

<sup>1</sup>Clinical Psychology, Bambino Gesù Children Hospital, Rome, Italy and <sup>2</sup>Neurological Sciences, Bambino Gesù Children Hospital, Rome, Italy

\*Corresponding author.

doi: 10.1192/j.eurpsy.2021.1780

**Introduction:** Anxious-depressive disorders are common among children with epilepsy. A recent Systematic Review and Meta-Analysis (Scott et al., 2020) reported that the overall pooled prevalence of anxiety disorders is 18.9% while of depressive disorders is 13.5%. COVID-19 pandemic has centralized the attention of governments and careers on the health emergency. As a result, the trajectory of the psychological care needs of this at risk population may have been neglected.

**Objectives:** The aim of the study was to assess the prevalence rate of depressive and anxiety symptoms among children with epilepsy during COVID-19 pandemic. Children were hospitalized in- and out-patients under a neurological and psychological follow up program in an Italian Children Hospital.

**Methods:** We conducted a cross-sectional study among 38 hospitalized children and adolescents with epilepsy (21F; 17M, mean age: 14,5; range: 11-18) during COVID-19 pandemic. We performed face-to face interviews and assessed depressive and anxiety symptoms with the Patient Health Questionnaire (PHQ-9) and the Generalized Anxiety Disorders (GAD-7) questionnaire during scheduled follow up checks.

**Results:** Preliminary results showed a rate of mild-to-severe anxious depressive symptoms by 49.9% and 60.5% respectively. In detail: 21.1% mild, 15.7% moderate and 13.1% of severe anxiety, meanwhile 23.7% mild, 26.3% moderate and 10.5% of severe depression. The prevalence of comorbid depressive and anxiety symptoms was 39.5% among the entire sample.

**Conclusions:** Depressive and anxiety rates among hospitalized children with epilepsy during COVID-19 outbreak are very high. Pediatric services should deserve special attention to those patients' mental health. Regular screening protocols and empowerment interventions in Hospital should be promoted.

**Disclosure:** No significant relationships.

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

## EPV0196

### A study on patterns of use of mobile phone and nomophobia in medical undergraduate students during a COVID-19 pandemic lockdown

P. Bhatnagar\*, S. Tarachandra and S. Undaru

Psychiatry, K.S. Hegde Medical Academy, Mangalore, India

\*Corresponding author.

doi: 10.1192/j.eurpsy.2021.1781

**Introduction:** The governments of various countries enforced a lockdown to contain the COVID -19 pandemic. As the colleges remain closed, the academic teachings for students was conducted online. The mobile phone remained the main source for academics and entertainment during this period.

**Objectives:** To assess patterns of use of mobile phone by Medical Undergraduate students prior to and during the COVID-19 lockdown. To assess Nomophobia among same participants.

**Methods:** This study was done by an online survey method after obtaining approval from the Institutional Ethics Committee. A validated questionnaire on patterns of mobile phone use and the Nomophobia Questionnaire(NMP-Q) was completed by the medical students (n=187) who consented to participate in the study

**Results:** Prior to the pandemic lockdown, 52.9% of the participants used the mobile phones for 2-4 hours per day with 78% of the usage in social media. During lockdown, 89.3% of the participants reported an increase in the usage of mobile phones. 35.65% reported an increase in use by 2-4 hours everyday. About 30.5 % used the mobile phone for 6-8 hours per day. 80.2 % reported a maximum usage for social media. 59.45% reported a maximum usage for online academics. 33.7% frequently checked their phones once in 15 minutes. About 60.43% of the participants were in the moderate and 21.4% in the severe category of nomophobia.

**Conclusions:** There is an increase in mobile phone usage during the lockdown with a significant proportion of students in the moderate and severe category of nomophobia.

**Disclosure:** No significant relationships.

**Keywords:** nomophobia; COVID-19 lockdown; Medical Students; mobile phone

## EPV0197

### Psychosis and COVID-19: About a case

T. Ponte\*, S. Castelao-Almodóvar, B. Sanz-Aranguez, E. Gil-Benito and J. Herranz

Psiquiatría, Hospital Universitario Puerta de Hierro, Madrid, Spain

\*Corresponding author.

doi: 10.1192/j.eurpsy.2021.1782

**Introduction:** Cases of psychosis are being reported in people infected by the SARS-CoV-2 virus. The relationship between psychosis and corticosteroids treatment is well known. However, there are relatively limited data so far correlating psychosis and SARS-CoV-2.

**Objectives:** To describe a case of manic psychosis in a 55-year-old woman treated with corticosteroids for COVID-19 infection. Discuss the etiopathogenic factors involved in psychosis in patients infected by COVID-19.

**Methods:** We present the case of a 55-year-old woman, without previous psychiatric history, who was admitted to psychiatry due to a psychotic episode with maniac symptoms. Three weeks earlier, the patient had been admitted to Internal Medicine for bilateral SARS-CoV2 pneumonia, under treatment with high doses of corticosteroids. The patient presents a verbose and salty speech, euphoric mood with hyperergia, subjective increase of capacities, insomnia and delusional ideation with mystical-spiritual content with delusional interpretations and auditory hallucinations. The patient comes from Ukraine and she has been living in Spain for 20 years. She works as a household assistant. The patient relates various psychosocial stressors throughout her life.

**Results:** Complementary diagnostic tests were without alterations. Low-dose antipsychotic treatment is prescribed, with a rapid recovery within a week. Finally, the patient showed complete insight of the episode and was discharged from the hospital being asymptomatic.

**Conclusions:** It would be interesting to publish the reported cases of psychosis and infection by COVID-19 as well as to investigate the

etiopathogenic factors that may be contributing to the development of psychosis in patients infected by the virus.

**Disclosure:** No significant relationships.

**Keywords:** psychosis; Covid; steroids

## EPV0198

### Trait anxiety and coping strategies among healthcare professionals during the COVID-19 pandemic

N. Smaoui<sup>1\*</sup>, A. Bouaziz<sup>2</sup>, M. Kraiem<sup>3</sup>, S. Omri<sup>1</sup>, R. Feki<sup>1</sup>, M. Maalej Bouali<sup>1</sup>, N. Charfi<sup>1</sup>, J. Ben Thabet<sup>1</sup>, L. Zouari<sup>1</sup> and M. Maalej<sup>1</sup>

<sup>1</sup>Psychiatry C Department, Hedi chaker University hospital, sfax, Tunisia; <sup>2</sup>Psychiatry C Departement, Hospital University of HEDI CHAKER, sfax, Tunisia and <sup>3</sup>Psychiatry C, Hedi Chaker University Hospital, sfax, Tunisia

\*Corresponding author.

doi: 10.1192/j.eurpsy.2021.1783

**Introduction:** The current pandemic wave of COVID-19 has become a global threat. Healthcare professionals (HCP), by being on the front line in managing this pandemic, confronted high levels of stress and traumatic experiences.

**Objectives:** The aims of our study were to evaluate the trait-anxiety among Tunisian HCP and its impact on coping strategies.

**Methods:** A cross-sectional descriptive and analytic study conducted among Tunisian HCP during November and December 2020. The data was collected by an online questionnaire distributed through social media. The trait-anxiety was assessed using the "General Anxiety questionnaire of Spielberger" (STAI-Y-B) and the "Ways of coping checklist revised (WCC-R) questionnaire" identified three types of coping (problem-focused, emotion-focused and social-support seeking).

**Results:** Participants were 135 HCP (71 males and 64 females) and aged from 24 to 61 years old (average age 31.98 years; SD 6.59 years). Of HCP involved in the study, 61.5% were single, 36.3% were married and 2.2% were divorced. Seventy-two of them had a trait-anxious. As a coping style, 85.2% of participants used problem-focused style, 88.9% of them used emotion-focused style and 63% of them used social support seeking style. The analysis of WCC-R showed that anxious HCP used emotion-focused coping more than non anxious HCP ( $p=0.028$ ). However, there was no significant difference in problem-focused or social support seeking coping styles and presence of trait-anxiety.

**Conclusions:** In our study, we find that the most anxious Tunisian HCP focused on emotions strategies. Personality traits play on attitudes of coping strategies.

**Disclosure:** No significant relationships.

**Keywords:** Healthcare professionals; Trait-Anxiety; Coping strategies; Covid-19 pandemic

## EPV0199

### Immediate psychological effects of COVID-2019 in people sheltered in place living in New York state

I. Piretti<sup>1\*</sup>, M. Benassi<sup>2</sup>, F. Ambrosini<sup>3</sup> and R. Sant'Angelo<sup>4</sup>

<sup>1</sup>Psychologist, Hr Specialist, Independent Researcher, Cesena, Italy;

<sup>2</sup>Department Of Psychology, University of Bologna, Cesena, Italy;

<sup>3</sup>Psychologist, Independent Researcher, Savignano, Italy and <sup>4</sup>Mental Health Department, AUSL ROMAGNA, Cesena, Italy

\*Corresponding author.

doi: 10.1192/j.eurpsy.2021.1784

**Introduction:** The epidemic caused by the SARS-CoV-2, which began in Wuhan city in December 2019, quickly spread to various countries around the world. The first case in New York State was confirmed on March 1; three weeks later (on March 22, 8 p.m.) the entire population was sheltered in place (SIP). By March 27, the USA had already become the first country in the world for the number of infections. 56% of known domestic cases were confined to New York State.

**Objectives:** The study aims to evaluate the immediate psychological effects on sheltered in place persons aged between 18 and 70 years old and living in New York State (USA).

**Methods:** This study is based on a cross-sectional online survey conducted anonymously in the period between the tenth and twenty-third day of SIP. Zung Anxiety Self-Assessment Scale (ZAS scale), Insomnia Severity Index (ISI) and Perceived Stress Scale 4 (PSS4) were used to evaluate anxiety, insomnia and stress respectively.

**Results:** We collected data on 354 individuals (189 females, 34.9 years). MANOVA evidenced that anxiety was significantly related to marital status (higher for divorced/widow participants as compared to married/civil partnership and single), it decreased significantly with age, it was higher for females and for persons having an history of psychiatric disorders and sleeping problems.

**Conclusions:** Our results could be used as a "psychological baseline" meanwhile the outbreak of COVID-19 is still ongoing. Despite the few days of shelter in place, we found the presence of a significant incidence and pervasive prevalence of psychological distress.

**Disclosure:** No significant relationships.

**Keywords:** shelter in place; Anxiety; stress; Insomnia

## EPV0200

### Anxiety among healthcare professionals during the COVID-19 pandemic: Predictive role of social support

A. Bouaziz<sup>1\*</sup>, N. Smaoui<sup>2</sup>, M. Kraiem<sup>3</sup>, M. Maalej Bouali<sup>2</sup>, S. Omri<sup>2</sup>, R. Feki<sup>2</sup>, J. Ben Thabet<sup>2</sup>, L. Zouari<sup>2</sup>, N. Charfi<sup>2</sup> and M. Maalej<sup>2</sup>

<sup>1</sup>Psychiatry C Departement, Hospital University of HEDI CHAKER, sfax, Tunisia; <sup>2</sup>Psychiatry C Department, Hedi chaker University hospital, sfax, Tunisia and <sup>3</sup>Psychiatry C, Hedi Chaker University Hospital, sfax, Tunisia

\*Corresponding author.

doi: 10.1192/j.eurpsy.2021.1785

**Introduction:** The COVID-19 pandemic may cause elevated levels of anxiety in healthcare professionals (HCP). Identifying factors that could help maintain mental health especially social support could be helpful in facing this stressful situation.

**Objectives:** The aim of this study was to assess the relationship between the trait-anxiety and perceived social support among Tunisian HCP in the current pandemic wave of COVID-19.

**Methods:** A cross-sectional descriptive and analytic study conducted among Tunisian HCP during November and December 2020. The data were collected by an online questionnaire. The