

Introduction: The coronavirus disease 2019 (COVID-19) has a great impact on health care workers (HCWs) who are exposed to high levels of stress and trauma leading to negative mental health outcomes, including stress-related symptoms and depressive symptoms.

Objectives: The aim of this study was to investigate the prevalence of depressive symptoms, anxiety and post traumatic stress symptoms related to the COVID 19 pandemic in Cyprus.

Methods: In this cross-sectional study, we report on mental health outcomes among HCWs in Cyprus. Data were collected between May 3rd and May 27th, 2020, using an online questionnaire that included demographics, the 9-item Patient Health Questionnaire (PHQ-9), assessing depressive symptoms, the Impact of Events Scale Revised (IES-R) measuring PTSD symptoms and the 10 item Perceived Stress Scale (PSS) measuring stress.

Results: 424 Health Care Workers (HCWs) participated in the study. 79 HCWs (18,6%) scored in PHQ-9 above the cut-off for depression while 62 HCWs (14,6%) scored high enough in IES-R indicating a diagnosis of post-traumatic stress disorder. The prevalence of depression and PTSD symptoms were significantly higher among nurses compared to doctors and other HCWs. (20.7% versus 10.8%; adjusted prevalence ratio, 1.70 [95% CI, 1.06 to 2.73]), after adjustment for age and sex.

Conclusions: Even in countries like Cyprus with minimum impact of the COVID-19 pandemic, the impact on the mental health of HCWs is substantial with nurses being more vulnerable.

Keywords: ptsd; health care workers; covid 19; Depression

EPP0355

Prevalence of depression among college students living alone in pandemic 2020

T. Kantohe* and G. Kurnijanto

Faculty Of Medicine, Sam Ratulangi University, Manado, Indonesia

*Corresponding author.

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Introduction: The prevalence of depression differs between groups, such as race, gender, and age group. According to the World Health Organization (WHO), depression is one of the leading causes of death in the age group of 15-29 years-old. During the COVID-19 pandemic, some countries, including Indonesia, ordered a nationwide physical distancing and limited public activities. Indonesia also restricts the public mobilities, leaving the college students, studying in different regions, isolated and confined to their flats, boarding houses, and apartments.

Objectives: To find out the prevalence of Depression in College Students, living alone, in Pandemic 2020.

Methods: College students aged 18 to 28 years old, were assessed using Beck's Depression Inventory (BDI-II), through Google Form, and shared using social media. We also grouped the participants to age, gender, religion, and types of housing, and did the multivariate analysis using median comparison and multinomial logistic regression.

Results: A total of 84 college students, who are living alone during the Pandemic 2020, participated in this study. We found that 33.3% of the population suffered from depression. The median score for the group of females, prefer not to say their religion, and living in the owned house have a higher median. While multinomial logistic regression study does not have any significant odd risks in the variables.

Conclusions: The results indicate that in time of nationwide physical distancing and limited public activities due to COVID-19 Pandemic, the prevalence of depression among college students

living alone in Pandemic 2020 is 33%. One-fourth of them are with severe depression.

Keywords: Pandemic 2020; COVID-19; Depression; College Student

EPP0356

The mental health impact of the COVID-19 epidemic on hong kong youth: Preliminary results from the hong kong youth mental health epidemiological study (HKYES)

T.H. Chung¹, A.S. Yuen¹, C.S. Wong^{1*}, C.L. Hui¹, S.K. Chan¹, W. Chang², E.H. Lee¹ and E.Y. Chen¹

¹Department Of Psychiatry, The University of Hong Kong, HK, Hong Kong PRC and ²Department Of Psychiatry, The University of Hong Kong, Hong Kong, Hong Kong PRC

*Corresponding author.

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Introduction: The 2019 coronavirus disease (COVID-19) is a global health crisis that originated in China. As an adjacent city to the origin of COVID-19, Hong Kong has been facing different public health challenges raised by the epidemic.

Objectives: This paper examined the prevalence of common physical symptoms, psychological symptoms, somatic symptoms, and health anxiety among the Hong Kong youth population.

Methods: HKYES is an on-going territory-wide epidemiological study collecting youth mental health data with randomly stratified sampling. Participants aged 15-24 years were to complete a physical symptom checklist, Depression, Anxiety and Stress Scale (DASS-21), Insomnia Severity Index (ISI), Patient Health Questionnaire-15 (PHQ-15), and Short Health Anxiety Inventory (SHAI).

Results: A total of 594 participants have completed the survey since April 2020. The three most common physical symptoms were headache (n=106, 17.8%), fever (n=94, 15.8%) and fatigue (n=78, 13.1%). The mean scores of DASS depression, anxiety and stress subscales were 7.98 (SD 8.14), 5.81 (SD 6.32), and 8.83 (SD 7.93) respectively. Among all, 135 (22.8%) participants reported moderate to severe levels of depressive symptoms, 133 (22.4%) reported moderate to severe levels of anxiety symptoms, and 71 (12%) reported moderate to severe levels of stress. There were 40 (6.7%) and 60 (10.1%) participants showing significant levels of insomnia and somatic symptoms, while around one-third of the participants reported a high level of health anxiety.

Conclusions: Youth is at risk of severe psychological impact during the coronavirus. Monitoring the mental health trajectory for youth should become routine practice during times of crisis.

Keywords: youth; mental health; health anxiety; COVID-19

EPP0357

Telecommunication and neuropsychiatric symptoms in long term care dementia patients during the COVID-19 lockdown ERA.

A. Konstantinou*

Old Age Psychiatry, Ippokrateio Therapeutirio, Larissa, Greece

*Corresponding author.

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Introduction: Ippokrateio Therapeutirio in the city of Larissa, Thessaly, Greece is a private for-profit psychogeriatric hospital focusing on Long Term Care on patients with dementia. During the COVID-19 era lockdown visits by carers/relatives/friends were forbidden due to the preventive government measures. At that same time appearance and/or exaggeration of neuropsychiatric symptoms was observed. In order to restore communication issues we performed telecommunication sessions (videocalls) and measured, among other factors, neuropsychiatric symptoms before and after sessions.

Objectives: Primary objective was to check for relations between videocalls and changes in neuropsychiatric symptoms using NeuroPsychiatric Inventory (NPI). Secondary objective was to check for carers and patients satisfaction, mainly through qualitative information.

Methods: 120 patients with diagnosis of minor or major neurocognitive disorder of any type participated in the video call sessions. Two video calls per patient took place (1 per week) with a 10-inches tablet. Neuropsychiatric Inventory (NPI) was performed before the start of the video-calls. NPI had been performed again the week after both sessions were completed. Satisfaction of carers and patients was recorded, mostly as qualitative data.

Results: Neuropsychiatric symptoms improved in patients with mild or moderate neurocognitive decline. In more severe cases though anxiety, irritability and sleep problems worsened. Satisfaction reached almost 95% of the carers.

Conclusions: Video calls could be a very good way to surpass the communication burden during the pandemic restrictions for LTC dementia patients. Caution should be given to severely demented patients since clinical observations show that a cluster of symptoms worsens.

Keywords: Telepsychogeriatrics; Long Term Care; dementia; Neuropsychiatric symptoms

EPP0358

Mental health and wellness during COVID-19: Impact on healthy population

L. Lipskaya-Velikovsky*

Occupational Therapy, Tel Aviv University, Tel Aviv, Israel

*Corresponding author.

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Introduction: Pandemic outbreak brings multiple challenges into everyday life, with high potential to affect all aspects of health. It was previously demonstrated that epidemic is harmful to mental health (MH) of a whole population producing long-lasting and significant burden for the person and the society. However, such an impact was less investigated in COVID-19 pandemic.

Objectives: Investigate aspects of MH among healthy population during Spring 2020 lockdown due to COVID-19; detect factors affecting MH and their cumulative effect on health-related quality of life (QOL).

Methods: 571 healthy volunteers completed electronic survey distributed through social networks. The survey contained standard tools for evaluation of (1) levels of stress, anxiety and depression, (2) objective and subjective parameters of participation in daily-life activities, (3) daily routines, (5) loneliness, (6) social connectedness, (7) self-efficacy and (8) quality of life.

Results: We found high levels of stress, anxiety and depression among healthy population and low QOL in physical, psychological and social relationship domains. Employment, keeping daily routines, social connectedness, self-efficacy, enjoyment, satisfaction and

meaning in daily-life activities were associated with better MH. All the aforementioned factors contributed significantly to QOL.

Conclusions: COVID-19 outbreak rise multiple health issues, among them affected MH of the healthy, not infected population. Public health strategies should be implemented to mitigate impact of the COVID-19 pandemic on MH given its personal and social burden and its contribution to QOL. Addressing participation in daily life activities can be a useful tool to cope with impact of COVID-19 on MH.

Keywords: Psychological Distress; COVID-19 lockdown; participation in daily life; quality of life

EPP0360

Psychological and behavioral impact of the COVID-19 pandemic and containment among the general tunisian population.

D. Gdoura¹, F. Charfeddine¹, G. Ktari¹, A. Chamseddine², O. Bouattour² and J. Aloulou³

¹Psychiatry (b), Hedi Chaker University hospital, sfax, Tunisia;

²Psychiatry, Hedi Chaker University hospital, sfax, Tunisia and

³Psychiatry (b), Psychiatry (B), Hedi Chaker University hospital, sfax, Tunisia

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Introduction: Since COVID19 pandemic emergence, containment measure have been taken by the Tunisian government imposing a new lifestyle resulting in psychological repercussions and a change in behavior.

Objectives: Highlighting changes of behavior and lifestyle of the general public secondary to the COVID19 pandemic and to confinement and to assess their levels of psychological.

Methods: This is a qualitative, descriptive and analytical cross-sectional study realized between April and May 2020 with the general public using an anonymous online questionnaire covering: socio-demographic data; behavior during confinement; epidemic psychological impact; Mental health status was measured using Depression, Anxiety and Stress Scale (DASS-21). Anger level was assessed by STAXI-10 items.

Results: 132 responses were received: 68.2% were women; the average age 32.01(±11.10); half were single; 77.3% were at higher education level; 41.7% were healthcare professionals. Consumption increased by 26.5% in coffee, 8.3% tobacco and 1.5% alcohol. 33.3% of participants increased their religious practice. 56.1% experienced sleep disorder mostly women(p<0.05). 91.7% followed COVID19 evolution through media essentially Facebook. Partners relationship was deteriorated in 1.7% and improved in 25%. Child abuse increased by 13.7%. During confinement: 15.9%depression (0.8%severe depression), 12.9%anxiety (0.8%severe anxiety), 5.3% stress and 27.3%feelings of anger. Depression, anxiety and anger were related to younger age(p<0.05). Stress wasn't age related. Depression was observed in participants without children (p<0.05). No association founded between psychological impact and gender, profession and civil status.

Conclusions: The COVID19 pandemic and the containment had consequences on individuals behavior and mental health. A psychological listening unit was launched during the period of confinement to overcome psychological impact.

Keywords: General population; behavioral impact; psychological impact; covid 19 pandemic