EPP0444

League of psychiatry and mental health of a brazilian university: Promoting mental health in COVID-19 times

L. Floriano[1]*, P. Oliveira[2], B. Cardoso[2], E. Locaste[2], N. Nabozny[2] and F. Ferreira[2]

[1]Nursing And Public Health, State University of Ponta Grossa, Ponta Grossa, Brazil and [2]Medicine, State University of Ponta Grossa, Ponta Grossa, Brazil

*Corresponding author.
doi: 10.1192/j.eurpsy.2021.810

Introduction: Due to the current global background of the COVID-19 pandemic, mental health is an important factor to be promoted. In spite of the subjectivity of the psychological impact brought by this pandemic, the population has undergone several sudden and meaningful changes in psychic integrity. Therefore, the League of Psychiatry and Mental Health of a Brazilian public university emerges with the aim of complementing the curriculum of Psychiatric Medicine, along with promoting mental health inside and outside the university.
Objectives: Hold online events and disseminate informative material to help students, mental health professionals and general community interested in the topic.
Methods: The League did a member recruitment with academics from different health areas, who prepared and published booklets and folders with informations promoting mental health. And also, promoted speeches on online platforms from May 2020 to October 2020 with psychiatrists, psychologists and renowned professionals in Brazil.
Results: Eighteen lectures were held on topics such as "Grief in the pandemic and its implications in mental health"; "Preventing suicide in the pandemic", among others, that had a relevant role for those who were in a vulnerable emotional state at the time. As for publications, a national reach was possible, which served as a source for the cultivation of a good psychic health to face the pandemic.
Conclusions: More than 13.600 people participated in the promoted proposals, In addition to providing positive feedbacks to the League, with the improvement of knowledge in the field of Psychiatry and Mental Health, reaching the proposed objectives.

Keywords: Health promotion; mental health; COVID-19

EPP0442

Anxiety and procrastination in distance learning

D. Boyarinov*, Y. Novikova, L. Gubaidulina, F. Sultanova, A. Kachina and V. Barabanshchikova

Faculty Of Psychology, Lomonosov Moscow State University, Moscow, Russian Federation

*Corresponding author.
doi: 10.1192/j.eurpsy.2021.811

Introduction: In the context of distance learning students have an increase in the level of stress, anxiety (Husky, Kovess-Masfety, Swendsen, 2020). There is also a problem with time management and, as a result, procrastination. The reported study was funded by RFBR according to the research project №20-04-60174.
Objectives: To study the differences in the level of anxiety and procrastination depending on the type of learning.
Methods: A total of 290 students took part in the study. In the first study (before distance), 168 people took part, the average age was 19.8. In the second study (during distance) – 120 students, the average age was 19.2. The questionnaires: General Procrastination Scale, C.Lay; State-Trait Anxiety Inventory, Ch.Spielberger.
Results: In the course of descriptive statistics, it was revealed that the level of procrastination and state anxiety have a middle score. However, the level of trait anxiety in conditions of distance learning is high, especially among 1st-year students. In a comparative analysis of the two studies, it turned out that the level of state anxiety is significantly higher (t=1,975;p=0,049) in conditions of distance learning. The correlation analysis revealed the relationship between procrastination and trait anxiety (r=0,414;p=0,0001).
Conclusions: These results can be used to create programs to optimize the stress manifestation in students, especially when taking online exams. The high anxiety of 1st-year students may be associated with their accumulated stress factors, such as uncertainty about the future and etc. It should be noted that the level of procrastination does not differ, which may indicate procrastination as a personality trait.

Keywords: Anxiety; Procrastination; Distance learning; students

EPP0443

Care pathways and healthcare management in a COVID-19 triage psychiatric inpatient ward at south london and maudsley nhs foundation trust.

L. Rebolledo-Ojeda*, J. Tweed, R. Williams, J. Aygeman, O. Khalid and M. Pinto Da Costa

Virginia Woolf Ward, South London and the Maudsley NHS Trust, London, United Kingdom

*Corresponding author.
doi: 10.1192/j.eurpsy.2021.812

Introduction: The COVID-19 pandemic has enforced the restructuring of inpatient psychiatric services. In the UK, the South London and Maudsley NHS Foundation Trust has introduced a triage ward system to ensure all patients have a COVID test prior to admission to the general ward with the aim to reduce COVID transmission amongst psychiatric inpatients.
Objectives: To characterise the flow of patients through a COVID-19 psychiatric triage ward and the protocol of assessment and management used.
Methods: Descriptive analysis of patients admitted to a COVID-19 triage ward since its creation.
Results: The caseload of patients admitted to the COVID-19 triage ward since its inception will be presented. This will include the profile of patients admitted, their status (formal/informal) and their acceptance of COVID-19 tests. The protocol followed at this COVID-19 triage ward will be presented, and the challenges faced and suggestions to overcome them will be discussed.
Conclusions: This presentation aims to share the workflow and protocols adopted at a COVID-19 triage ward in the UK, discussing challenges experienced as well as good practices.
Conflict of interest: No significant relationships.

https://doi.org/10.1192/j.eurpsy.2021.811 Published online by Cambridge University Press