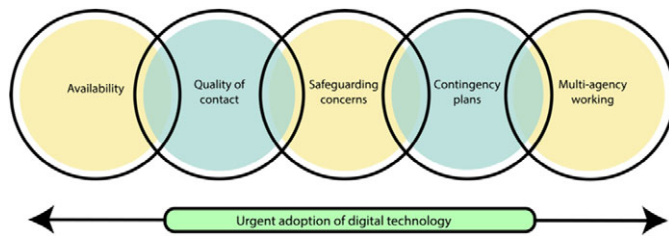


Results: Five key themes relevant to the urgent adoption of digital technology were identified (figure 1): (1) Availability of staff for patient contact was generally felt to be improved; (2) Quality of contact was reported to be variable (e.g. some respondents reporting better rapport with patients, whereas others found remote contact interfered with rapport building); (3) Safeguarding concerns were reported to be more difficult to identify through remote consultation; (4) Contingency plans were recommended to allow for vulnerable patients for whom remote consultation was a problem; (5) Multi-agency working was reported to be strengthened.



Conclusions: The findings from this evaluation allow for an informed approach to future adoption of remote consultation in routine practice.

Disclosure: No significant relationships.

Keywords: COVID-19; Technology

O073

Stress and anxiety among healthcare workers during the COVID-19 pandemic in Russia

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Introduction: Mental health of medical workers treating patients with COVID-19 is an issue of increasing concern worldwide, since previous epidemics have shown high levels of anxiety and stress in front-line healthcare professionals. The available data on stress and anxiety symptoms among healthcare workers during the COVID-19 are relatively limited and have not been evaluated in Russia yet.

Objectives: To evaluate stress and anxiety symptoms among healthcare workers directly involved in the diagnosis and treatment of patients with COVID-19 during the peak of disease outbreak in Russia.

Methods: The study was a cross-sectional hospital-based anonymous on-line survey in May 2020 of 1,090 healthcare workers practicing treatment of patients with COVID-19. Stress and anxiety symptoms were assessed using the Russian versions of Stress and Anxiety to Viral Epidemic scale (SAVE-9) and Generalized Anxiety Disorder (GAD-7) scales. Logistic regression analysis was performed to determine the influence of different variables.

Results: The median scores on the GAD-7 and SAVE-9 were 5 and 14, respectively. 49.1% respondents had moderate and 21.9% had severe anxiety according to SAVE-9. 12.3% had severe anxiety, 13.2% had moderate according to GAD-7. Female gender and

younger age were associated with higher level of anxiety according to regression model.

Conclusions: Our study has shown that healthcare workers in Russia practicing treatment of patients with COVID-19 reported high rates of stress and anxiety similar to other countries. Female gender, younger age and being a physician were associated with higher levels of anxiety. These results demonstrate the importance of supportive programs for health care workers fighting COVID-19.

Disclosure: No significant relationships.

Keywords: Anxiety; COVID-19; SAVE-9; GAD-7

O074

New onset of mental disorders, lifestyle changes, and quality of relationships during COVID-19 in Italian population

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Introduction: The COVID-19 pandemic has been causing relevant public health and psychosocial consequences.

Objectives: To assess the impact of the COVID-19 pandemic on mental health, lifestyle and personal relationships in the Italian general population.

Methods: An online survey spread between May and June 2020 to collect socio-demographic, clinical, lifestyle, relationship, and mental health self-reported information. Mental disorder screening was performed by the Patient Health Questionnaire and PTSD Checklist for DSM-5.

Results: Participants were 2003, 1504 of which (75%) completed the entire questionnaire (1157 females, 77%). Among the completers who have not had any mental disorder before (n=524, 35%), 263 (51.7%) met cut-off scores for psychiatric diagnoses on the self-report psychiatric screeners during the pandemic (i.e., Major Depressive Disorder, 11.3%, with death thoughts in approximately half of the cases; Panic Disorder, 1.1%; Generalized Anxiety Disorder, 13%.3, Obsessive-Compulsive Disorder, 13.2%, Post-Traumatic Stress Disorder, 7.3%; Alcohol Abuse, 5.5%). In line with this, 39% of completers complained of insomnia, while 12% and 10% started using anxiolytics and antidepressants, respectively. Approximately 7-8 % of completers started/increased alcohol and/or nicotine consumption, 33% quitte/decreased physical activity, and 40% declared decreased sexual satisfaction. Approximately 21% and 38% declared worsening in relationship with partner and difficulty in child-caring, respectively.

Conclusions: The COVID-19 pandemic appears to be a risk factor for new onset of mental disorders and worsening in lifestyle and familial relationships in the Italian population. These results should be confirmed by clinical interviews, and may represent a starting point for further monitoring of the medium and long-term consequences of the COVID-19 pandemic.

Disclosure: No significant relationships.

Keywords: lifestyle; relationships; COVID-19; Mental disorders