

Objectives: The aim of this literature review is to identify and analyze studies conducted in 2020 that investigate the incidence of psychotic disorders, related to COVID-19 pandemic and describe its symptoms.

Methods: A systematic search in the PubMed electronic database was performed using keywords “COVID-19”, “pandemics”, “psychotic symptoms”, and “first episode of psychosis” Relevant literature was limited to articles describing studies conducted and published in 2020.

Results: 9 papers met the inclusion criteria. The selected studies reported 20 cases of psychosis in patients with no psychiatric history, directly triggered by stress derived from the COVID-19 pandemic and by social distancing and quarantine. All cases were characterized by sudden behavioral changes out of character, increased concern about coronavirus risk infection, anxiety, psychomotor agitation, and insomnia. In multiple cases, psychotic symptoms were characterized by thoughts of reference, persecution, and structured delusional. 5 patients were convinced that COVID-19 Pandemic was part of a conspiracy and that someone was trying to infect them by diffusing the COVID-19 or other pollutants. Half of the patients had the delusional conviction that they got infected and they were contagious.

Conclusions: COVID-19 pandemic appears to be the trigger for precipitating psychosis which has a high risk of suicidal behavior. During pandemics, mental health professionals should carry out more focused diagnostic and therapeutic strategies.

Disclosure: No significant relationships.

Keywords: psychotic disorder; COVID-19; pandemic; delusions

EPV0209

Trait-anxiety among healthcare professionals in COVID-19 pandemic

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Introduction: Factors causing anxiety among healthcare professionals (HCP) are increasing, and psychosocial causes are the most common. During the COVID-19 pandemic, HCP are exposed to additional stressful factors.

Objectives: The aim of this study was to assess the prevalence of trait-anxiety and its associated factors towards the COVID-19 outbreak among Tunisian HCP.

Methods: A cross-sectional descriptive and analytical study conducted among Tunisian HCP during November and December 2020. The data were collected by an online questionnaire including the sociodemographic information and the “General anxiety questionnaire of Spielberger” (STAI-Y-B) which was used to assess the trait-anxiety.

Results: A total of 135 HCP participated in this study (47.4% female and 52.6% male). The average age was 31.98 years (SD=6.59). Of the participants, 3% were nurses, 8.1% were interns, 48.1% were

residents, 34.8% were specialist doctors and 5.9% were generalist doctors. Concerning marital status, 61.5% were single, 36.3% were married and 2.2% were divorced. Of HCP involved in the study, 13.3% of the participants had a history of chronic somatic-disorder and 11.9 % of them had a history of a psychiatric disorder. The prevalence of trait-anxiety in HCP was 53.3%. The analysis showed that anxious HCP were more younger ($p=0.002$) and had history of a psychiatric disorder ($p=0.017$) compared to non-anxious HCP. However, no significant difference was found by gender, marital status and professional degree according to trait-anxiety.

Conclusions: In our study, we found that more than the half of HCP were anxious and these one were more younger and had history of psychiatric disorders.

Disclosure: No significant relationships.

Keywords: Healthcare professionals; Trait-Anxiety; Associated factors; Covid-19 pandemic

EPV0210

Predictors of the perceived risk of COVID-19 and adherence to confinement guidelines in the context of the COVID-19 pandemic

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Introduction: Complete adherence to public health guidelines is essential to reduce the spread of COVID-19. Studies on the factors associated with increased/decreased adherence to these measures have the potential to inform public policies directed at increasing adherence, and thus helping to control the spread of the current pandemic.

Objectives: This study aimed at assessing the demographic and psychosocial predictors of the perceived risk of the COVID-19 and adherence to confinement guidelines during the first mandatory lockdown in Portugal.

Methods: A convenience sample of 430 adults living in Portugal between March 19th and May 2nd, 2020 completed an online survey asking participants about the perceived risk of the COVID-19 and adherence to confinement guidelines. Participants also completed a sociodemographic questionnaire and measures of psychological function. Multiple regression analysis was performed.

Results: Teleworking and Risk and COVID-19 controllability were significant predictors of the perceived risk of COVID-19 as measured by the perceived risk of being infected with COVID-19. Teleworking participants and those perceiving COVID-19 as less controllable reported a higher perceived risk of being infected with COVID-19 than those who were not in telework and perceived COVID-19 as a controllable condition. Adherence to confinement guidelines was predicted by the mental health status and perceived risk of COVID-19. Participants who reported worse mental health status, who perceived COVID-19 as a dangerous condition, and