

**Objectives:** The aim of this literature review is to identify and analyze studies conducted in 2020 that investigate the incidence of psychotic disorders, related to COVID-19 pandemic and describe its symptoms.

**Methods:** A systematic search in the PubMed electronic database was performed using keywords “COVID-19”, “pandemics”, “psychotic symptoms”, and “first episode of psychosis” Relevant literature was limited to articles describing studies conducted and published in 2020.

**Results:** 9 papers met the inclusion criteria. The selected studies reported 20 cases of psychosis in patients with no psychiatric history, directly triggered by stress derived from the COVID-19 pandemic and by social distancing and quarantine. All cases were characterized by sudden behavioral changes out of character, increased concern about coronavirus risk infection, anxiety, psychomotor agitation, and insomnia. In multiple cases, psychotic symptoms were characterized by thoughts of reference, persecution, and structured delusional. 5 patients were convinced that COVID-19 Pandemic was part of a conspiracy and that someone was trying to infect them by diffusing the COVID-19 or other pollutants. Half of the patients had the delusional conviction that they got infected and they were contagious.

**Conclusions:** COVID-19 pandemic appears to be the trigger for precipitating psychosis which has a high risk of suicidal behavior. During pandemics, mental health professionals should carry out more focused diagnostic and therapeutic strategies.

**Disclosure:** No significant relationships.

**Keywords:** psychotic disorder; COVID-19; pandemic; delusions

## EPV0209

### Trait-anxiety among healthcare professionals in COVID-19 pandemic

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**Introduction:** Factors causing anxiety among healthcare professionals (HCP) are increasing, and psychosocial causes are the most common. During the COVID-19 pandemic, HCP are exposed to additional stressful factors.

**Objectives:** The aim of this study was to assess the prevalence of trait-anxiety and its associated factors towards the COVID-19 outbreak among Tunisian HCP.

**Methods:** A cross-sectional descriptive and analytical study conducted among Tunisian HCP during November and December 2020. The data were collected by an online questionnaire including the sociodemographic information and the “General anxiety questionnaire of Spielberger” (STAI-Y-B) which was used to assess the trait-anxiety.

**Results:** A total of 135 HCP participated in this study (47.4% female and 52.6% male). The average age was 31.98 years (SD=6.59). Of the participants, 3% were nurses, 8.1% were interns, 48.1% were

residents, 34.8% were specialist doctors and 5.9% were generalist doctors. Concerning marital status, 61.5% were single, 36.3% were married and 2.2% were divorced. Of HCP involved in the study, 13.3% of the participants had a history of chronic somatic-disorder and 11.9 % of them had a history of a psychiatric disorder. The prevalence of trait-anxiety in HCP was 53.3%. The analysis showed that anxious HCP were more younger ( $p=0.002$ ) and had history of a psychiatric disorder ( $p=0.017$ ) compared to non-anxious HCP. However, no significant difference was found by gender, marital status and professional degree according to trait-anxiety.

**Conclusions:** In our study, we found that more than the half of HCP were anxious and these one were more younger and had history of psychiatric disorders.

**Disclosure:** No significant relationships.

**Keywords:** Healthcare professionals; Trait-Anxiety; Associated factors; Covid-19 pandemic

## EPV0210

### Predictors of the perceived risk of COVID-19 and adherence to confinement guidelines in the context of the COVID-19 pandemic

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**Introduction:** Complete adherence to public health guidelines is essential to reduce the spread of COVID-19. Studies on the factors associated with increased/decreased adherence to these measures have the potential to inform public policies directed at increasing adherence, and thus helping to control the spread of the current pandemic.

**Objectives:** This study aimed at assessing the demographic and psychosocial predictors of the perceived risk of the COVID-19 and adherence to confinement guidelines during the first mandatory lockdown in Portugal.

**Methods:** A convenience sample of 430 adults living in Portugal between March 19<sup>th</sup> and May 2<sup>nd</sup>, 2020 completed an online survey asking participants about the perceived risk of the COVID-19 and adherence to confinement guidelines. Participants also completed a sociodemographic questionnaire and measures of psychological function. Multiple regression analysis was performed.

**Results:** Teleworking and Risk and COVID-19 controllability were significant predictors of the perceived risk of COVID-19 as measured by the perceived risk of being infected with COVID-19. Teleworking participants and those perceiving COVID-19 as less controllable reported a higher perceived risk of being infected with COVID-19 than those who were not in telework and perceived COVID-19 as a controllable condition. Adherence to confinement guidelines was predicted by the mental health status and perceived risk of COVID-19. Participants who reported worse mental health status, who perceived COVID-19 as a dangerous condition, and

who trusted the public health system reported greater adherence to confinement guidelines.

**Conclusions:** The results of this study will be discussed considering their implications to public health policymaking to promote adherence to public health policies.

**Disclosure:** No significant relationships.

**Keywords:** adherence; confinement; Risk perception; COVID-19

## EPV0211

### Neutropenia in patients under treatment with clozapine and COVID-19 infection

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**Introduction:** Clozapine is among the most effective antipsychotics used for treatment resistant schizophrenia. Adverse reactions to clozapine include neutropenia. Case series report that clozapine-treated patients with COVID-19 have no documented neutropenia.

**Objectives:** We sought to investigate the potential adverse effect of coronavirus disease (COVID-19) in patients taking clozapine.

**Methods:** We retrospectively inspected data of 13 consecutive patients on clozapine, admitted to Highgate Mental Health Centre -Camden & Islington NHS Foundation Trust between March and June 2020. Selection was based on their COVID-19 symptoms presentation and/or COVID-19 positive test. We used a linear regression model with COVID status as independent variable and absolute neutrophil count (ANC) as dependent variable to inform about a correlation between COVID-19 status and neutrophil count. STATA was used for statistics.

**Results:** We collected data on thirteen patients of which nine were male. The median age was of 41.97 years; six subjects were Black, three were Asian and four were White Caucasian. Ten subjects tested positive to COVID-19 and 3 were suspected cases -these latter were excluded from statistical analysis. During COVID-19 infection, neutrophils count (ANC) dropped significantly to 4.215 from a baseline value of 5.337. The beta values of 0.83 shows that ANC declined significantly during COVID-19 infection ( $p < .0001$ ,  $R^2 = 95\%$ ). In three of thirteen patients, ANC drop was significant and changed the patients' monitoring status from green to amber and required frequent blood tests.

**Conclusions:** Clinicians should bear in mind that a significant drop in neutrophils count may occur in COVID-19 -infected patients taking clozapine.

**Disclosure:** No significant relationships.

**Keywords:** clozapine; COVID-19; neutropenia; schizophrenia

## EPV0212

### Psychotic relapse from COVID-19 pandemic: Clinical features

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**Introduction:** The COVID-19 pandemic affected today more than 76,000,000 worldwide, and more than half of humanity has been placed in quarantine. This pandemic affects mental health problems and influences the onset of symptoms.

**Objectives:** The aim of this review is to analyze the impact of the COVID-19 pandemic on psychotic disorders and its interaction with the various risk factors.

**Methods:** We undertook a review of the impact of COVID-19 pandemic on psychosis. We carried out a systematic review of electronic databases using the keywords "COVID-19", "pandemics", "psychotic disorders", and "delusions". Relevant literature was limited to articles conducted around the world and published between January and December 2020.

**Results:** We identified ten papers addressing incident cases of psychosis relapse linked to coronavirus pandemic. In multiple cases, psychotic symptoms were characterized by delusional thoughts about being infected by the coronavirus. The limited access to regular medications and psychosocial interventions was the main factor to psychotic relapse. This review included one cross-sectional clinical study comparing the impact of this pandemic on patients suffering from severe mental illness compared with healthy controls and they found that patients with mental disorders reacted to the pandemic and the lockdown restrictions with higher anxiety levels than the general public. Our study also revealed that elderly people suffering from psychosis and other chronic illness were the most vulnerable to relapse.

**Conclusions:** Psychotic disorders can relapse during stressful events like COVID-19 pandemic. Therefore, specific attention to these vulnerable subjects is crucial to prevent relapses in times of worldwide pandemic.

**Disclosure:** No significant relationships.

**Keywords:** COVID-19; pandemic; psychosis; delusions

## EPV0213

### COVID-19 turned upside down: A psychological perspective

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**Introduction:** Only little is known about COVID-19 which is now playing its engulfing function in terms of devouring global health, resulting in a crisis that is as novel as the novel Coronavirus strain itself. Both, the structure and function of COVID-19 have been documented and further research is in progress to fill the lacuna. With significant levels of globalization, COVID-19 spreads rapidly around the globe.

**Objectives:** Masses are hoping for a vaccine as their ultimate object of liberation. People are talking about crashing economy, but what