her fear of feeling depersonalized again. Over the course of her illness, she denied having experienced any other symptoms of a panic attack. She was treated with Paroxetine 40mg daily and cognitive behavioral therapy, having improved.
Conclusions: We believe this case provides good insight into depersonalization in panic attacks, supporting the view that Panic disorder with depersonalization may be a distinct and more severe subgroup of Panic Disorder.

Keywords: panic disorder; depersonalization; agoraphobia; case report

EPP0014

Prevalence and correlates of COVID-19 related anxiety among university students

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Introduction: COVID-19 is a disease with insufficiently studied diagnosis, therapy, and prevention that causes anxiety disorders in population.
Objectives: To evaluate prevalence and correlates of COVID-19-related anxiety in university students during the period of their distant learning due to COVID-19 pandemic.
Methods: The on-line survey of May 2020 covered 327 Russian university students aged 17-40. The questions concerned evaluation of threats, risks and acute problems faced by the students and their closest people in the situation of COVID-19 spread. We determined the anxiety level of the students by the degree of their concern about high risk of COVID-19 infection.
Results: We established that 17.1% of the students had maximal level of COVID-19-related anxiety that correlated with older age (r=.13), better academic performance (r=.12), expectation of higher COVID-19-related threat to their life (r=.57), to the closest people's health (r=.44), to the aged people's lives (r=.16). It correlated with a more serious approach to evaluating the COVID-19-related situation and dangers in the world (r=.19), in the country (r=.24), and in the region of their residence (r=.37). Students with a high anxiety level often saw in pandemic a threat to their way of life (r=.12), material wellbeing (r=.12), and plans for the future (r=.11). They more strictly obeyed the restrictions (r=.13) and they did not exclude a recurrence of COVID-19 type pandemics in the future (r=.17).
Conclusions: COVID-19 related anxiety is present in every sixth student and it correlates with older age and better academic performance. These students may have a high risk for depressive disorders.

Keywords: University Students; Anxiety; prevalence; COVID-19

EPP0015

Cognitive conversion disorder (functional cognitive disorder) – what's new?

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Introduction: Some patients present with significant subjective cognitive symptoms, sometimes interfering with day-to-day live, that are not compatible with any recognizable psychiatric, neurodegenerative or systemic condition. Recent studies have proposed that these patients can be diagnosed with Conversion Disorder (Subtype Cognitive), also known as Functional Cognitive Disorder (FCD). This is a relatively recent concept, that still lacks consensus.
Objectives: Review the current state of knowledge regarding prevalence, diagnosis criteria, core clinical features and proposed treatment of Functional Cognitive Disorder.
Methods: Bibliographic review of the literature published in English in the last 5 years, in the databases Pubmed, PsycINFO and Cochrane. The keywords used were: Functional Cognitive Disorder; Cognition; Conversion Disorder. A review of the titles and abstracts of the resulting articles was made, and selected according to their relevance to the study.
Results: Ten articles related to prevalence, diagnosis, clinical associations and treatment of Functional Cognitive Disorder were selected, of which two were systematic reviews, three descriptive studies, three cross sectional clinical studies of memory clinics attendants, one cohort prospective study and one article was a case series report.
Conclusions: The prevalence of FCD is estimated between 11.6% and 56% of patients presenting to memory clinics. However, the prevalence of FCD is hindered by the lack of consensus regarding its definition. Recently, Ball et al proposed a definition in line with the DSM-5 definition of Conversion Disorder with emphasis on positive criteria with the identification of positive evidence of internal inconsistency. Treatment discussion is still limited, and the approach is similar to other conversion disorders.

Keywords: Functional; Cognitive; conversion

EPP0017

Changes in illness representations in patients with somatoform disorder after group-analysis therapy: Comparisons to psychoeducation program

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Introduction: Psychological work with cognitive beliefs were shown to be beneficial for patients with somatoform disorders and unexplained somatic complaints (Liu et al., 2019). There is still a question of whether these results are specific or common for different kind of interventions including psychoanalytic psychotherapy (Kaplan, 2014).
Objectives: The aim was to reveal dynamics of illness perception after group analysis psychotherapy comparing to psychoeducation in patients with somatoform disorders.
Methods: 100 patients with somatoform disorders were randomized to psychoeducation intervention (48 patients; 15 males and 33 females) and to the group analysis psychotherapy (52 patients; 15 males and 37 females). Before and after treatment they filled

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Screening for somatoforms symptoms (Rief, Hiller, 2003) and Illness Perception Questionnaire - Revised (Moss-Morris et al., 2002).
Results: 2 (Groups) × 2 (Time: Before / After) ANOVA with repeated measures revealed major effect of time with both groups demonstrated equal decrease in somatoform symptoms during treatment ($F=101.42$, $p<.01$, $\eta^2=.52$). Patients from both groups after treatment appraised their illnesses as having shorter duration without cycles, less severe consequences on their lives, reported increase in treatment control, understanding of their illness and decrease in emotional reactions ($F=7.13$-30.62, $p<.01$, $\eta^2=.07$-$.24$). In group analysis condition only patients demonstrated increased beliefs that psychological and risk factors could impact their illness (interaction: $F=4.58$-7.24, $p<.05$, $\eta^2=.05$-$.07$).
Conclusions: Patients with somatoform disorders almost equally benefitted from both psychoeducation and group analysis but group analysis psychotherapy led to better awareness of psychological and risk factors of their illness.

Keywords: group analysis; somatoform disorders; illness representation

EPP0018

Iatrogenesis as a possible cause of chronification of mental disorders.

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Introduction: Most mental disorders tend to relapse (severe or mild pathologies such as anxiety or dystima disorders), which are potentially recoverable and yet, tend to evolve poorly, persisting residual symptoms without achieving a complete recovery.
Objectives: The objective of this paper is to analyze the factors that influence process of recurrence and chronification, among which are our own therapeutic interventions.
Methods: A bibliographic search was performed from different database (Pubmed, TripDatabase) about the iatrogenic potential of our intervention (psychopharmacological or psychotherapeutic), analyzing influence and mechanisms involved, and the way to prevent them.
Results: Anxiety is a necessary element for the development of people, both from a biological perspective (natural and adaptive psychological response that allows us to respond adequately to possible threats); as an evolutionary psychological (element involved in conflict resolution, in turn necessary for personal development). It would be a mistake to consider it as pathological and try to eliminate it through medication or psychotherapy, since we could interfere with the natural recovery processes, contributing to its chronification and preventing possibility of change. At times, anxiety can be pathological when it occurs disproportionately and exceeds ability to adapt, but we must not eliminate it but to study origin and factors involved, to achieve complete resolution.
Conclusions: In conclusion, we must consider possible iatrogenesis of our therapeutic interventions in process of chronification of mental disorders and try to avoid them by adequately studying individual factors and characteristics, before intervening.

Keywords: iatrogenesis; chronification; Anxiety; therapeutic interventions

EPP0019

Preoperative anxiety in patients admitted for brain surgery: A systematic review

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Introduction: Up to 80% of patients scheduled for surgery experience preoperative anxiety, which may implicate perioperative psychological and physical discomforts. Several studies focused on this phenomenon in neurosurgical setting, still controversial evidence exists.
Objectives: Our aim is to synthesize this evidence, investigating prevalence, implications and therapy of preoperative anxiety in brain surgery patients.
Methods: We performed a systematic review of literature by searching PubMed, Embase, and Cochrane Library databases. Data were extracted using the PICO framework. PRISMA guidelines were applied, and the risk of bias was assessed using the RoB 2 and ROBINS tools, as was the methodological quality of the included studies, following GRADE criteria; we excluded articles with serious risk of bias and/or low quality.
Results: We included 27 articles, accounting for 2558 patients of twelve different countries. Prevalence of anxiety before brain surgery was up to 89%, reaching higher levels in women. Anxiety concerned mostly anesthesia and surgical outcome. No correlation emerged between level of anxiety and laterality, histological type of tumor or survival rate. Before surgery, anxious patients performed worse in cognitive tasks and had worse subjective evaluation of their cognitive abilities. After surgery, preoperative anxiety was associated with depression, longer hospitalization, increase of physical disability and lower quality of life. Effective approaches to reduce anxiety were acupuncture, music therapy, virtual reality and pharmacological support.
Conclusions: Preoperative anxiety in brain surgery patients is a common experience that should not be underestimated to achieve a better perioperative care through early detection and adequate pharmacological or non-pharmacological management.

Keywords: preoperative anxiety; brain surgery; quality of life; Systematic review

EPP0022

Prevalence of health anxiety in indian ophthalmologists during COVID-19: a survey

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Introduction: Mental health concerns are common in health care workers during pandemic. There are no studies of the prevalence of health anxiety in ophthalmologists in India.