

**Results:** One-hundred and eighty-two people met inclusion criteria. Follow-up data were available on up to 134 people for individual outcomes. Mean number of sessions attended was 11.1 (SD=7.3). Weight and waist changes were limited to 1.5kg (SD=5.3,  $t(133)=3.2$ ,  $p=0.002$ ) and 0.7cm (SD=5.8,  $t(109)=1.2$ ,  $p=0.23$ ). Nineteen percent experienced clinically significant weight gain. There were no changes to blood pressure or metabolic biochemistry.

**Conclusions:** The positive outcomes for weight and waist circumference found in the initial pilot study were maintained with implementation as routine care.

**Disclosure:** No significant relationships.

**Keywords:** First-episode psychosis; Antipsychotics; weight-gain; Metabolic

## EPP0021

### Alert plan-application “MySolutions” - lived experiences of users with a serious mental illness

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**Introduction:** In daily life an alert or relaps prevention plan can be a helpful tool in preventing patients with severe mental illness (SMI) from relapse. However, patients often find it hard to keep the paper version close by. A smartphone version could be a solution. “MySolutions” is a webapplication providing the possibility to add e.g. pictures or music to the alert plan, which could be helping in time of need.

**Objectives:** To describe the lived experiences of patients with (SMI) with the webapplication ‘MySolutions’ and get insight in the helping and hindering characteristics of the application.

**Methods:** Qualitative research in a phenomenological framework. Eight interviews were held with outpatients with SMI. All interviews were methodically analyzed using the steps of Colaizzi (1978).

**Results:** In general, users were enthusiastic about the look and feel of the application. Using the application was considered easy. Lived experiences of participants displayed the following themes: Autonomy, Acceptance, Frustration, Self confidence, and Reassurance. By practicing and adding photos and music, they perceived the webapplication to be a personal aid tool for experienced problems related to mental vulnerability in daily life. Participants also reported more difficulties in using the application in times of dysregulation.

**Conclusions:** The webapplication can be a valuable addition to the alert plan for people with SMI due to the possibility of personalization and the fact it is always available on a mobile phone. The application seems particularly suiting for people in a stable phase. Future research should focus on phase of recovery in relation to use of the application.

**Disclosure:** No significant relationships.

**Keywords:** users experience; Serious mental illness; relapse prevention plan; alert plan

## COVID-19 and Related Topics 01

### EPP0023

#### Symptoms of anxiety/depression during the COVID-19 pandemic and associated lockdown in the community: longitudinal data from the TEMPO cohort in France

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**Introduction:** The COVID-19 pandemic and associated preventive measures have an impact on the persons’ mental health, including increasing risk of symptoms of anxiety and depression in particular. Individual experiencing mental health difficulties in the past could be especially vulnerable during lockdown, however, few studies have tested this empirically considering preexisting mental health difficulties using longitudinal data.

**Objectives:** The objective of this study is to examine the longitudinal association between preexisting symptoms of anxiety/depression and symptoms of anxiety/depression during lockdown due to the COVID-19 pandemic in a community sample.

**Methods:** Seven waves of data collection were implemented from March-May 2020. Generalized estimation equations models were used to estimate the association between preexisting symptoms of anxiety/depression and symptoms of anxiety/depression during lockdown among 662 mid-aged individuals from the French TEMPO cohort.

**Results:** We found an elevated odds ratio of symptoms of anxiety/depression (OR=6.73 95% [CI=4.45–10.17]) among individuals experiencing such symptoms prior lockdown. Furthermore, the odds of symptoms of anxiety/depression during lockdown was elevated among women (OR=2.07 [95% CI=1.32–3.25]), subjects with low household income (OR=2.28 [1.29–4.01]) and persons who reported loneliness (OR=3.94 [2.47–6.28]).

**Conclusions:** This study demonstrates a strong relationship between preexisting symptoms of anxiety/depression and anxiety/depression during the COVID-19 outbreak among mid-aged French adults. The findings underline the role of preexisting symptoms of anxiety/depression as a vulnerability factor of anxiety/depression during lockdown. Furthermore, the study shows that loneliness is independently associated with symptoms of anxious/depression, when controlling for prior anxiety/depression symptoms.

**Disclosure:** No significant relationships.

**Keywords:** Symptoms of anxiety/depression; Longitudinal study; lockdown; Covid-19