial with nurses being more vulnerable.

Keywords: ptsd; health care workers; covid 19; Depression

EPP0355

Prevalence of depression among college students living alone in pandemic 2020

T. Kantohe* and G. Kurnijuanto

Faculty Of Medicine, Sam Ratulangi University, Manado, Indonesia
*Corresponding author.

Introduction: The prevalence of depression differs between groups, such as race, gender, and age group. According to the World Health Organization (WHO), depression is one of the leading causes of death in the age group of 15-29 years-old. During the COVID-19 pandemic, some countries, including Indonesia, ordered a nationwide physical distancing and limited public activities. Indonesia also restricts the public mobilities, leaving the college students, studying in different regions, isolated and confined to their flats, boarding houses, and apartments.
Objectives: To find out the prevalence of Depression in College Students, living alone, in Pandemic 2020.
Methods: College students aged 18 to 28 years old, were assessed using Beck's Depression Inventory (BDI-II), through Google Form, and shared using social media. We also grouped the participants to age, gender, religion, and types of housing, and did the multivariate analysis using median comparison and multinomial logistic regression.
Results: A total of 84 college students, who are living alone during the Pandemic 2020, participated in this study. We found that 33.3% of the population suffered from depression. The median score for the group of females, prefer not to say their religion, and living in the owned house have a higher median. While multinomial logistic regression study does not have any significant odd risks in the variables.
Conclusions: The results indicate that in time of nationwide physical distancing and limited public activities due to COVID-19 Pandemic, the prevalence of depression among college students

living alone in Pandemic 2020 is 33%. One-fourth of them are with severe depression.

Keywords: Pandemic 2020; COVID-19; Depression; College Student

EPP0356

The mental health impact of the COVID-19 epidemic on hong kong youth: Preliminary results from the hong kong youth mental health epidemiological study (HKYES)

T.H. Chung[1], A.S. Yuen[1], C.S. Wong[1]*, C.L. Hui[1], S.K. Chan[1], W. Chang[2], E.H. Lee[1] and E.Y. Chen[1]

[1]Department Of Psychiatry, The University of Hong Kong, HK, Hong Kong PRC and [2]Department Of Psychiatry, The University of Hong Kong, Hong Kong, Hong Kong PRC
*Corresponding author.

Introduction: The 2019 coronavirus disease (COVID-19) is a global health crisis that originated in China. As an adjacent city to the origin of COVID-19, Hong Kong has been facing different public health challenges raised by the epidemic.
Objectives: This paper examined the prevalence of common physical symptoms, psychological symptoms, somatic symptoms, and health anxiety among the Hong Kong youth population.
Methods: HKYES is an on-going territory-wide epidemiological study collecting youth mental health data with randomly stratified sampling. Participants aged 15-24 years were to complete a physical symptom checklist, Depression, Anxiety and Stress Scale (DASS-21), Insomnia Severity Index (ISI), Patient Health Questionnaire-15 (PHQ-15), and Short Health Anxiety Inventory (SHAI).
Results: A total of 594 participants have completed the survey since April 2020. The three most common physical symptoms were headache (n=106, 17.8%), fever (n=94, 15.8%) and fatigue (n=78, 13.1%). The mean scores of DASS depression, anxiety and stress subscales were 7.98 (SD 8.14), 5.81 (SD 6.32), and 8.83 (SD 7.93) respectively. Among all, 135 (22.8%) participants reported moderate to severe levels of depressive symptoms, 133 (22.4%) reported moderate to severe levels of anxiety symptoms, and 71 (12%) reported moderate to severe levels of stress. There were 40 (6.7%) and 60 (10.1%) participants showing significant levels of insomnia and somatic symptoms, while around one-third of the participants reported a high level of health anxiety.
Conclusions: Youth is at risk of severe psychological impact during the coronavirus. Monitoring the mental health trajectory for youth should become routine practice during times of crisis.

Keywords: youth; mental health; health anxiety; COVID-19

EPP0357

Telecommunication and neuropsychiatric symptoms in long term care dementia patients during the COVID-19 lockdown ERA.

A. Konstantinou*

Old Age Psychiatry, Ippokrateio Therapeutirio, Larissa, Greece
*Corresponding author.