

EPP0285

Brazilian researchers meet online to discuss social distancing: Results from the first symposium of the group of studies and research on psychology and cognition (GEPESPSI)

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Introduction: The Group of Studies and Research on Psychology and Cognition (GEPESPSI) in Brazil has developed important academic and clinical actions on mental health in contexts of difficult psychological handling.

Objectives: GEPESPSI organized a symposium to discuss the psychological effects of isolation due to the strict measures of social distancing.

Methods: 11 psychologists and one speech language pathologist discussed possible contributions to face social distancing in their specific fields of expertise in a virtual symposium of two days. The themes were: university teaching; support to the development of social and emotional competencies among children; the threat of the death of dreams in a phenomenological perspective; resilience and self-esteem; the repercussions of the lack of the school space for socialization; psychological tools for facing isolation; the challenges and perspectives of women who are victims of violence; online therapy for children; the health of workers; suicidal behavior; formulation of educational policies for remote learning and family mental health.

Results: 1094 people were enrolled with an average of 400 people participating in each period. 91,1% of which were graduate students of a university. 55,7% were students of Psychology, 12,8% of Pedagogy, 6% of Physical Therapy among other courses. 39,8% of them were from the city of Santos, the others were from different regions of the country.

Conclusions: The feedback given by the participants was positive and involved gains such as sharing experience and knowledge but mainly creating connections to exchange psychological tools as a way of facing the difficulties of social distancing among researchers and graduate students.

Keywords: social distancing; virtual symposium; Psychology

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Post-discharge depressive symptoms and health-related quality of life of critical COVID-19 survivors

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Introduction: Survivors of critical illness stay frequently experience long-term mental health morbidity, suggesting that many critically ill patients with COVID-19 may also show a high prevalence of psychiatric conditions.

Objectives: To describe depression in COVID-19 survivors 4-months post-hospital discharge and to examine its association with health-related quality of life (HRQoL).

Methods: This pilot study involved COVID-19 adult patients admitted in Intensive Care Medicine Service (ICMS) of a University Hospital. Exclusion criteria were: ICMS length of stay (LoS) ≤ 24h, terminal illness, major sensory loss and inability to communicate at the time of assessment. All participants were evaluated at ICMS scheduled telephone follow-up appointment, with Patient Health Questionnaire (PHQ-9) (depression) and EQ-5D-5L (HRQoL). Critical-illness severity was assessed with APACHE-II and SAPS-II.

Results: Twenty patients were included with a median age of 62 (range: 24-77) y.o., the majority male (75%) and married (70%). Median (range) APACHE-II and SAPS-II was 17 (5-34) and 32.5 (7-77), respectively, and LoS was 18 (4-58) days. Overall, 25% patients presented depression symptoms and most reported problems on EQ-5D-5L domains of pain/discomfort (65%), anxiety/depression (55%) and mobility (50%). Depression scores were higher in patients with problems in EQ-5D-5L domains of usual activities (median 4 vs 1.5; p=0.046), pain/discomfort (median 0 vs 4; p=0.004) and anxiety/depression (median 4 vs 0; p<0.001).

Conclusions: These preliminary findings show that depression is frequent in COVID-19 survivors and it is associated with worse HRQoL. This pilot study highlights the importance of psychological assessment and treatment of COVID-19 survivors, in order to minimize its negative impact on HRQoL, optimizing their recovery.

Keywords: COVID-19; ICU survivors; Depression; quality of life

EPP0285

The impact of the COVID-19 pandemic on the development of acute and transient psychotic disorders.

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Introduction: Since the declaration of the COVID-19 pandemic, several studies have demonstrated its considerable psychological impact. The isolation and social distancing, the increased fear of being infected or infecting others and the insecurity generated by the economic impact, could contribute to an increase in the incidence of mental health issues, such as psychotic disorders.

Objectives: The aim is to discuss four clinical cases in order to provide further evidence on this matter.

Methods: We report on three females and one male with no personal psychiatric history who were admitted to a tertiary hospital during the first three months after the declaration of the pandemic. The average age was 44,25 ± 14,97 years.

Results: All patients met the International Statistical Classification of Diseases (ICD-10) criteria for acute and transient psychotic disorder. All of the episodes were triggered by the stress generated from the COVID-19. Complementary tests were unremarkable. They all tested negative for SARS-CoV-2. Rapid discharge with favorable response to