

attended by 1,362 people from all regions of Russia, including 1,153 women and 209 men aged 15 to 88 years ( $38.3 \pm 11.4$ )

**Results:** It was revealed that with a low level of state anxiety (< 35 points), dysfunctional breathing was detected in 4.8% of respondents; while with a borderline level of anxiety (> 60 points) there were at 55.9%. A similar dependence was found for personal anxiety: at a low level (< 35 points), dysfunctional breathing was detected in only 4% of respondents; while at a borderline level of anxiety (> 60 points) at 62.8%.

**Conclusions:** Dysfunctional breathing can occur among people with high and borderline levels of situational and personal anxiety during the COVID-19 pandemic. Results allows us to conclude that dysfunctional breathing and anxiety are not equivalent concepts, although they have a common phenomenological field. The study was supported of the Russian Science Foundation, project No. 21-18-00624.

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**Keywords:** Anxiety; Covid-19 pandemic; dysfunctional breathing

### EPP0385

#### An observational naturalistic study on non-suicidal self-harm behaviours in a cohort of adolescents and young inpatients during COVID-19 outbreak

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**Introduction:** Non-suicidal self-harm (NSSH) include deliberate behaviours with the intent to self-injure. NSSH prevalence ranges 15.5%-31.3% in adolescents and young adults < 25 years-old.

**Objectives:** Our aim is characterizing the psychopathological domains occurring in adolescent and young adults with NSSH during the second COVID-19-related wave (October 2020-August 2021).

**Methods:** A cross-sectional study recruited inpatients aged 15-24 consecutively afferent to psychiatric ward due to NSSH, by investigating anger rumination (ARS), emotional regulation (DERS), dissociation (DES-II), metacognitive capabilities (MCQ-30), perceived stress (PSS), self-criticism (LOSCS), emotional intelligence (Reading the Mind in the Eyes Test-RMET), aggressiveness (AQ), impulsiveness (BIS-11), hopelessness (BHS), alexithymia (TAS-20). NSSH were characterized by using suicide score scale (SSS) and deliberate self-harm interview (DSHI).

**Results:** A 7-fold increase in young inpatient access was observed from 2019 to 2021. DSHI median was 2 (95%CI=1,17-2,73), SSS-12months median was 5 (95%CI=4.2-6.7), SSS-lifetime median was 5 (95%CI=3.4-5.3) and MINI median was 5 (95%CI=3.4-4.7). Linear regression analysis and Pearson's correlations revealed strong correlations between DSHI and BHS ( $r=0.550$ ), TAS-20 ( $r=0.495$ ), AQ-hostility ( $r=0.529$ ), AQ-total ( $r=0.446$ ), PSS ( $r=0.454$ ), DERS-total ( $r=0.621$ ), DERS-lack\_of\_control ( $r=0.658$ ), MCQ-total ( $r=0.534$ ), MCQ-perception\_danger\_not\_control ( $r=0.583$ ); between SSS-12months and AQ-total ( $r=0.456$ ),

AQ-Anger ( $r=0.443$ ), BIS-total ( $r=0.457$ ), BIS-Attentional-Impulsiveness ( $r=0.511$ ), BIS-Complex-Motor-Impulsiveness ( $r=0.507$ ), PSS ( $r=0.617$ ), DERS ( $r=0.571$ ), DES ( $r=0.559$ ).

**Conclusions:** COVID-19-related increased perceived stress and depressive symptomatology may have facilitated the onset of severe NSSH in adolescents and young people with trait impulsiveness, hostility and affective dysregulation.

**Disclosure:** No significant relationships.

**Keywords:** Self Harm; NSSI; Covid-19; adolescent

### EPP0386

#### Perception of the COVID-19 pandemic by individuals who previously sought psychiatric assistance.

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**Introduction:** COVID-19 pandemic leads to high levels of stress. Individuals who have previously sought psychiatric assistance are more sensitive.

**Objectives:** Analysis of the perception of the pandemic by people who have previously sought psychiatric care.

**Methods:** An internet-survey (20.03.2020 - 13.01.2021) (N=659; 152 - previously sought psychiatric assistance); included SCL-90-R; questions about the levels of anxiety, depression, and fear (assessed on 0-10 scale); question about opinion on COVID-19 pandemic (coded further on the basis of meaning); question about epidemiological situation of COVID-19 in respondents' places of residence and their social circles.

**Results:** Individuals who had previously sought psychiatric assistance demonstrated higher levels of anxiety ( $5,533 \pm 2,489$  versus  $4,774 \pm 2,590$ ), depression ( $4,945 \pm 2,926$  versus  $3,861 \pm 2,988$ ), and fear ( $0,195 \pm 0,397$  versus  $0,278 \pm 0,448$ ). They showed roughly equivalent reactions to both anticipated and real danger (z-score GSI of SCL-90-R 0,90 versus 0,90 for anticipated and real danger respectively), the same indicator of the control group (0,53 and 0,65). In statements about the pandemic, they are more often referred to the topic of "positive effects" of pandemic (3,30% versus 0,99%), expressed "curiosity" (5,92% versus 2,37%). They were less drawn to conspiracy (9,87% versus 16,17%), and exploited more readily the topic "about myself" (20,39% versus 13,21%), negative images of "the present" (3,64% versus 1,58%) and "the future" (15,79% versus 9,47%), vocabulary of "anger" (5,92% versus 2,17%).

**Conclusions:** Individuals who had previously sought psychiatric assistance were ambivalent in their attitudes towards pandemic, and tended to concentrate more on feelings and the negative vision of the future. They perceived anticipated danger roughly equivalent to real danger.

**Disclosure:** No significant relationships.

**Keywords:** perception of the pandemic; Anxiety; Covid-19; Depression