Introduction: The COVID-19 pandemic has brought additional worries and challenges to people's lives, with potential implications for psychological well-being.
Objectives: To understand which worries and life changes have affected most the Portuguese general population during the COVID-19 pandemic and to analyse which contents are associated with higher levels of repetitive negative thinking/RNT and psychological distress/PD.
Methods: In September-December 2020, 413 Portuguese adults (69.2% female; Mean age= 31.02±14.272) were asked one open questions, with reference to the COVID-19 pandemic period: "what was your biggest worry?"; the answers were independently categorized by two researchers. Participants also filled the validated Depression Anxiety and Stress Scale and the Perseverative Thinking Questionnaire.
Results: The most prevalent worries were about: 1) fear of contamination (oneself and others-48.7%; 2) physical and mental health and well-being (self and others)-27.2%; 3) studies and profession-13.3%; 4) uncertainty about the future-7.7%; 5) economic-financial issues-6.5%; 6) miscellaneous-3.3%; 7) no worries-0.7%. Participants who had worries of the theme 4 had the highest RNT and PD mean scores, followed by themes 3 and 5, and then themes 2 and 1. These thematic groups significantly ($p<.01$) differ between each other (except 3-5) and from the other groups. RNT was a significant predictor of PD ($R^2=37.0\%$, $\beta=.609$, $p<.001$).
Conclusions: People who worry about the future uncertainties, occupational activities and finances should be systematically assessed with regard to their levels of anxiety, depression and stress and they can learn to deal with the RNT as a way to reduce their psychological suffering in times of pandemic.

Disclosure: No significant relationships.
Keywords: covid; health; Covid-19 pandemic; contamination

EPP0199

Combined Low Dose of Ketamine and Social Isolation: A Possible Model of Induced Chronic Schizophrenia-Like Symptoms

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doi: 10.1192/j.eurpsy.2022.505

Introduction: Identifying a feasible model of chronic schizophrenia would be valuable for studying the possible underlying mechanism and to investigate emerging treatments. Our hypothesis starts from the observation that combining ketamine with isolation could result in long-lasting neuro-psychological deficits and schizophrenia-like features; thus, it could probably be used as the first model of chronic schizophrenia that emphasizes the characteristic of having a multifactorial etiology
Objectives: creation of a complex animal model capable of exhibiting the multifactorial origin and manifestation of schizophrenia.
Methods: we investigated the effects of ketamine administration combined with isolation in inducing schizophrenia-like symptoms in male albino rats and the brain reactive oxygen species levels.
Results: Our results showed that the number of lines crossings in the open field test, the number of open arm entries in the elevated plus maze, and the spontaneous alternations percentage in the Y-maze were significantly lower in the ketamine + isolation group compared to both the control and ketamine + social housing group ($p < 0.05$). Furthermore, the ketamine + isolation intervention significantly increased the MDA levels and decreased the GPx levels both in the hippocampus and the cortex of the rats. In addition, our premise of creating a model capable of exhibiting both positive and negative symptoms of schizophrenia was also based on adding the aripiprazole treatment to a group of rats
Conclusions: combining ketamine with isolation could result in long-lasting neuro-psychological deficits and schizophrenia-like features

Disclosure: No significant relationships.
Keywords: Model; Ketamine; schizophrénia

EPP0200

The impact of constitutive mTORC1 hyperactivity on structural synaptic plasticity and social behaviour under standard conditions and environmental enrichment

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doi: 10.1192/j.eurpsy.2022.506

Introduction: Autism spectrum disorders (ASD) are a group of neurodevelopmental disabilities causing major social, communication, and behavioural challenges. Although causative roles of altered genes and environment are recognized, the underlying mechanisms remain elusive.
Objectives: We carried out a longitudinal analysis of morphological correlates of synaptic plasticity in the cortex with an array of neurobehavioural tests in *Tsc2* loss-of-function ASD rats with persistent mTORC1 hyperactivity.
Methods: Dendritic spine density and morphology with astroglial response were analysed along with behavioural tests in 45 d.o., 90 d. o. and 12 m.o. age groups maintained under standard or enriched conditions.
Results: We report a higher density of spines, with a bigger proportion of thin spines in 90 d. o. *Tsc2*+/- rats, while under enrichment the spine density in 12 m.o groups was lower. In behavioural tests, rats under enrichment showed higher activity in open arms and anogenital contact tests in the second and third age groups. They also showed enhanced self-grooming. Total distance travelled in the open field by *Tsc2*+/- rats was less in the first and second age groups. Confocal imaging showed an increase in pS6 expression in second and third *Tsc2*+/- groups, implying mTORC1 hyperactivity.
Conclusions: Our results show that the environment may have differential neuro-behavioural impacts in rats with unleashed mTORC1, in agreement with the two-hit mechanisms of the

https://doi.org/10.1192/j.eurpsy.2022.505 Published online by Cambridge University Press