

Conclusions: Our study indicated the evolving proportion of binge eating disorder among young doctors. Screening eating disorder is important in order to prevent related physical health problems.

Keywords: young doctors; binge eating disorder; COVID19; mental health

EPP0386

Mental health challenges faced by young medical residents fighting COVID-19 in tunisia

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Introduction: COVID-19 pandemic affected not only physical health of individuals, and communities but also their mental health worldwide. Young physicians, who were providing care for patients during the outbreak in a global atmosphere of stress, anxiety and depression, were not spared.

Objectives: To assess anxiety and depression among young medical resident exposed to COVID-19 in Tunisia and its associated factors

Methods: It was a cross-sectional, descriptive and analytical online-based survey, from April 19, 2020, to May 5, 2020 on 180 medical residents in training, via a Google-Form link. We used a self-administered anonymous questionnaire containing sociodemographic and clinical data. Hospital Anxiety and Depression Scale (HAD) validated in the Tunisian dialectal version was used to assess anxiety and depression.

Results: Among 180 young doctors included, 70.2% were female, 16% were married, 81.8% worked in a university Hospital and 51.1% were frontline caregivers involved in primary screening. Our study revealed that 66.1% of young medical residents were suffering from anxiety (severe anxiety: 28.9 %) and 61.7% of them from depression (severe depression: 29.1%). Anxiety disorder was correlated to female gender ($p=0.008$), being married (0.001), worse quality of sleep ($p<10^{-3}$) and increased consumption of tea and coffee ($p=0.012$). Depression was associated to worse quality of sleep ($p<10^{-3}$), lack of physical activity ($p<10^{-3}$), shortage of personal protective equipment ($p=0.027$) and anxiety disorder ($p<10^{-3}$).

Conclusions: Our study indicated a high proportion of anxiety and depression among young doctors in training, needing systematic screening in order to prevent them.

Keywords: young medical residents; Depression; Anxiety; COVID-19 outbreak

EPP0387

Comparison of psychiatric emergency service admission rates in an italian COVID-19 hospital during lockdown and last year

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Introduction: Italy has been one of the most affected countries by Covid-19 pandemic. Our University General Hospital, Policlinico of "Tor Vergata" (PTV) in Rome, has become a Covid Hub in order to manage the spread of the epidemic. Thus, our Psychiatric Emergency Service (PES)'s access has been partially limited. Direct indicators of PES activity, as admission rates, can be useful for evaluating the psychological impact of Covid epidemic.

Objectives: To assess psychiatric admittance rates to PES of PTV before and during Covid-19 global pandemic.

Methods: Data from our PES register have been obtained and analyzed. We compared all the psychiatric access during the trimester March – May 2019 and 2020. All patients have been characterized according to clinical features.

Results: A marked reduction of the number of patients presenting to PES has been observed (76 patients) in the 57-day period (March 11–May 04, 2020) of lockdown compared to the same period in 2019 (266 patients). The cutback was visible for all diagnostic groups, except for "Borderline Personality Disorder" diagnosis which have slightly increased. On the other hand, hospitalization rates in our psychiatric inpatients unit remained steady.

Conclusions: Although larger study are needed to understand the mental consequences of the lockdown experience, people's fear of potential infection might explain our results. Interestingly, personality disorder patients represent an exception to it, suggesting the importance of the clinical characteristics of fearless, engagement in dangerous behavior and detachment from reality. These findings might be helpful to improve psychosocial crisis interventions during the pandemic.

Keywords: COVID-19; psychological impact; Hospital Admission rates; Psychiatric Emergency Service

EPP0389

Perceived stress level among patients with chronic illness during covid pandemia.

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Introduction: The emergence of SARS-CoV-2 has enormously impacted healthcare systems around the world. Both patients and health care professionals have been subjected to a novel stressor which affects their everyday life and functioning. This issue is especially important to patients suffering from chronic diseases which had already been exposed to a psychological strain related to their primary diagnosis. As chronically ill patients are depending on the availability of a specific treatment i.e. in need of specific healthcare facilities and have more reasons to worry about their future and hence be more prone to suffer adverse psychological consequences than the general population.

Objectives: In this study we aimed to examine whether the psychological results of the pandemic affect chronically ill and whether the specific illness and other demographic factors account for any changes in perceived stress levels.

Methods: An online questionnaire has been distributed to 4 groups (n=369): 92 psoriasis patients, 73 dialysis patients, 100 patients after kidney transplantation and 104 multiple sclerosis patients. The study was conducted during the pandemic in Poland (June-July 2020). Perceived stress levels were measured by the Perceived Stress Scale (PSS).

Results: The preliminary results suggest elevated perceived stress levels among the studied groups. As the data are currently under statistical evaluation specific statistical conclusions are to be expected in November 2020.

Conclusions: As the described study was conducted during the SARS-CoV-2 pandemic in Poland, it stands to reason that the epidemiological situation affected the levels of perceived stress among chronically ill patients.

Keywords: Covid; stress; chronic illness

EPP0390

Evaluation of depression symptoms among caregivers of children that take therapy in the national center for children rehabilitation and treatment during COVID-19 pandemic

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Introduction: Raising a child with neurodevelopmental disorder is very challenging. Furthermore COVID-19 pandemic can increase stress levels especially among people that suffer from mental health disorders. On of the high risks group are children with neurodevelopmental disorders. Studies show that these difficult, challenging times have had a negative impact on most families, which have a child with neurodevelopmental disorders.

Objectives: Evaluation of depression symptoms among caregivers of children that take therapy in the National Center for Children Rehabilitation and Treatment (NCCRT) during COVID-19 pandemic

Methods: The study was conducted during a two-month period March-April 2020. The sample involved 110 individuals, relatives, of children that were taking educative and rehabilitation therapy in NCCRT during last year, ambulatory or inpatients. Data were collected by clinical records and phone interviews with children's caregiver. Instrument we used were: Demographic inventory and Hamilton Anxiety Rating Scale for anxiety symptom evaluation. All data were statistically analyzed through excel.

Results: Most of individual interviewed, whom are responsible for children wellbeing were their parents, 69% of them. 56% of individuals were among 31-45 years old and 92% of them were women. Depression symptoms were slightly present. We noticed that depressive symptomatology was a bit worse in caregivers in urban areas compared with ones in rural areas.

Conclusions: It is necessary supporting with special attention caregivers whom have depressive symptoms. Yet has to be evaluated the connection, if it's present, between parents with depressive

symptoms and children progress, for ones that are being supported with development therapy.

Keywords: Depression; COVID-19; caregivers; developmental disorder

EPP0391

Perceived stress during the COVID-19 pandemic among the tunisian population

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Introduction: Documenting Tunisian' stress responses to an unprecedented pandemic is essential for mental health interventions and policy-making.

Objectives: To describe the perceived stress generated by the Covid-19 epidemic and confinement among the Tunisian people.

Methods: Participants had to fill out a questionnaire including epidemiological data and the Perceived Stress Scale 10 (PSS10), which is the most widely used psychological instrument for measuring the stress perception. Individual scores can range from 0 to 40 with higher scores indicating higher perceived stress.

Results: Our study included 121 subjects, of which 70.6% were women. They had an average age of 36.52 years and a history of psychiatric disorders in 13.1% of cases, such as anxiety disorders (10.4%), depressive disorders (5.9%) and obsessive compulsive disorders (2.3%). More than one in two participants (61.4%) reported the presence of sleep disorders. Regarding medical history, participants declared having asthma (5%), diabetes (1.8%), high blood pressure (3.6%), and a chronic disease with corticosteroid treatment (5%). The mean PSS score was 16.96. This last was correlated to age ($p < 0.001$), female gender ($p < 0.001$), primary or secondary school level ($p = 0.03$), a history of anxiety ($p < 0.001$) and depressive disorders ($p < 0.001$), and to sleep disorders ($p < 0.001$).

Conclusions: The stress level among the Tunisian people during the Covid-19 pandemic was very close to that observed in other countries, deserving special attention especially among vulnerable populations.

Keywords: perceived stress; COVID-19; PSS10; psychological stress

EPP0392

Covid19 pandemic impacts on mental health of tunisian health care workers

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Introduction: Covid19 pandemic in Tunisia has disturbed the health system. Health care workers, who were in the frontline to face this disease, had experienced reactions of anxiety, depression and distress.