- 15 May). Subsamples from four time periods were compared using ANOVA. The first dataset was collected before the official restrictions' introduction (n=88). The second subsample was gathered during the "days off" week (n=262). The third period started with the "days off" extension and ended with the strict self-isolation announcement (n=296). The fourth dataset was gathered during self-isolation (n=303). General linear models (GLM) were used to determine the effect of variables on anxiety, depression, and general symptomatic index (GSI).

**Results:** Hardiness, anxiety, depression, and GSI differed significantly between the time-periods (F=4.899, p<0.01; F=3.173, p<0.05; F=8.096, p<0.01; F=3.244, p<0.022 ; F=4.899, p<0.01 respectively). GLMs showed gender, chronic diseases, self-assessed fears, and hardiness contribution to anxiety, depression, and GSI. Hardiness had the biggest effect on all models. Anxiety was additionally influenced by the time factor, which also interacted with hardiness (see Figure 1). With lower hardiness, higher anxiety arose over time.

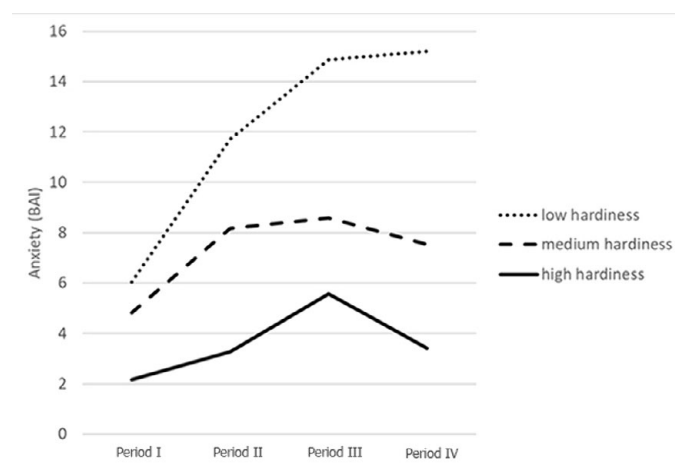**Conclusions:** Hardiness notably contributes to personal adaptation



Figure 1. Hardiness and time effects on anxiety

during the COVID-19 outbreak-related restrictions.

**Keywords:** Anxiety; COVID-19; hardiness; Depression

## EPP0384

### COVID-19 mental health helpline: A tool for a rural population.

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**Introduction:** Coronavirus disease 2019 (COVID-19) pandemic has had a negative impact for mental health. ULS-Guarda in cooperation with Portugal National Health Service, provided the population of the district of Guarda with a mental health helpline (MHHL).

**Objectives:** Provide a descriptive data analysis of the MHHL calls received between April 1st and September 20th of 2020.

**Methods:** The data was obtained through the filling out of questionnaires. It included fields for gender, age, the type of service provided, relation to COVID-19, symptoms displayed and the number calls made per patient. For the statistical analysis, Microsoft Excel ™ was utilized.

**Results:** MHHL received 191 calls. The largest volume was received during April, which saw 116 instances of patients seeking the MHHL. The number of calls then tapered progressively throughout the following months. The services provided were split between psychiatric assistance, psychologic assistance, and the renovation of medical prescriptions, in 44%, 31% and 19% of the cases, respectively. The 101 patients who resorted to the MHHL were unevenly distributed in gender, being 74 female and 27 male individuals. Their ages were mostly between 50 and 69 years old. The most common symptoms were anxiety, depressed humor and insomnia, in 35%, 16% and 11% of the cases, respectively.

**Conclusions:** The largest influx of calls coincides with the home confinement period, and decreased alongside the relaxation of the confinement measures held. The MHHL had enough adherence to warrant consideration of it being an alternative means of healthcare access, especially in situations where physical access to healthcare is restricted.

**Keywords:** mental health; COVID-19; Helpline

## EPP0385

### Binge eating disorder experienced by young doctors struggling with COVID-19

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**Introduction:** The COVID19 outbreak has disrupted the mental health of resident doctors who had to care for patients. Eating disorders were among these reported mental health problems.

**Objectives:** To screen binge eating disorder among young Tunisian doctors and its associated factors.

**Methods:** We conducted a cross-sectional, descriptive and analytical online-based survey, from April 19, 2020, to May 5, 2020 on 180 medical residents in training. We sent the survey via a google form link. We used a self-administered anonymous questionnaire containing sociodemographic and clinical data of young doctors. The Diagnostic and Statistical Manual of Mental Disorders (DSM-5) criteria were used to assess Binge-Eating Disorder.

**Results:** Among 180 young doctors who enrolled the survey, 70,2% were female, 16% were married. The mean age was 29 years. 51,1% were frontline caregivers, working directly in diagnosing, treating or caring for patients with coronavirus disease. Among our participants, 5% presented anxiety disorder, another 5 % presented depression disorder and 1,7% had eating disorder. Binge eating disorder were present among 8,9 % of participants and it was associated to personal history of eating disorder (7,7% vs 1,1%, p<10⁻³), past history of depression disorder (7,2% vs 3,3%, p=0.008), exposure to media or news about coronavirus outbreak (0.5% vs 8,3%, p=0.04).

**Conclusions:** Our study indicated the evolving proportion of binge eating disorder among young doctors. Screening eating disorder is important in order to prevent related physical health problems.

**Keywords:** young doctors; binge eating disorder; COVID19; mental health

## EPP0386

### Mental health challenges faced by young medical residents fighting COVID-19 in tunisia

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**Introduction:** COVID-19 pandemic affected not only physical health of individuals, and communities but also their mental health worldwide. Young physicians, who were providing care for patients during the outbreak in a global atmosphere of stress, anxiety and depression, were not spared.
**Objectives:** To assess anxiety and depression among young medical resident exposed to COVID-19 in Tunisia and its associated factors
**Methods:** It was a cross-sectional, descriptive and analytical online-based survey, from April 19, 2020, to May 5, 2020 on 180 medical residents in training, via a Google-Form link. We used a self-administered anonymous questionnaire containing sociodemographic and clinical data. Hospital Anxiety and Depression Scale (HAD) validated in the Tunisian dialectal version was used to assess anxiety and depression.
**Results:** Among 180 young doctors included, 70.2% were female, 16% were married, 81.8% worked in a university Hospital and 51.1% were frontline caregivers involved in primary screening. Our study revealed that 66.1% of young medical residents were suffering from anxiety (severe anxiety: 28.9 %) and 61.7% of them from depression (severe depression: 29.1%). Anxiety disorder was correlated to female gender (p=0.008), being married (0.001), worse quality of sleep ($p<10^{-3}$) and increased consumption of tea and coffee (p=0.012). Depression was associated to worse quality of sleep ($p<10^{-3}$), lack of physical activity ($p<10^{-3}$), shortage of personal protective equipment (p=0,027) and anxiety disorder ($p<10^{-3}$).
**Conclusions:** Our study indicated a high proportion of anxiety and depression among young doctors in training, needing systematic screening in order to prevent them.

**Keywords:** young medical residents; Depression; Anxiety; COVID-19 outbreak

## EPP0387

### Comparison of psychiatric emergency service admission rates in an italian COVID-19 hospital during lockdown and last year

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**Introduction:** Italy has been one of the most affected countries by Covid-19 pandemic. Our University General Hospital, Policlinico of "Tor Vergata" (PTV) in Rome, has become a Covid Hub in order to manage the spread of the epidemic. Thus, our Psychiatric Emergency Service (PES)'s access has been partially limited. Direct indicators of PES activity, as admission rates, can be useful for evaluating the psychological impact of Covid epidemic.
**Objectives:** To assess psychiatric admittance rates to PES of PTV before and during Covid-19 global pandemic.
**Methods:** Data from our PES register have been obtained and analyzed. We compared all the psychiatric access during the trimester March – May 2019 and 2020. All patients have been characterized according to clinical features.
**Results:** A marked reduction of the number of patients presenting to PES has been observed (76 patients) in the 57-day period (March 11–May 04, 2020) of lockdown compared to the same period in 2019 (266 patients). The cutback was visible for all diagnostic groups, except for "Borderline Personality Disorder" diagnosis which have slightly increased. On the other hand, hospitalization rates in our psychiatric inpatients unit remained steady.
**Conclusions:** Although larger study are needed to understand the mental consequences of the lockdown experience, people's fear of potential infection might explain our results. Interestingly, personality disorder patients represent an exception to it, suggesting the importance of the clinical characteristics of fearless, engagement in dangerous behavior and detachment from reality. These findings might be helpful to improve psychosocial crisis interventions during the pandemic.

**Keywords:** COVID-19; psychological impact; Hospital Admission rates; Psychiatric Emergency Service

## EPP0389

### Perceived stress level among patients with chronic illness during covid pandemia.

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**Introduction:** The emergence of SARS-CoV-2 has enormously impacted healthcare systems around the world. Both patients and health care professionals have been subjected to a novel stressor which affects their everyday life and functioning. This issue is especially important to patients suffering from chronic diseases which had already been exposed to a psychological strain related to their primary diagnosis. As chronically ill patients are depending on the availability of a specific treatment i.e. in need of specific healthcare facilities and have more reasons to worry about their future and hence be more prone to suffer adverse psychological consequences than the general population.