

underlying neuro-behavioural effects in this model. Although the results of the morphometric analysis suggest a causal link between behavioural changes with altered synaptic plasticity, the mechanisms and involved signalling remain to be defined.

**Disclosure:** No significant relationships.

**Keywords:** animal models of autism; dendritic spines; tuberous sclerosis complex; enriched environment

## EPP0201

### Burnout or anxiety?! A medical trial regarding resident doctors in a first line University Hospital during COVID 19 pandemic.

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**Introduction:** Coronavirus Disease 2019 (COVID-19) caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) has been reported as a worldwide emergency. Due to the extensiveness of spread and death, it has been declared as a pandemic.

**Objectives:** To highlight how COVID-19 pandemic psycho-emotional affects the medical staff of a frontline University Hospital in the "battle" with new coronavirus.

**Methods:** We employed a cross-sectional survey of 71 resident doctors from a frontline Hospital after a one-year pandemic and analyzed the prevalence and associated factors with work-related psychological distress among our study group.

**Results:** Out of the hospital resident doctors, 71 participated and completed the questionnaire, offering an overall response rate of 100%. The majority of participants were women (86% - 61). The average age was 29 years. Most respondents were unmarried. A total of 67% of participants were non-smokers, 5% stated that they occasionally consumed alcohol, none of them used drugs. As a result of the qualitative and quantitative analysis of the data, aspects related to anxiety (21.12% - 15), exhaustion (15.49% - 11), and depression (11.26% - 8) are highlighted. In our study, no people were identified who would reach extreme exhaustion in the work process, due to good resilience and due to a well thought out program of work and rest during the pandemic.

**Conclusions:** The psychological pressure at work, as well as the one felt after limiting and restricting mobility for shorter or longer periods, had an impact on the psycho-emotional state of health care workers, requiring further psychological reassessments and psychological support.

**Disclosure:** No significant relationships.

**Keywords:** burnout; anxiety; pandemic; covid 19; resident doctor; hospital

## EPP0202

### Psychiatric care in Croatia during COVID-19 lockdown and earthquake: significant decrease in admissions to University Psychiatric Hospital Vrapce in Zagreb

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**Introduction:** The COVID-19 pandemic has had an enormous impact on both physical and mental health of people around the world.

**Objectives:** The aim of the study was to evaluate the number and characteristics of people seeking emergency psychiatric help during combined psychosocial stressful events in March 2020.

**Methods:** Data for 3927 patients seeking emergency psychiatric help were collected and analyzed for the months preceding, during and after lockdown due to COVID-19 pandemic and concomitant earthquake that took place on 22nd March 2020 in Zagreb, and compared with the same months of 2019.

**Results:** A significant decrease in both the number of visits and admissions to the hospital was found for the month of lockdown. There was a significant decrease in the number of out-patients visits and day hospital admissions. Compared with other months, more women and younger patients sought help. There was a significant rise in the number of patients presenting with suicidal thoughts, as well as a larger percentage of involuntary admissions.

**Conclusions:** Overall less people sought psychiatric help in the face of an unpredictable acute threat, which was interpreted in the light of prioritizing fear of infection over mental health issues. Alternatively, it is possible that people threatened with immediate danger mobilize short-term compensatory psychological resources which help deal with or put off mental illness. This research was conducted as part of the project of the Croatian Science Foundation CORONA-04-2086 Life in the time of COVID-19-social implications on the security and well-being of vulnerable groups in the European context.

**Disclosure:** No significant relationships.

**Keywords:** COVID-19 pandemic; Emergency psychiatric care; Hospital admission; lockdown

## EPP0203

### Mechanisms and Effectiveness of Online CB-ART Interventions in Reducing Covid-19-related Distress

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**Introduction:** The combination of cognitive behavioral interventions and art therapy provides a unique tool for image transformation as a strategy for managing distress in extremely stressful

situations. Previous studies offer evidence of the effectiveness of cognitive behavioral- and art-based (CB-ART) interventions in reducing stress related to community crises such as wars and earthquakes.

**Objectives:** This study aimed to extend current knowledge by investigating the effectiveness of CB-ART interventions in the Covid-19 context, and the mechanisms underlying them.

**Methods:** Online CB-ART interventions were implemented during the first national lockdown in Israel with 15 women. The intervention included drawing three pictures related to: (1) Covid-19-related emotions and thoughts; (2) resources that may help them cope with the pandemic outcomes; and (3) integration of the stressful image and the resource picture. To examine the intervention effect, participants' Subjective Units of Distress (SUDs) values were measured using a pre-post design.

**Results:** Participants' initial distress levels decreased on completion of the intervention. Another key finding is the reduction of the initial size of the stressful image and enlargement of the resource images within the integrated drawing. This may be the proposed mechanisms underlying the reduction of the SUDs values.

**Conclusions:** The new perspective derived from the compositional transformations performed by the participants may have increased their sense of control and competence, enabling them to perceive the Covid-19-related stressors as less threatening. The described art-based tool can be easily implemented online by mental health professionals with diverse populations in times of community crises.

**Disclosure:** No significant relationships.

**Keywords:** Image transformations; Covid-19; Distress; CB-ART interventions

## EPP0204

### Resilience And Coping: The Chicken and The Egg Paradox

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**Introduction:** Since the outbreak of the 2019 coronavirus, healthcare workers found themselves on the front lines of an unprecedented battle. Being characterized by adversity, this experience represents a fertile ground for the study of resilience.

**Objectives:** Our study aims to clarify the phenomenon of resilience through its influence on perceived stress level and its connection with coping strategies.

**Methods:** A cross-sectional study was conducted involving 254 healthcare professionals in the region of Soussse during the pandemic. In addition to socio-demographic and professional characteristics, Resilience, perceived stress, and coping strategies were assessed using the Connor-Davidson Resilience Scale (CD-RISC), the PSS10 scale, and the Brief Coping questionnaire, respectively.

**Results:** The overall mean [ $\pm$ standard deviation (SD)] age of the participants was  $32.9 \pm 8.76$  years with a sex ratio (M / F) of 0.51.

The assessment of resilience among participants revealed a mean score of  $64.99 \pm 14.72$ . The majority of participants evinced a score  $> 50$  (82.68%) and 39.76% had a score  $> 70$ . Our results revealed that, on the one hand, problem-focused coping strategies were positive predictors of resilience ( $p < 10^{-3}$ ), accounting for 3.6% of its variance. On the other hand, coping strategies (problem-focused strategies and avoidance strategies) are also an integral part of the process by which resilience significantly influences the level of perceived stress (mediating factor).

**Conclusions:** Despite its complexity, the relationship between resilience and coping strategies is undeniable and it is a part of an important line of intervention opening the way to better identifications and care.

**Disclosure:** No significant relationships.

**Keywords:** Stress; resilience; coping; Coronavirus

## Schizophrenia and other Psychotic Disorders 02 / Training in Psychiatry

### EPP0206

#### Prognostic Accuracy of DSM-5 Attenuated Psychotic Symptoms in Adolescents: Prospective Real-World 5-year Cohort Study

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**Introduction:** There is limited research in adolescent at risk for psychosis. The new criteria of Attenuated Psychosis Syndrome (APS) of Diagnostic and Statistical Manual of Mental Disorders-5 (DSM-5) have not been validated.

**Objectives:** The aims of this study were to: 1) characterize adolescent's profile with APS (DSM-5 APS) compared to adolescents with early onset psychosis (EOP) and with other psychiatric disorders (non-APS); 2) to estimate their long-term risk of transition to psychosis and prognostic accuracy of DSM-5 APS.

**Methods:** 243 adolescents, aged 12-17, were included (October 2012- July 2019) and divided in three sub-groups (110 DSM-5 APS, 31 EOP, 102 non-APS). All underwent a comprehensive assessment evaluating: sociodemographic characteristics, family and personal history of any DSM-5 psychiatric disorders, psychopathological assessment and level of functioning. An annual follow-up evaluation was carried out (up to 7 years) including a clinical interview to investigate DSM-5 criteria for transition to psychosis.

**Results:** DSM-5 APS adolescents had on average higher comorbid disorders (2.3) and intermediate psychopathological and functioning profile between non-APS/EOP. The cumulative risk of transition at 1,2,3, 4-5 years was 13%, 17%, 24.2%, 26.8% and 26.8% in DSM-5 APS group, 0%, 0%, 3.2%, 3.2% and 3.2% in the non-APS.