

an impact on mental health and trigger the use of alcohol as a form of coping. Since the beginning of this pandemic, the WHO had warned the general public of the potential risks of increased alcohol consumption, which might result in a higher incidence of alcohol use disorders (AUD) in future.

Objectives: The aim is to do a review of the literature of alcohol consumption during the COVID-19 pandemic.

Methods: Non-systematic review of the literature with selection of scientific articles published in the last 7 months; by searching the Pubmed databases, the following MeSH terms were used: COVID-19; alcohol consumption.

Results: A recent article in The Lancet suggested that mental health and alcohol use during the pandemic, a major public health concern, are worthy of attention. Market research showed that alcohol sales increased in several countries compared to the same time last year. However, with the closure of several drinking places, sales are not in themselves reliable enough estimates of alcohol consumption. On the other hand, economic crises can lead to a reduction in alcohol consumption, due to financial problems or the risk of unemployment.

Conclusions: The present global circumstance is unique, and there is a need for further research on the relationship between alcohol consumption and COVID-19 to understand its long-term effects and develop specific prevention programs for this population.

Keywords: COVID-19; alcohol use disorders (AUD); alcohol consumption

EPP0409

Stress and affective disorders in COVID-19 pandemic: On-line survey of russian respondents in different cities of residence

E. Kasyanov^{1*}, G. Rukavishnikov¹, M. Sorokin¹, O. Makarevich², N. Neznanov², N. Lutova² and G. Mazo¹

¹Department Of Translational Psychiatry, Bekhterev National Medical Research Center for Psychiatry and Neurology, St. Petersburg, Russian Federation and ²The Integrative Pharmacopsychotherapy Of Mental Disorders, V.M.Bekhterev National medical research center for psychiatry and neurology, Saint-Petersburg, Russian Federation

*Corresponding author.

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Introduction: The psychological stress associated with the COVID-19 pandemic has a complex multifactorial nature.

Objectives: The aim: to evaluate the level of stress during the COVID-19 pandemic in the Russian-speaking population with (-out) affective disorders in different cities of residence.

Methods: The data obtained from an online survey of 4803 Russian-speaking respondents (age over 18) from March 30 to May 18, 2020. The survey included social, demographic and the history of affective disorders data. The anxiety distress level was evaluated with the Psychological Stress Measure (PSM-25).

Results: Individuals from sub-cohort of Russian cities with populations less than one million had higher stress levels ($M=135.39$) compared to Moscow ($M=129.47$; $p=0.003$) or St.-Petersburg ($M=126.63$; $p<0.001$). However, stress scores in respondents with a history of affective disorders correspond to the average stress level according to PSM-25. Respondents without affective disorders from St.-Petersburg reported lower stress levels ($M=92.88$) than respondents from Moscow ($M=100.47$; $p<0.001$) and Russian cities

with less than one million population ($M=98.4$; $p<0.001$). Average stress scores from St.-Petersburg and other Russian cities show a low level of stress on PSM-25, which indicates psychological adaptation. Stress scores from Moscow have borderline values between low and medium levels.

Conclusions: Our study showed that the city of residence and affective disorders status significantly affect stress levels in Russian population. These factors could be further used in individual psychological support strategies.

Keywords: COVID-19; stress; affective disorders; pandemic

EPP0411

Web-based tools applied to therapy and counseling during the COVID-19 pandemic

A.R. Dores^{1*}, A. Geraldo², I. Carvalho³ and F. Barbosa²

¹Laboratory Of Neuropsychophysiology (fpceup); Center For Rehabilitation Research (ess-p.porto), Faculty of Psychology and Education Sciences; School of Health, Polytechnic of Porto, Porto, Portugal; ²Laboratory Of Neuropsychophysiology, Faculty of Psychology and Education Sciences, Porto, Portugal and ³Clinical Neurosciences And Mental Health And Cintesis, School of Medicine, University of Porto., Porto, Portugal

*Corresponding author.

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Introduction: Web-based tools allowed the provision of psychological counseling and therapy at-distance during the COVID-19 lockdown. Nevertheless, psychologists' attitudes towards the adoption of these tools and its impact in their professional practices need to be further explored.

Objectives: The objective was to study the use of web-based tools on psychological practices before and during COVID-19 lockdown, trying to identify changes on psychologists' professional practices related to the pandemic, as well as to explore factors that could have affected such changes.

Methods: One-hundred and eight psychologists filled-in an online survey, developed for the purposes of this study, during mandatory lockdown. The study was disseminated by mailing list, social networks, and by the Portuguese Psychologists Association.

Results: The results have shown that psychologists kept providing their services during lockdown thanks to the adoption of web-based tools. Although psychologists have recognized that additional precautions were needed for at-distance practice in comparison to in-person interventions, the experience of using ICT technologies in clinical practice was described as positive, ensuring clients' adherence with positive results. Additionally, despite psychological services were maintained on a larger scale by psychologists with more years of experience, professionals with average experience stated more favorable attitudes towards the use of web-based tools in counseling and therapy.

Conclusions: Although the implementation of ICT based practice was enforced by current circumstances, the experience that psychologists gathered and shared during the lockdown can guide future professional practice, improving and fostering the replication of best practices at distance.

Keywords: Web-based tools; Therapy; e-health; COVID-19

EPP0412

Stigmatization attitudes of medical staff toward people with respiratory syndromes during COVID-19 pandemic

M. Sorokin^{1*}, E. Kasyanov², G. Rukavishnikov², O. Makarevich¹, N. Neznanov¹, G. Mazo¹ and N. Lutova¹

¹The Integrative Pharmacopsychotherapy Of Mental Disorders, V.M. Bekhterev National medical research center for psychiatry and neurology, Saint-Petersburg, Russian Federation and ²Department Of Translation Psychiatry, V.M.Bekhterev National medical research center for psychiatry and neurology, Saint-Petersburg, Russian Federation

*Corresponding author.

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Introduction: The health care workers have extremely high risks of adverse psychological reactions from COVID-19 pandemic. On the other hand, patients with respiratory syndromes face stigmatization due to their possible contagiousness of SARS-Cov-2.

Objectives: To study the association of behavior, psychological distress in health care workers, and their stigmatization attitudes to the patients.

Methods: The online-survey of 1800 health care workers performed during different lockdown periods in Russia: the first week and the last (30/Mar-5/Apr/20 and 4-10/May/20). The Psychological stress scale (PSM-25), modified Perceived devaluation-discrimination scale (Cronbach's $\alpha=0.74$) were used. Dispersion analysis with p -value=0.05 and Cohen's d , Cramer's V calculation (ES) performed.

Results: In the 2nd phase medical staff more often wore masks (64% vs. 89%; $\chi^2=98.7$, $p=0.000$, $df=1$; ES=0.23) and gloves (30% vs. 57%; $\chi^2=57.6$, $p=0.000$, $df=1$; ES=0.18), continued perform hand hygiene (94-95%) and physical distancing (73-74%), but was restricted in most effective protective measure: self-isolation (49% vs. 36%; $\chi^2=16.0$, $p=0.000$, $df=1$; ES=1.0). The psychological stress levels decreased in the 2nd phase (ES=0.13), while the stigma levels (ES=0.33) increased. Physicians experienced more stress compared with nurses and paramedical personnel (ES=0.34; 0.64) but were less likely to stigmatize SARS-CoV-2 infected individuals (ES=0.43; 0.41). The highest rates of contacts with COVID-19 patients (83%) were reported by physicians ($\chi^2=123.0$; $p=0.00$, $df=4$; ES=0.28).

Conclusions: Direct contact with SARS-Cov-2 is associated with a significant increase in stress among medical personnel. However, the stigmatizing reactions are not directly associated with the risks of infection and are most prevalent among nurses and paramedical personnel.

Keywords: distress; COVID-19; stress; Stigma

EPP0413

"I am the coronavirus": A case report and review

J. Camilo^{1*}, R. Silva¹, I. Vaz² and M. Roque²

¹Centro De Gest3o De Psiquiatria E Sa3de Mental, Centro Hospitalar de Tr3s-os-Montes e Alto Douro, Vila Real, Portugal and ²Psiquiatria, Centro Hospitalar de Tr3s-os-Montes e Alto Douro, Vila Real, Portugal

*Corresponding author.

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Introduction: As disorders of thought, delusions are modified by patients' background, and so their content varies widely according

to location and throughout the ages. The COVID-19 pandemic has shown its global impact on society and mental health of the population, thus becoming a new delusional topic.

Objectives: We report a case where the COVID-19 pandemic has been integrated into a patient's delusion in an attempt to raise professional awareness for this new psychotic presentation.

Methods: Review of clinical notes and literature review.

Results: A 38-year-old female patient with no prior psychiatric history presented with psychotic symptoms characterized by self-referential ideas, feelings of guilt and delusions of ruin, with a sudden onset of less than 24 hours prior to observation. The patient claimed that she was the coronavirus and, as such, she was a common topic of conversation in both television and social media, and the reported deaths caused by COVID-19 were her own doing. As a result of this, the patient was asking doctors to kill her in order to save everyone else affected by the virus. After evaluation, a diagnosis of Acute and Transient Psychotic Disorder was considered. The patient was initially treated with paliperidone, but due to hyperprolactinemia and menstrual changes this was switched to aripiprazole. Symptoms remitted fully after 21 days of treatment, and six months later no recurrences have been described.

Conclusions: This case illustrates the potential of the coronavirus pandemic outbreak as a new delusional topic. Possible side effects of treatment are also discussed.

Keywords: COVID-19; coronavirus; psychotic disorder; aripiprazole

EPP0414

Mood disorders and suicides during coronavirus pandemic

K. Shah^{1*}, C. Trivedi² and H. Mekala³

¹Department Of Psychiatry, Griffin Memorial Hospital, Norman, United States of America; ²Research, St Davids Healthcare, Austin, United States of America and ³Psychiatry, Griffin Memorial Hospital, Norman, United States of America

*Corresponding author.

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Introduction: The outbreak of COVID-19 has disrupted the lives of countless people worldwide. The pandemic has imposed a sense of uncertainty and anxiety, as the world could not predict or prepare for this crisis. It is important to study risk factors, including employment, marital status, and pre-existing medical or psychiatric conditions to effectively handle this pandemic's mental health impact.

Objectives: We aim to evaluate factors contributing to the suicides and mood disorders during the coronavirus pandemic.

Methods: We examined MeSH terms "COVID-19" in the context of "Mood Disorders," "Suicide," "Suicidal Ideation," "Assisted or Suicide, Attempted or Suicide," "Risk Factors." We identified eight case studies for the qualitative synthesis per the PRISMA guidelines, searching Medline, PubMed, PubMed Central, and PsychInfo databases until August 2020.

Results: We identified that the population of all age groups and sex are at risk of stress and mental illness due to the pandemic. Several factors are attributed to the increased risk of mood disorders and suicide. Not having pre-existing psychiatric or medical condition is not a protective factor, since suicide was attempted or committed due to external factors such as economic and social.