intervention in individuals who suffer from severe mental disorders and refuse treatment, based on the principles of therapeutic need and social protection. In Portugal, the last law regulating the compulsory admission is in forme since 2004 (Law 36/98 of 24 July), and configures this measure as a hospitalization by court order, happening the same in other European countries. The literature shows that in 2020 there was a significant increase in the proportion of involuntary inpatient admissions for all psychiatric diagnosis.
Objectives: This study aims to assess the impact of the COVID-19 pandemic on involuntary admissions to an acute psychiatric service.
Methods: Socio-demographic and clinical data were collected from electronic medical records. A retrospective observational study of patients who were admitted in a General Psychiatric Unit of Hospital Magalhães Lemos between March 2019 and February 2021 was conducted. The characteristics of patients admitted before the pandemic (March 2019 to February 2020) and after (March 2020 to February 2021) were compared statistically.
Results: A total of 850 patient admissions were obtained, of which 28% were involuntary. The authors expect to find differences between involuntary inpatient admissions before and after the COVID-19 pandemic in proportion of patients, socio-demographic and clinical factors.
Conclusions: The findings of this study will likely show an increase in involuntary admissions during the pandemic, in agreement with current knowledge. More studies are needed to assess the long-term impact of the pandemic on mental health.

Disclosure of Interest: None Declared

EPV0301

Online pornography use during the COVID-19 pandemic: a review

C. Portela*, R. Dionísio, S. M. Sousa and M. Gonçalves

Hospital de Magalhães Lemos, Porto, Portugal
*Corresponding author.
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Introduction: The Coronavirus (COVID-19) pandemic and the regulations enforced to control it caused significant alterations in daily routines worldwide. Lockdowns, remote working and schooling favoured virtual interactions and increased "free-time", with the internet posing as a preferential means of distraction. Statistics from pornographic websites have shown a rise in traffic during lockdown periods, with problematic use of pornography (POPU) emerging as a potential mental health concern.
Objectives: The authors aim to summarize current knowledge on the effects of the COVID-19 pandemic on online pornography use.
Methods: Narrative review of articles referenced on PubMed and Google Scholar.
Results: The increased exposure to the internet during the pandemic, combined with psychosocial factors such as social isolation, diminished physical contact and intimacy may have contributed to the reported surge in online pornography use. Other associated factors include emotional distress and less availability of other addictive substances and behaviours during confinement periods. Besides the spike in pornography consumption, other aspects were also affected, such as time of usage, search keywords and type of content, with an increase in engagement in illegal pornography. In susceptible individuals, these circumstances may lead to the development of POPU, characterized by impaired control, excessive time spent and perceived negative consequences. Currently, there is a lack of consensual diagnostic criteria for POPU, hindering the detection of these patients and timely management.
Conclusions: Behavioural addictions are an emerging mental health problem, particularly the ones related to internet use. In the aftermath of the pandemic, considering the reported rise in online pornography use, an increase in POPU prevalence is expected. Therefore, more accurate and consensual diagnostic criteria are required, as well as a greater amount of evidence on the treatment of this disorder, in order to improve the approach to these patients.

Disclosure of Interest: None Declared

EPV0302

A look at post-pandemic conjugality: a clinical case study

C. Pires-Lima[1]*, M. H. Figueiredo[1] and A. Salgueiro[2]

[1]CINTESIS - Center for Health Technology and Services Research, Porto and [2]Independente, Valença, Portugal
*Corresponding author.
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Introduction: The co-construction of conjugality is influenced by the interactions established in the family as a whole. It manifests itself, therefore, as a relational model in the expression of affectivity and the management of conflicts.
Objectives: In this clinical case report, the couple assumes relational difficulties focused on the significant reduction of time in individual leisure activities and, on the other hand, a 24-hour coexistence in the same space, in a period of compulsory confinement due to the COVID-19 pandemic.
Methods: This study is exploratory-descriptive, using the case study as an empirical approach.
Results: The case described, reports to Couples Therapy, with the sessions taking place in 2022, in a total of seven. The couple, N, male, and J, female, have been married since 2020, shortly before the first confinement because of the COVID-19 pandemic. Regarding their marital relationship, they reported that it deteriorated due to the difficulty in expressing an adaptive reaction to the stressor confinement and the opposite position regarding their desire to become parents.
Conclusions: Integrative strategies were developed, with different theoretical and operative references. The couple took control of their relationship due to a greater empathic awareness and the establishment of a healthy and balanced communication system.

Disclosure of Interest: None Declared

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