

descriptors. The following MeSH terms were used: Covid-19; SARS-Cov2; pandemic; obsessive compulsive disorder; OCD.

Results: From a theoretical point of view, the increased frequency of hand washing and the importance of following hand-washing steps can add to a ritualistic pattern, also cleaning hands every time a person comes from outside or contacts with others can be justified as a preventive action rather than considered a problem and it can be “normalized” by others as a pandemic response.

Conclusions: In conclusion, there is evidence that during quarantine an overall increase in obsession and compulsion severity emerged with contamination symptoms associated with worse outcomes. There is data on an increase in relapses with patients not asking for help in a timely manner. The current situation is unpredictable and rapidly changing. It is likely that more information about this topic will arise in the next months.

Keywords: obsessive compulsive disorder; ocd; COVID19; pandemic

EPP0398

Binge eating disorder and coronavirus outbreak among health care workers in tunisia

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Introduction: COVID19 outbreak had affected physical and mental health of individuals. Different adverse health behaviors had worsened and eating disorders had evolved. Health care workers were not spared.

Objectives: To screen binge eating disorder among health care workers of regional hospital of Gabes (south of Tunisia) and its associated factors.

Methods: We conducted a cross-sectional, descriptive and analytical study, from April 19, 2020, to May 5, 2020 on 289 in Gabes regional Hospital. All healthcare workers were included (n=620). Workers who were on sick leave during the study were excluded. During this period, the total confirmed cases of COVID-19 exceeded 900 cases in Tunisia and around 20 cases in Gabes. We used a self-administered anonymous questionnaire containing sociodemographic and clinical data. DSM-5 diagnostic criteria were used to assess Binge-Eating Disorder.

Results: Of the 289 responding participants, 85 were physicians (29%), 166 nurses (57.4%), 8 ambulance drivers (2.8%) and 30 health-related administrators (10.3%). A total of 100 participants (34.6%) were frontline health care workers directly engaged in diagnosing, treating or caring for patients with coronavirus disease. Nine percent of participants experienced binge eating disorder during the outbreak. Binge eating disorders were associated to past psychiatric history of eating disorder (p=0.001), social isolation (p=0.001), increased consumption of tea and coffee (p=0.02) and the fact of being a frontline care giver (p=0.009).

Conclusions: Binge eating disorders are usually associated with health problems: obesity and consequently severe form of coronavirus disease. Screening those disorders is important to alleviate its physical impact.

Keywords: mental health; Binge eating; COVID-19; health care workers

EPP0399

Evaluation of sleeping problems among caregivers of children that take therapy in the national center for children rehabilitation and treatment during COVID-19 pandemic

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Introduction: Compared to the parents of kids with “typical” development the stress level and exhaustion in these parents is higher and more frequent. Furthermore COVID-19 pandemic can increase stress levels especially among people that suffer from mental health disorders. Studies show that these difficult, challenging times have had a negative impact on most families, which have a child with neurodevelopmental disorders.

Objectives: Evaluation of sleeping problems among caregivers of children that take therapy in the National Center for Children Rehabilitation and Treatment (NCCRT) during COVID-19 pandemic

Methods: The study was conducted during a two-month period March-April 2020. The sample involved 110 individuals, relatives, of children that were taking educative and rehabilitation therapy in NCCRT during last year, ambulatory or inpatients. Data were collected by clinical records and phone interviews with children’s caregiver. Instrument we used were: Demographic inventory and Hamilton Anxiety Rating Scale for anxiety symptom evaluation. All data were statistically analyzed through excel.

Results: Most of individual interviewed were parents, 69% of them. 56% of individuals were among 31-45 years old. 28,2% of individuals developed sleeping difficulties and they weren’t able to sleep within 30 minutes after going to bed. 12,7% of them reported to have had difficulties staying awake during driving, eating or other daily activities.

Conclusions: It is necessary the dynamic support with special attention for caregivers whom have sleeping problems. Yet has to be evaluated the connection, if it’s present, between parents with sleeping problems and children progress, for ones that are being supported with development therapy

Keywords: COVID-19; developmental disorder; caregivers; sleeping disorder

EPP0401

Exercise addiction, body dysmorphic disorder, and use of enhancement drugs during the COVID-19 pandemic confinement period: A transcultural study

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Introduction: The Coronavirus pandemic has originated unprecedented sanitary control measures that have conditioned people's lifestyles and habits. Little is known about the impact of such measures, especially the most restrictive, on recent and growing phenomena such as exercise addiction, use of enhancement drugs, and Body Dysmorphic Disorder (BDD).

Objectives: The objective was to investigate the above-mentioned phenomena during COVID-19 pandemic and how they relate.

Methods: The sample consisted of 3161 participants (65% women), from Portugal (11%), Italy (41%), Spain (16%), the UK (12%), Lithuania (12%), Japan (6%), and Hungary (4%). Mean age was 35.05 (SD = 12.10). Participants responded online to the Exercise Addiction Inventory (EAI), the Appearance Anxiety Inventory (AAI), and questions about use of enhancement drugs.

Results: 4.3% of the participants scored above the cut-off point of the EAI, with higher values registered in the UK and Spain. Exercise addiction was higher among men. Appearance anxiety and body satisfaction problems were found in participants of all participating countries, with 15.2% scoring over the cut-off point for BDD. Higher numbers of those at risk of BDD were found in Italy, Japan, and Portugal. About 29% reported the use of fitness supplements to make them look better, with 6.4% starting a new use during the lockdown. Change in supplements use and exercise are predicted by EAI scores. Change in mental health is predicted by AAI scores.

Conclusions: This study helps to shed light on how COVID-19 lockdown induced behavioral changes and how they affect physical and mental health-related aspects in different countries.

Keywords: COVID-19; Exercise Addiction; body dysmorphic disorder; Use of Enhancement Drugs

EPP0403

Dysfunctional anxiety in pandemic: Relationship to infodemic and behavior

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Introduction: Anxiety are among the most common (Huang, Zhao, 2020, Rajkumar, 2020, Roy et al., 2020) and stable (Wang et al., 2020) mental complaints in a pandemic situation. Based on

cognitive approach (Beck, Emery, Greenberg, 2005) one should differentiate unrealistic (dysfunctional) anxiety as well as different types of anxiety (Roy et al., 2020).

Objectives: The aim was to reveal relationship of different types of anxiety with the search for information about coronavirus and protective behavior.

Methods: In April 2020 (2-3 weeks of self-isolation regimen) 409 respondents not infected by coronavirus (186 men, 223 women) aged 18 to 64 years appraised their anxiety of infection and pandemic consequences (Cronbach's alphas .77-.82), the degree to which anxiety disturbs their usual activities, the frequency of tracking information about the coronavirus (.75) and various protective actions against the coronavirus (.76).

Results: 17.1% reported that anxiety disturbed their activities. Anxiety of pandemic negative consequences was more prominent than anxiety of infection and was unrelated to age and gender. Anxiety of infection was higher in females ($t=-5.48$, $p<.01$, $\eta=.26$) and elder people ($r=.20$, $p<.01$). Both anxiety of infection and of pandemic consequences was equally related to information tracking and protective behavior ($r=.25-.36$, $p<.01$). Dysfunctional anxiety was unrelated to adherence to self-isolation ($r=.08$) but was related to information tracking ($r=.21$, $p<.01$).

Conclusions: Dysfunctional anxiety is unrelated to self-isolation and should be differentiated from realistic anxiety in studies of pandemic. Research is supported by the Russian Foundation for Basic Research, project No. 20-04-60072.

Keywords: infodemic; Dysfunctional anxiety

EPP0405

Tracking emotions and emotion regulation strategies used in a hospital staff cohort during the COVID-19 pandemic.

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Introduction: In response to collective life events, many people regulate their emotional states through social interactions to reduce cognitive tolls. During pandemics, physical distancing renders the social support strategy less viable, increasing mental health risks.

Objectives: The current work aims to understand the range of emotions and strategies used in a population of Mental Health staff.

Methods: We conducted an anonymous survey on staff from OMH facilities ($n=211$) to assess the impact of Covid-19. The current survey captures a host of social, affective, and demographic variables. Accompanied by scales on emotions, emotion regulation, risk, and perception.

Results: Work, family, and health-concerns were the primary contributors to mood. The most common strategy was “situation-avoidance,” then “exercising.” When comparing depression scores against whether or not specific kinds of regulation strategies were utilized, only differences in the strategy of “emotion-suppression” and “authority-seeking” were substantially related to the CES-D