

EPP0462

Family well-being as an important protective factor in the treatment of stress and emotional burnout among medical professionals during the COVID-19 pandemic in Russia

J. Koniukhovskaia^{1*}, E. Pervichko^{2,3}, O. Mitina¹, O. Stepanova¹ and E. Dorokhov¹

¹Psychology, Lomonosov Moscow State University, Moscow, Russian Federation; ²Faculty Of Psychology, Lomonosov Moscow State University, Moscow, Russian Federation and ³Faculty Of Psychology And Social Sciences, Pirogov Russian National Research Medical University, Moscow, Russian Federation

*Corresponding author.

doi: 10.1192/j.eurpsy.2021.829

Introduction: The COVID-19 pandemic and the need to fight it disrupt the balance between work and rest for health workers that can lead to a decrease in stress tolerance and emotional burnout appearance. The lifestyle and well-being of personal and family life can be both a “depletion” and a “resource” factor for health professionals when working under stressful conditions.

Objectives: To study the presence/absence and severity of burnout symptoms in medical professionals in the COVID-19 pandemic context; to investigate the interaction between burnout severity and overall stress levels, family well-being, and the presence of children.

Methods: The author’s socio-demographic questionnaire, Stress Perception Questionnaire (Linville, 1987), modified Pandemic Perception Questionnaire (Broadbent et al., 2006), Maslach Burnout Inventory (Maslach et al., 1996), State-Trait Anxiety Inventory (Spielberger et al., 1983) were used. The study was conducted online from April 27 to October 26. It involved 249 medical workers, including 58 men and 191 women.

Results: Health workers who have children show greater confidence in their professional competence (41.28 ± 6.3 vs 39 ± 7 ; $p=0.007$) and (at the trend level) have a lower level of exhaustion (34.53 ± 9.2 vs 36.71 ± 10.8 ; $p=0.09$) than their colleagues without children. Although health workers in both groups have approximately the same scores for perceived stress, however, those with children put less effort to counteract stress (9.31 ± 2.5 vs 10.19 ± 2.9 ; $p=0.012$). They describe the pandemic as less dangerous compared to colleagues who do not have children (15.4 ± 5.7 vs 16.7 ± 5.1 ; $p=0.042$).

Conclusions: Perhaps the very possibility of switching attention from a vitally dangerous topic to more positive aspects of life allows medical staff who have children to feel less exhausted and maintain faith in their own strength.

Keywords: stress; emotional burnout; medical professionals; COVID-19 pandemic

EPP0461

Prevalence of dysfunctional breathing associated with anxiety during the COVID-19 pandemic in Russia

J. Koniukhovskaia*, O. Mitina, O. Stepanova, E. Dorokhov and E. Pervichko

Psychology, Lomonosov Moscow State University, Moscow, Russian Federation

*Corresponding author.

doi: 10.1192/j.eurpsy.2021.830

Introduction: The COVID-19 pandemic has become a situation of increased concern due to health threats and increased uncertainty. The risk of infection with the respiratory system coronavirus attracts increased attention to respiratory sensations. These two aspects can be beneficial grounds for the dysfunctional breathing-changes emergence in the breathing pattern that does not correspond to physiological needs.

Objectives: To study the prevalence of dysfunctional breathing associated with anxiety during the COVID – 19 pandemic in Russia.

Methods: The author’s socio-demographic questionnaire, the Naimigen Questionnaire, The State-Trait Anxiety Inventory were used. The survey was conducted online in May 2020. There were 582 participants (496 women & 86 men) between the ages of 18 and 64.

Results: The severity of dysfunctional breathing significantly correlated with the height of personal anxiety ($r=0.488$, $p=0.000$). Women are more likely than men to have dysfunctional breathing (18.1 ± 9.6 vs 11.6 ± 7.9 ; $p=0.000$) and have more expressed personal anxiety (26 ± 10.5 vs 19.8 ± 9.7 ; $p=0.000$). The age of respondents has an inverse correlation with personal anxiety ($r=-0.147$, $p=0.000$), but not with dysfunctional breathing. Respondents who consider coronavirus to be a very dangerous trend to have dysfunctional breathing more than those who believe that the danger of coronavirus is exaggerated (18.1 ± 10 vs 15.9 ± 8.9 ; $p=0.052$).

Conclusions: During the COVID-19 pandemic, the risk of dysfunctional breathing increases in a wide range of the population, especially among women. Since one of the dysfunctional breathing symptoms is a feeling of “difficulty inhaling”, anxious people may interpret this as shortness of breath in COVID-19, which may motivate them to seek medical help, thereby artificially increasing the burden on the health system during the COVID-19 pandemic.

Conflict of interest: No significant relationships.

EPP0462

Stress, health and lifestyle behaviours during COVID-19 home confinement in portuguese adults

A.P. Amaral^{1*}, J. Figueiredo¹, A. Ferreira¹, S. Seco², A. Loureiro² and L.S. Costa¹

¹Coimbra Health School, Polytechnic of Coimbra, Coimbra, Portugal and ²Occupational And Environmental Health, Polytechnic of Coimbra, Coimbra, Portugal

*Corresponding author.

doi: 10.1192/j.eurpsy.2021.831

Introduction: The confinement associated with COVID-19 pandemic was an experience with significant physical and mental health implications, including higher stress levels, decreased sleep quality, pain symptoms and changes in lifestyle behaviours.

Objectives: The main goal of this study was to analyze the relationship between stress and health variables (sleep, health symptoms, health perception, and lifestyle behaviours) in a Portuguese university during COVID-19 home confinement.

Methods: A cross-sectional online survey design was conducted. A sample of 263 Portuguese workers (64.3% females), with mean age of 48.3 years ($sd=8.9$), filled in the PSS10, answering questions concerning health symptoms (perceived health, pain symptoms

and fatigue), lifestyle behaviours (sleep and eating habits, use of alcohol and tobacco) during COVID-19 home confinement. A descriptive statistical analysis, a Pearson correlation analyses and the t Student test, for independent samples, were performed.

Results: The results showed significant correlations between stress and perceived health ($r=-.404$; $p<.0001$), arms pain ($r=.212$; $p=.002$), legs pain ($r=.201$; $p=.003$), back pain ($r=.219$; $p=.001$), headache ($r=.289$; $p<.0001$) and fatigue ($r=.295$; $p<.0001$). Concerning lifestyle behaviours, the results showed significant correlations between stress and sleep ($r=-.552$; $p<.0001$) and stress is significantly higher ($p<.0001$) in individuals who have changed their eating habits.

Conclusions: During the COVID-19 home confinement, higher stress levels are associated with a worse perception of health, more pain symptoms (legs, arms, back, headache), worse sleep quality and more fatigue. Moreover, the individuals with higher levels of stress have changed their eating habits. Lastly, health promotion interventions are needed in order to minimize the impact of home confinement in health.

Keywords: stress; health; lifestyle; COVID-19

EPP0463

Mental health in pandemic times - a review

D. Jeremias^{1*}, A. Moura¹, D. Rodrigues¹, C. Laginhas¹, J. Isaac² and R. Albuquerque¹

¹Psychiatry Department, Ocidental Lisbon Hospital Center, Lisboa, Portugal and ²Psychiatry, ULSBA - Hospital José Joaquim Fernandes, Beja, Portugal

*Corresponding author.

doi: 10.1192/j.eurpsy.2021.832

Introduction: Any outbreak of pandemic dimension will most likely produce a serious amount of distress and prejudice to anyone, in particular when it comes to mental health. The pandemic impact in primary care and in the psychiatric emergency department are some of the topics discussed in this review.

Objectives: It aims to review, evaluate and reflect over the impact of a deadly coronavirus pandemic on mental health, as well as presenting possible long-term challenges and potential ways to approach it.

Methods: A non-systematic literary review was performed on the Pubmed, PsycInfo and Cochrane databases using the key words "covid-19", "psychiatry", "self-isolation" and "telepsychiatry".

Results: Globally and, as expected, there has been a general increase in need for psychiatric assessment and treatment due to the COVID-19 pandemic.

Conclusions: The role of psychiatry has faced quite some challenges in such a short period of time: the rise of telepsychiatry; the management of patients with both a psychiatric disorder and an infection with the new coronavirus and the need to provide an adequate psychiatric assistance in the emergency room has become the new normal.

Keywords: COVID-19; psychiatry; self-isolation; telepsychiatry

EPP0464

Facial mask masking tardive dyskinesia

I. Ganhao

Clinic 6, Centro Hospitalar Psiquiátrico de Lisboa, Quinta do Anjo, Portugal

doi: 10.1192/j.eurpsy.2021.833

Introduction: Facial covering and mask use is generally considered a preventive measure in reducing spread of infectious respiratory illnesses. With the COVID-19 pandemic, covering of the face, except the eyes, has become the norm for the first time for most people. Social interactions and clinical observation rely heavily on non-verbal communication of which facial expression is of utmost importance. While clinicians, especially in mental health settings, are acutely aware of the loss of information transmitted through the lower half of the face, signs of tardive dyskinesia may be forgotten in the list of potentially missed information.

Objectives: To reflect on possible failure to detect orobuccolingual movements of tardive dyskinesia due to use of facial masks.

Methods: Reflection on a clinical case of a patient with a treatment refractory psychosis who presents to an outpatient appointment with a facial mask. After the appointment, a family member transmitted having observed what appeared to be involuntary masticatory movements in the patient.

Results: Facial masks and coverings occult signs that may be visible on the lower half of the face.

Conclusions: Facial masks and coverings are essential in preventing COVID-19 contagion. Clinicians must keep in mind loss of information when part of the face is not visible. Tardive dyskinesia with orobuccolingual movements may be missed behind a mask. Family or other people who cohabit with the patient are essential information providers.

Keywords: facial masks; COVID-19; tardive dyskinesia

EPP0466

Steroid-induced psychosis in context a SARS-CoV-2 pandemic. about a case.

C. Martín Villarroel*, L. Carpio Garcia, G. Belmonte García, J. Dominguez Cutanda, M. Sánchez Revuelta, J. Matsuura, M. Fernández-Torija Daza and E. García

Psiquiatria, Complejo Hospitalario Universitario de Toledo, Toledo, Spain

*Corresponding author.

doi: 10.1192/j.eurpsy.2021.834

Introduction: SARS-CoV-2 is having an important direct impact, and also due to treatments used such as corticosteroids. Among its effects, we have focused on psychosis.

Objectives: The objective of this paper is to study, from following case, incidence of steroid-induced psychosis in context of COVID-19.

Methods: A bibliographic search was performed from different database (Pubmed, TripDatabase) about psychiatric symptoms associated with use of corticosteroids during pandemic. 64-year-old woman with no psychiatric history, who is hospitalized for pneumonia secondary to SARS-Cov2 and treated with antibiotics, bronchodilators, and corticosteroids. At 4 days she began with injury and nihilistic delusions. The corticosteroids were progressively reduced, adding 2.5 mg Risperidone, resolving after ten days.

Results: Corticosteroids are currently being used to treat the systemic inflammatory response associated with COVID-19, but they can produce other effects such as psychiatric symptoms (3-6%): 75% affective (mainly hypomanic symptoms); and 25% psychotic. Steroid-induced psychosis are characterized by confusion, delusions, and hallucinations, and they usually begin 3-4 days after onset, and resolve within a week. They are associated especially with oral systemic steroids and high doses: 1.3% with 40mg of prednisone, and 18% with 80mg; increased this incidence due to the