

Conclusions: The pandemic has increased the risk of mood disorder and suicides in the population. Focus should be on the behavioral and psychological first aid to curb stress.

Keywords: Covid; Suicide; mood disorder

EPP0415

Evaluation of anxiety and coping strategies among tunisian health professionals in the pandemic of the covid 19

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Introduction: The rapid spread of coronavirus has forced the healthcare systems in Tunisia to reorganize its structures, thus mobilizing all caregivers. Their professional and emotional burden was put to the test.

Objectives: To evaluate the level of anxiety and to study coping strategies among caregivers during this pandemic.

Methods: A cross-sectional descriptive and analytical study among 150 caregivers in two hospitals in Sfax in Tunisia; during April 2020. We used anonymous questionnaire, the Spielberger State Anxiety Scale (STAI) to assess tension felt at anxiety-producing situations; and the Coping Inventory Scale for Stressful Situations (CISS): to assess coping strategies.

Results: The average age was 30.33 ± 6.93 years and the sex-ratio M/W = 0.29. Caregivers followed the news of this pandemic with these means of communication: 96% Facebook, 80% TV. The increase of the time spent in front of media: 84% Sleep disorders were present in 64.7%: insomnia (36%), chopped sleep (34%). Caregivers used sleeping pills in 12% of case. STAI: The mean score = 48.85 and a high anxiety level was noted in 72% of case. CISS: Task-oriented coping strategies: a mean score = 47.90 and Emotion-centered coping: a mean score = 40.49 High anxiety was correlated with: age > 40 years old ($p=0.042$). The increase of the time spent in front of media, chopped sleep and use of sleeping pills are correlated respectively ($p=0.043$, $p=0.003$, $p=0.003$) with an emotionally focused coping strategy.

Conclusions: Health professionals had a painful psychological experience with significant anxiety. Strengthening prevention strategies, management of health crises should be a priority of our health-system.

Keywords: covid 19; caregivers; anxiety; coping; covid 19; caregivers; Anxiety

EPP0416

Anxiety and need for support of college students during the SARS-CoV-2 pandemic: An exploratory study

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Introduction: During the pandemic state, college students are exposed to additional stressful factors, including but not limited to: fear of being infected; fear of infecting a significant person; deal with a new reality of economic uncertainty; challenges of distance education; new rules in face-to-face classes; restrictions on access to internships and higher demanding in internships.

Objectives: This exploratory study aims to assess levels of anxiety and the perception of the need for support of students of a Portuguese Higher Education Institution (HEI).

Methods: An exploratory study was developed, on the return of students to the presential classes after the academic lockdown. It was spread out an email for all students with a link for an online form, which includes sociodemographic questions, a screening question of the anxiety level, and the need for support level (rating scales 0-10).

Results: It was obtained 36 answers from mostly female students (92%) with 17 to 21 years old (67%). Answers present an average anxiety level of 5.4 (Min=1; Max=9; SD=2.23), with 58% of answers with a score of anxiety level of 5 or higher. The need for support average was 3.7 (Min=1; Max=9; SD=2.23), with 33% of answers with a score of 5 or higher.

Conclusions: It is necessary to continuously monitor the anxiety level and the need for support of college students during the SARS-Cov-2 pandemic. It is similarly relevant to have responses of HEI to promote mental health and to answer to the high levels of students' anxiety and needs for support during the pandemic.

Keywords: SARS-CoV-2; Anxiety; need for support; College students

EPP0417

The effects of excessive and compulsive online searching of COVID-19 information (“cyberchondria”) on general and COVID-19-specific anxiety and fear in romantic couples during lockdown

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Introduction: Cyberchondria involves excessive and uncontrollable online searching of information about a perceived illness. This behavior can cause or maintain distress.

Objectives: Little is known about cyberchondria during the COVID-19 pandemic or how cyberchondria in one individual may cause distress in their significant other if they are self-isolating together; our study sought to fill these gaps.

Methods: We conducted a Qualtrics Panel survey with 760 cohabitating Canadian couples; in June 2020, participants retrospectively reported on their cyberchondria behavior, general anxiety, and COVID-19 fears during the month of April 2020, while adhering to stay-at-home advisories. Two separate actor-partner interdependence models (APIMs) used cyberchondria excessiveness and compulsion to predict generalized anxiety and COVID-19 danger/contamination fears in the actor and partner.

Results: Both cyberchondria excessiveness and compulsion were associated with higher general anxiety and higher COVID-19 danger/contamination fears in the individual (actor effects). Partner

cyberchondria compulsion was associated with higher general anxiety in the individual whereas partner cyberchondria excessiveness was associated with higher COVID-19 danger/contamination fears in the individual (partner effects).

Conclusions: Findings suggest that excessive and uncontrollable searching of information about COVID-19 on the internet during lockdown may contribute to distress in both the individual engaging in the cyberchondria behavior, and in their romantic partner. Moreover, different aspects of cyberchondria in the partner (compulsion vs. excessiveness) appears to contribute to general vs. COVID-19-specific anxiety/fears in the partner, respectively. Future research should examine mechanisms underlying the observed partner effects (e.g., co-rumination, social contagion) and reasons for the differential partner effects of cyberchondria components.

Keywords: cyberchondria; covid-19 fear; Anxiety; romantic couples

EPP0418

Practical observations - the COVID-19 influence on latvian early intervention work with first episode psychosis (FEP) patients.

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Introduction: COVID-19 is a very stressful experience for people with FEP and changed the work routine of the mental health services they have used.

Objectives: In this work, we aim to explore how the restrictions influenced the out-patient visits and rehospitalization rates.

Methods: The Latvian Early intervention programme (Berze et al.,2019) for patients with FEP had started on 1st January, 2019. The 1st group of patients (n=28) finished the programme on 31st December, 2019. The 2nd group of patients were enrolled in programme on 1st January, 2020 (n=12). When on 12th of March in Latvia health care restriction started due the COVID-19 situation, we were forced to change our structure of LAT-EIP.

Results: The average patient age of patients was 29.9 (SD±7.1) years in the 1st group, in 2nd group average age is 26.2 (SD±5.9) accordingly in years. In the 1st group 60.7% of patients visited the psychiatrist 6-10 times vs 8.33% in 2nd group, in the 1st group 32.1 % of patients had 2-5 visits with psychiatrist vs 75% in 2nd group. There were 72 family sessions in 1st group, whereas in 2nd group the family sessions were excluded. During the programme 7% (n=2) of patients in the 1st group were rehospitalized vs 25% (n=3).

Conclusions: The structure of LAT-EIP had change at the time of COVID-19 restrictions, unfortunately our work lack the statistical power. From the descriptive statistics, we can speculate that the rehospitalization rate is higher because of the lack of regular contact with psychiatrist and the lack of psychoeducation with families.

Keywords: intervention; COVID-19; psychosis; rehospitalization

EPP0419

The impact of COVID-19 on young people's mental health in latvia

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Introduction: There is an ongoing debate about the impact on mental health associated with Covid-19 pandemics. Some studies have shown an increase in depressive and anxious symptomatology in general population. It has been noted that young people might be among the highest risk populations due to various environmental and developmental influences.

Objectives: To estimate the impact of Covid-19 related restrictions on mental health measures among Latvian adolescents and young adults (14-24).

Methods: We conduct a survey on social media, recruiting 500 participants among the 14-24 age group. The survey consists of three parts: 1) sociodemographics; 2) quantitative mental health self-evaluation form; 3) open ended questionnaire about the needs and expectations. For statistical analysis we use Excel software and use a regression analysis.

Results: 483 participants participated in our survey. The average age was 17.2, 62% was female, 36% male, 2% identified as trans. 52.3% reported decline in their mental functioning and wellbeing in one or several mental health domains (depression, anxiety, addictive behaviours) out of which 13.4% reported significant impairment in a major life area. The support and needs defined by respondents can be divided in three clusters: socialising outside immediate family, psychosocial services, recreational needs.

Conclusions: Confirming to findings in other EU countries, majority of adolescents and young people in Latvia have experienced clinically significant mental health decline during the Covid-19 pandemic. These results can help policy makers in establishing appropriate, needs oriented support in tackling this problem.

Keywords: COVID-19; adolescent; young adult; mental health

EPP0423

Denial attitude towards COVID-19 among general population in Saudi Arabia

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Introduction: During the current crisis of COVID 19, recent studies evident that it has a huge impact on public mental health and individuals' behavior.

Objectives: Our study aimed to estimate the prevalence of high denial attitude towards the emerging pandemic of COVID 19 among the general population of Saudi Arabia.

Methods: A cross-sectional online survey was conducted from April 3, 2020 to May 5, 2020. All participants (N= 1817) were asked to complete an online questionnaire survey that included socio-