EPP0414

Stigmatization attitudes of medical staff toward people with respiratory syndromes during COVID-19 pandemic

M. Sorokin[1]*, E. Kasyanov[2], G. Rukavishnikov[2], O. Makarevich[1], N. Neznanov[1], G. Mazo[1] and N. Lutova[1]

[1]The Integrative Pharmaco-psychotherapy Of Mental Disorders, V.M. Bekhterev National medical research center for psychiatry and neurology, Saint-Petersburg, Russian Federation and [2]Department Of Translation Psychiatry, V.M.Bekhterev National medical research center for psychiatry and neurology, Saint-Petersburg, Russian Federation

*Corresponding author.
doi: 10.1192/j.eurpsy.2021.787

Introduction: The health care workers have extremely high risks of adverse psychological reactions from COVID-19 pandemic. On the other hand, patients with respiratory syndromes face stigmatization due to their possible contagiousness of SARS-Cov-2.
Objectives: To study the association of behavior, psychological distress in health care workers, and their stigmatization attitudes to the patients.
Methods: The online-survey of 1800 health care workers performed during different lockdown periods in Russia: the first week and the last (30/Mar-5/Apr/20 and 4-10/May/20). The Psychological stress scale (PSM-25), modified Perceived devaluation-discrimination scale (Cronbach's α=0.74) were used. Dispersion analysis with p-value=0.05 and Cohen's d, Cramer's V calculation (ES) performed.
Results: In the 2nd phase medical stuff more often wore masks (64% vs. 89%; $\chi2$=98.7, p=0.000, df=1; ES=0.23) and gloves (30% vs. 57%; $\chi2$=57.6, p=0.000, df=1; ES=0.18), continued perform hand hygiene (94-95%) and physical distancing (73-74%), but was restricted in most effective protective measure: self-isolation (49% vs. 36%; $\chi2$=16.0, p=0.000, df=1; ES=1.0). The psychological stress levels decreased in the 2nd phase (ES=0.13), while the stigma levels (ES=0.33) increased. Physicians experienced more stress compared with nurses and paramedical personnel (ES=0.34; 0.64) but were less likely to stigmatize SARS-CoV-2 infected individuals (ES=0.43; 0.41). The highest rates of contacts with COVID-19 patients (83%) were reported by physicians ($\chi2$=123.0; p = 0.00, df=4; ES=0.28).
Conclusions: Direct contact with SARS-Cov-2 is associated with a significant increase in stress among medical personnel. However, the stigmatizing reactions are not directly associated with the risks of infection and are most prevalent among nurses and paramedical personnel.

Keywords: distress; COVID-19; stress; Stigma

EPP0413

"I am the coronavirus": A case report and review

J. Camilo[1]*, R. Silva[1], I. Vaz[2] and M. Roque[2]

[1]Centro De Gestão De Psiquiatria E Saúde Mental, Centro Hospitalar de Trás-os-Montes e Alto Douro, Vila Real, Portugal and [2]Psiquiatria, Centro Hospitalar de Trás-os-Montes e Alto Douro, Vila Real, Portugal

*Corresponding author.
doi: 10.1192/j.eurpsy.2021.788

Introduction: As disorders of thought, delusions are modified by patients' background, and so their content varies widely according to location and throughout the ages. The COVID-19 pandemic has shown its global impact on society and mental health of the population, thus becoming a new delusional topic.
Objectives: We report a case where the COVID-19 pandemic has been integrated into a patient's delusion in an attempt to raise professional awareness for this new psychotic presentation.
Methods: Review of clinical notes and literature review.
Results: A 38-year-old female patient with no prior psychiatric history presented with psychotic symptoms characterized by self-referential ideas, feelings of guilt and delusions of ruin, with a sudden onset of less than 24 hours prior to observation. The patient claimed that she was the coronavirus and, as such, she was a common topic of conversation in both television and social media, and the reported deaths caused by COVID-19 were her own doing. As a result of this, the patient was asking doctors to kill her in order to save everyone else affected by the virus. After evaluation, a diagnosis of Acute and Transient Psychotic Disorder was considered. The patient was initially treated with paliperidone, but due to hyperprolactinemia and menstrual changes this was switched to aripiprazole. Symptoms remitted fully after 21 days of treatment, and six months later no recurrences have been described.
Conclusions: This case illustrates the potential of the coronavirus pandemic outbreak as a new delusional topic. Possible side effects of treatment are also discussed.

Keywords: COVID-19; coronavirus; psychotic disorder; aripiprazole

EPP0414

Mood disorders and suicides during coronavirus pandemic

K. Shah[1]*, C. Trivedi[2] and H. Mekala[3]

[1]Department Of Psychiatry, Griffin Memorial Hospital, Norman, United States of America; [2]Research, St Davids Healthcare, Austin, United States of America and [3]Psychiatry, Griffin Memorial Hospital, Norman, United States of America

*Corresponding author.
doi: 10.1192/j.eurpsy.2021.789

Introduction: The outbreak of COVID-19 has disrupted the lives of countless people worldwide. The pandemic has imposed a sense of uncertainty and anxiety, as the world could not predict or prepare for this crisis. It is important to study risk factors, including employment, marital status, and pre-existing medical or psychiatric conditions to effectively handle this pandemic's mental health impact.
Objectives: We aim to evaluate factors contributing to the suicides and mood disorders during the coronavirus pandemic.
Methods: We examined MeSH terms "COVID-19" in the context of "Mood Disorders," "Suicide," "Suicidal Ideation," "Assisted or Suicide, Attempted or Suicide," "Risk Factors." We identified eight case studies for the qualitative synthesis per the PRISMA guidelines, searching Medline, PubMed, PubMed Central, and PsychInfo databases until August 2020.
Results: We identified that the population of all age groups and sex are at risk of stress and mental illness due to the pandemic. Several factors are attributed to the increased risk of mood disorders and suicide. Not having pre-existing psychiatric or medical condition is not a protective factor, since suicide was attempted or committed due to external factors such as economic and social.

https://doi.org/10.1192/j.eurpsy.2021.789 Published online by Cambridge University Press

Conclusions: The pandemic has increased the risk of mood disorder and suicides in the population. Focus should be on the behavioral and psychological first aid to curb stress.

Keywords: Covid; Suicide; mood disorder

EPP0415

Evaluation of anxiety and coping strategies among tunisian health professionals in the pandemic of the covid 19

N. Messedi*, A. Chamseddine, O. Bouattour, M. Turki, N. Halouani and J. Aloulou

Psychiatry, Hedi Chaker University hospital, sfax, Tunisia
*Corresponding author.
doi: 10.1192/j.eurpsy.2021.790

Introduction: The rapid spread of coronavirus has forced the healthcare systems in Tunisia to reorganize its structures, thus mobilizing all caregivers. Their professional and emotional burden was put to the test.
Objectives: To evaluate the level of anxiety and to study coping strategies among caregivers during this pandemic.
Methods: A cross-sectional descriptive and analytical study among150 caregivers in two hospitals in Sfax in Tunisia; during April 2020. We used anonymous questionnaire, the Spielberger State Anxiety Scale(STAI) to assess tension felt at anxiety-producing situations; and the Coping Inventory Scale for Stressful Situations (CISS): to assess coping strategies.
Results: The average age was 30.33± 6,93 years and the sex-ratio M/W = 0,29. Caregivers followed the news of this pandemic with these means of communication: 96% Facebook, 80%TV. The increase of the time spent in front of media:84% Sleep disorders were present in 64.7%: insomnia (36%), chopped sleep(34%). Caregivers used sleeping pills in 12% of case. STAI: The mean ascore =48.85 and a high anxiety level was noted in72% of case. CISS: Task-oriented coping strategies : a mean score= 47.90 and Emotion-centered coping : a mean score = 40,49 High anxiety was correlated with: age>40 years old (p=0.042). The increase of the time spent in front of media, chopped sleep and use of sleeping pills are correlated respectively (p= 0,043, p=0,003, p=0,003) with an emotionally focused coping strategy.
Conclusions: Health professionals had a painful psychological experience with significant anxiety. Strengthening prevention strategies, management of health crises should be a priority of our health-system.

Keywords: covid 19; caregivers; anxiety; coping; covid 19; caregivers; Anxiety

EPP0416

Anxiety and need for support of college students during the SARS-CoV-2 pandemic: An exploratory study

A. Torres[1,2]*, R. Melo[2], F. Príncipe[2,3], A. Ferreira[2] and A. Quesado[2]

[1]Cintesis - Pólo Ua, CINTESIS – Center for Health Technology and Services Research, Portugal (R&D Unit ref. UIDB/4255/2020), Aveiro, Portugal; [2]Nursing, Portuguese Red Cross Northern Health School, Oliveira de Azeméis, Portugal and [3]Center For Health Technology And Services Research (r&d Unit Ref. Uidb/4255/2020), CINTESIS, Porto, Portugal
*Corresponding author.
doi: 10.1192/j.eurpsy.2021.791

Introduction: During the pandemic state, college students are exposed to additional stressful factors, including but not limited to: fear of being infected; fear of infecting a significant person; deal with a new reality of economic uncertainty; challenges of distance education; new rules in face-to-face classes; restrictions on access to internships and higher demanding in internships.
Objectives: This exploratory study aims to assess levels of anxiety and the perception of the need for support of students of a Portuguese Higher Education Institution (HEI).
Methods: An exploratory study was developed, on the return of students to the presential classes after the academic lockdown. It was spread out an email for all students with a link for an online form, which includes sociodemographic questions, a screening question of the anxiety level, and the need for support level (rating scales 0-10).
Results: It was obtained 36 answers from mostly female students (92%) with 17 to 21 years old (67%). Answers present an average anxiety level of 5.4 (Min=1; Max=9; SD=2.23), with 58% of answers with a score of anxiety level of 5 or higher. The need for support average was 3.7 (Min=1; Max=9; SD=2.23), with 33% of answers with a score of 5 or higher.
Conclusions: It is necessary to continuously monitor the anxiety level and the need for support of college students during the SARS-Cov-2 pandemic. It is similarly relevant to have responses of HEI to promote mental health and to answer to the high levels of students' anxiety and needs for support during the pandemic.

Keywords: SARS-CoV-2; Anxiety; need for support; College students

EPP0417

The effects of excessive and compulsive online searching of COVID-19 information ("cyberchondria") on general and COVID-19-specific anxiety and fear in romantic couples during lockdown

S. Stewart[1], F. King[2]*, L. Rodriguez[3], S. Meier[1], S. Sherry[1], A. Abbass[1], H. Deacon[1], R. Nogueira-Arjona[1] and A. Hagen[1]

[1]Psychology And Neuroscience, And Psychiatry, Dalhousie University, Halifax, Canada; [2]Psychology, McGill University, Montreal, Canada and [3]Psychology, University of South Florida - St. Petersburg, St. Petersburg, United States of America
*Corresponding author.
doi: 10.1192/j.eurpsy.2021.792

Introduction: Cyberchondria involves excessive and uncontrollable online searching of information about a perceived illness. This behavior can cause or maintain distress.
Objectives: Little is known about cyberchondria during the COVID-19 pandemic or how cyberchondria in one individual may cause distress in their significant other if they are self-isolating together; our study sought to fill these gaps.
Methods: We conducted a Qualtrics Panel survey with 760 cohabitating Canadian couples; in June 2020, participants retrospectively reported on their cyberchondria behavior, general anxiety, and COVID-19 fears during the month of April 2020, while adhering to stay-at-home advisories. Two separate actor-partner interdependence models (APIMs) used cyberchondria excessiveness and compulsion to predict generalized anxiety and COVID-19 danger/contamination fears in the actor and partner.
Results: Both cyberchondria excessiveness and compulsion were associated with higher general anxiety and higher COVID-19 danger/contamination fears in the individual (actor effects). Partner

https://doi.org/10.1192/j.eurpsy.2021.789 Published online by Cambridge University Press