

## EPV0203

### The role of Mediterranean Diet in mental health in pandemic times

A. Fraga<sup>1\*</sup>, D. Esteves-Sousa<sup>2</sup>, J. Facucho-Oliveira<sup>2</sup>, M. Albuquerque<sup>2</sup>, M. Costa<sup>2</sup>, N. Moura<sup>3</sup>, P. Espada-Santos<sup>2</sup> and A. Moutinho<sup>2</sup>

<sup>1</sup>Mental Health, Hospital de Cascais, Alcabideche, Portugal;

<sup>2</sup>Psychiatry, Hospital de Cascais, Cascais, Portugal and <sup>3</sup>Psychiatry Department, Ocidental Lisbon Hospital Center, Lisboa, Portugal

\*Corresponding author.

doi: 10.1192/j.eurpsy.2021.1788

**Introduction:** In late 2019, an epidemic outbreak emerges in China caused by a new coronavirus with high transmission and human infection potential which in March 2020, was characterized by WHO as a pandemic. The lockdown has repercussions on the population's well-being, reflected in their food choices. There is a tendency to increase the consumption of energy dense food, rich in fat and carbohydrates, which are related to an increased risk of depression.

**Objectives:** The main goal of this non-systematic literature review was to understand the impact of the Mediterranean Diet on Mental Health promotion in SARSCoV-2 pandemic.

**Methods:** Literature from Pubmed database were searched, with the following keywords: COVID-19, Depression, Anxiety, Mental Health and Mediterranean Diet.

**Results:** Studies indicate that a diet based on the Mediterranean Diet is associated with a decreased risk of developing depressive symptoms, especially when there is moderate to high adherence to this dietary pattern. High consumption of plant and fish foods, reduced consumption of sugary products, processed and red meats and the use of olive oil as a fat source, are principles of the Mediterranean diet, associated with an improvement in endothelial function, increased levels of eicosanoids and serotonin synthesis and regulation of serotonin which seem to explain this protective effect.

**Conclusions:** In addition to decreasing the risk of obesity, diabetes, and hypertension, comorbidities associated with the most serious disease of COVID-19, the Mediterranean Diet seems to play an important role in promoting mental health, with a decreased risk of developing depressive symptoms.

**Disclosure:** No significant relationships.

**Keywords:** COVID-19; Depression; mental health; Mediterranean Diet

## EPV0204

### SARS – CoV 2 impact's on mental health. Case study, psychiatric hospitals “Ali Mihali”, Vlorë

E. Shaska

Acute Service, Psychiatric Hospital “Ali Mihali” Vlorë, Vlorë, Albania  
doi: 10.1192/j.eurpsy.2021.1789

**Introduction:** The aim of this paper is to analyse the impact of SARS – CoV 2 on Mental Health. Based on the studies patients infected with COVID-19 manifest severe mental health problems during or after infection.

**Objectives:** How do different people face the acute phase of SARS-CoV-2 infection? How do mental health problems influence the disease's trajectory? What kind of the mental health disorder occur in people status post Covid?

**Methods:** We have used a regular, clinical strategy involving adults aged 21-61 years infected with SARS-CoV-2. The research was conducted over the period July-December 2020, in 5 patients (3 males and 2 females) hospitalized in the Psychiatric Hospital “Ali Mihali” Vlorë. The assessment on the diagnosis was made conforming to the diagnostic criteria of DSM-5 based on structured clinical interview (information from family, friends, etc.) and examination of mental status

**Results:** According to the studies SARS CoV2 affects with serious problems the Mental Health. Some of them are: Sleep disorder. Anxiety disorder. Major Depressive Disorder. Bipolar disorder Psychotic disorder

**Conclusions:** Patients infected with SARS-CoV-2 must be provided with a family physician psychological evaluation during the acute and post-COVID-19 phase. All individuals status post COVID-19 who have lost their daily functioning and pose a risk to themselves and others must be recommended to CMHC for multidisciplinary treatment All COVID hospitals and wards must be equipped with multidisciplinary teams (psychiatrist, psychologist, social worker, mental health nurse) and each clinical record must have current mental status assessment and follow-up in case dynamics.

**Disclosure:** No significant relationships.

**Keywords:** Mental Disorder; Mental Health; Patients; SARS CoV2

## EPV0205

### COVID-19 psychological impact in patients with depressive disorder: Differences based on their age

E. Martín Gil<sup>1,2\*</sup>, M. Valtueña-García<sup>1,2</sup>, L. González-Blanco<sup>1,2,3</sup>, F. Dal Santo<sup>1,2</sup>, C. Moya-Lacasa<sup>1,2</sup>, C. Álvarez Vázquez<sup>1,2</sup>, C. Martínez-Cao<sup>2</sup>, L. García-Alvarez<sup>2,3</sup>, M.P. García-Portilla<sup>1,2,3</sup>, P.A. Saiz<sup>1,2,3</sup> and J. Bobes<sup>1,2,3</sup>

<sup>1</sup>Psychiatry, SESPA Mental Health Services of Principado de Asturias, OVIEDO, Spain; <sup>2</sup>Department Of Psychiatry, University of Oviedo, Oviedo, Spain and <sup>3</sup>Neuroscience And Sense Organs, ISPA HEALTH RESEARCH INSTITUTE OF THE PRINCIPALITY OF ASTURIAS, Oviedo, Spain

\*Corresponding author.

doi: 10.1192/j.eurpsy.2021.1790

**Introduction:** COVID-19 pandemic and lockdown have provoked a considerable psychological impact in Spain. Some studies have reported greater psychological impact in the younger population. To date, no previous study has focused on depressive disorder (DD) patients based on their age.

**Objectives:** To describe the psychological impact on DD according to age.

**Methods:** Cross-sectional study of an online survey available from 19 to 26 March 2020. Out of a total of 21207 respondents, 608 (2.9%) reported suffering from DD (mean age  $\pm$ SD = 41.2 years  $\pm$ 14.07 [18-82], 80.6% women). The subsample (608) was divided according to age, “youngsters” <45 (57.4%)/ “elders”  $\geq$ 45. DASS-21 and IES scales were employed. Statistical analyses: Chi-square, t-Student test.