EPP0364

The prevalence of psychopathological symptoms in population during the COVID-19 pandemic

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Introduction: The COVID-19 pandemic has caused significant lifestyle changes for the world's population. The infection poses a threat to mental health due to direct invasion of the central nervous system of SARS-CoV-2, as well as as a source of mental stress associated, in particular, with the deformation of the structure of interpersonal communications under quarantine conditions.
Objectives: The study was conducted to comparatively study the phenomenology and severity of psychopathological manifestations in quarantined and non-quarantined people during the COVID-19 pandemic.
Methods: From April 18 to June 15, 2020, an online questionnaire "Symptom List 90" (SCL-90) was conducted among 837 adults in Russia, Kazakhstan, Belarus and other countries. 426 respondents were in strict home quarantine; 302 observed social distancing, but could go to work; 109 were not socially isolated.
Results: There was a significant difference in the overall severity index (GSI) between strictly quarantine and non-quarantine groups with GSI values of 0.51 (0.24; 0.99) and 0.33 (0.16; 0.75), respectively ($p = 0.001$). Indicators of anxiety, depression, somatization, obsessive-compulsive symptoms, phobic anxiety, hostility and psychoticism were also significantly higher in quarantined individuals than in non-quarantined individuals ($p < 0.05$).
Conclusions: The results of the analysis indicate that in a pandemic, the most susceptible to psychopathological disorders are those living in the most severe quarantine, while the contingent whose lifestyle changes little under these conditions shows the best indicators of mental health. These data indicate the need to optimize the system of psychiatric preventive and curative care for the population in a pandemic.
Conflict of interest: No significant relationships.

EPP0363

Integrated efforts to promote mental health care during the SARS-CoV-2 pandemic: Reflecting on the experience of a university helpline

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Introduction: The SARS-CoV-2 pandemic is affecting numerous dimensions of our society since the beginning of the outbreak. A significant increase in emotional distress was expected in the general population, particularly among the high-risk groups such as the oldest, chronic patients, healthcare professionals, and psychopathology vulnerable people. There was an urgent need to adapt and create solutions to promote mental health. Given the recommendations to minimize face-to-face interactions, several helplines were widely developed.
Objectives: In this work, we aim to reflect on the experience of a university helpline, that integrated efforts with the regional mental health care services.
Methods: A University helpline was created to give support to the regional community outside academia. The team was created on an online teamwork platform, to communicate through the chat, carry videoconference meetings, and store useful files. A Manchester screening decision tree was adopted, to define a set of guidelines to provide support to the callers, based mainly on the guidelines defined by the Order of Portuguese Psychologists. Liaison with the mental health care services, including other specific helplines, was established.
Results: Notwithstanding all the efforts, the number of received calls was scarce, similarly to helplines created by other national universities and by other entities.
Conclusions: A new approach to psychological intervention in crisis is needed, maintaining integrated efforts, and taking advantage of the opportunity to foster personalized mental health care in the digital era. It is important to continuously assess the value of integrated efforts in patient care and to the healthcare system.

Keywords: university helpline; psychological intervention in crisis; SARS-CoV-2; integrated mental health care

EPP0364

How COVID-19 lockdown measures could impact patients with bulimia nervosa: Exploratory results from an ongoing experience sampling method study.

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Introduction: Preliminary results indicate that COVID-19 lockdown measures could lead to an increase in eating disorder pathology. However, some patients could be more vulnerable to experience such an increase than others. The reason why some patients are more susceptible to the impact of lockdown measures is still not known.
Objectives: To analyze the impact of the Belgian COVID-19 lockdown measures on the surroundings, social context, negative affect

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(NA), positive affect (PA) and binge eating frequency of patients with bulimia nervosa (BN).
Methods: The data of 15 female patients with BN from an ongoing experience sampling method study were analyzed. Mixed effects models compared surroundings, social context, NA, PA and binge eating before and after the implementation of the lockdown measures.
Results: After the implementation of the lockdown measures, significant changes in surroundings and social context were found as well as an increase in NA ($p < 0.001$) and decrease in PA ($p = 0.015$). Patients who experienced an increase in binge eating frequency also experienced a stronger increase in NA ($p = 0.012$) and decrease in PA ($p = 0.026$) after the lockdown measures were implemented.
Conclusions: Future research should also look at changes in surroundings, social context, affect and how these interact with factors such as personality traits and coping styles when investigating why some patients are more susceptible to the negative effects of lockdown measures than others.

Keywords: Experience Sampling Method; COVID-19; Bulimia Nervosa

EPP0365

Perception of stress by medical staff during the first wave of the COVID-19 pandemic in russia

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Introduction: Assessment of mental health in medical staff during the COVID-19 pandemic helps to prevent the delayed negative consequences of work under high risk.
Objectives: The study compares the perceived stress and coping ability in medical staff caring for patients diagnosed with COVID-19 and in professionals, working with other patients.
Methods: Online survey involved 249 doctors and medical staff of a Moscow hospital aged 19 to 60 (80 men and 169 women). 135 people worked directly with COVID-19 patients and 114 specialists did not. The study was conducted with the Perceived Stress Scale (10-items) amidst the first wave of COVID-19 in Russia, in May 2020.
Results: No significant differences were found in the stress levels between the two groups of healthcare providers. On average, the sample revealed an increased level of stress (15.4 with standard values of 12-13). The general indicator of perceived stress ($F = 13.471$; $p < 0.001$), stress level ($F = 12.333$; $p = 0.001$) and stress resistance ($F = 6.003$; $p = 0.015$) in women is significantly higher than in men. In addition, women working with COVID-19 patients have a higher level of stress resistance than women working with other patients ($F = 3.432$; $p = 0.045$).
Conclusions: The perception of stress by healthcare staff during the COVID-19 pandemic increases independently on whether or not they work with infected patients. Although stress is higher in women, they are better at coping, especially in extreme situations. The reported study was funded by RFBR, project number 20-04-60174.

Keywords: mental health; stress level; COVID-19; health care workers

EPP0366

Innovations in the provision of psychiatric treatment and rehabilitation assistance to the population in the context of the COVID-19 pandemic and their preliminary results

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Introduction: Numerous publications highlight the need to modify mental health services in the stressful environment of the COVID-19 pandemic. The psychiatric service of the city of Moscow undertook some reforms in this regard.
Objectives: The measures taken are aimed at reducing the risk of infection of mentally ill patients undergoing treatment in dispensaries and day hospitals, as well as at preventing the exacerbation of psychopathological disorders in patients under the prevailing conditions.
Methods: The frequency of visits to the dispensary by patients in stable condition has been reduced to 1 time per week. At the same time, the frequency of telephone consultations with patients and their relatives increased up to 3 times a week. Face-to-face psychotherapy sessions have been replaced by remote (online) sessions. During the study period, medical documents of 60 patients were studied. The number of hospitalizations of outpatients to the hospital was recorded due to the deterioration of the mental state, as well as in connection with the infection with COVID in the period from 04/15/2020 to 06/09/2020.
Results: There were no hospitalizations due to mental deterioration. According to this indicator, the situation in 2020 turned out to be better than last year for the same period. There were also no cases of hospitalization of outpatients in connection with Covid-19.
Conclusions: The presented results indicate the effectiveness of organizational innovations introduced in Moscow in the provision of outpatient psychiatric care. However, these data need clarification and objective scientific interpretation.
Conflict of interest: No significant relationships.

EPP0368

Depression in quarantined patients during the COVID-19 pandemic

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