

Introduction: Children with mental health issues are heavily dependent upon the attitude of their caregivers towards disease control and prevention. There is also a high risk of COVID-19 outbreaks in the mental health clinics (hospitals) for children.

Objectives: Children with mental health issues are heavily dependent upon the attitude of their caregivers towards disease control and prevention. There is also a high risk of COVID-19 outbreaks in the mental health clinics (hospitals) for children.

Methods: The data from the Municipal Department of Health and Medical records of patients who were treated at the clinic from January to June in 2019 were compared. Statistical processing was carried out using the Chi-Square for 2 x 2 Contingency Table method.

Results: The study demonstrated the statistically significant difference in the types of mental health conditions that require more attention and in-patient emergency treatment options during the pandemic, including decompensation, exacerbation or manifestation of endogenous diseases, anorexia nervosa and suicidal manifestations. To prevent the spread of infection, a specific separate clinical unit was created for patients with severe mental health disorders and symptoms of COVID-19. Additionally, multiple changes were implemented in treatment protocols, staff duties and interactions with the patients' caregivers.

Conclusions: There was a higher demand for in-patient emergency treatment for children with severe mental health disorders in 2020, as compared to 2019. Timely introduced anti-epidemic measures made it possible to avoid outbreaks of COVID-19 in the children's psychiatric hospital.

Keywords: epidemiology; Child Psychiatry; mental health clinic; psychiatric unit

EPP0344

COVID-19: Studying dissociative experiences in a confined sample of tunisian people

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Introduction: Dissociative experiences have been studied in different circumstances.

Objectives: In this study we aim to analyze dissociative phenomena under a stress factor: lockdown.

Methods: We conducted a cross sectional-study, using an online survey, spread during lockdown period in Tunisia, between the 2nd and the 8th of April. It was comprised of sociodemographic, geographic, medical history, confinement status and DES-II questionnaire in its french version. Age superior than 18 was the only inclusion criteria and the no respect of lockdown was the exclusion criteria. Based on former studies on DES-II, 3 sub scores have been assessed; amnesia (measures memory loss), depersonalization (sense of unreality of the self) and absorption (the absorption has to do with one's traumatic experiences).

Results: We recruited 167 individuals; 100 women and 67 men. The most common age class was 20 to 30 years old (60.5% of the

sample). The Mean total score was 11.06 which was higher than mentioned in earlier studies. The mean score was 15,11 for absorption; 5,28 for amnesia and 6,88 for depersonalization subscale. Significant differences in scores were found based on different variables. Women had higher absorption score ($p=0.011$). Besides people living in COVID-19 clusters had lower total score ($p=0.038$). Finally, people with somatic medical history showed higher total score ($p=0.013$), absorption score ($p=0.003$) and depersonalization score ($p=0.012$) compared to those with none.

Conclusions: During lockdown, dissociative experiences showed to be more frequent. But does this mean that a resurgence in PTSD (posttraumatic stress disorder) or ASD (acute stress disorder) in the months to come.

Keywords: COVID-19; dissociative experiences; confinement; DES-II

EPP0345

Impact of the COVID-19 virus and confinement on the mental health of the tunisian population: Anxiety and depression

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Introduction: The 2019 Coronavirus disease epidemic is a public health emergency of international concern and poses a challenge to psychological resilience.

Objectives: To study the psychological repercussions in terms of anxiety and depression of the Coronavirus pandemic on the Tunisian population.

Methods: This was a cross-sectional, descriptive and analytical study. We used an online questionnaire on Facebook, on June 2020. The heteroquestionnaire included epidemiological data and two scales: the State-Trait Anxiety Inventory (STAI Form Y-1) to evaluate the anxiety level at the time of the study, and the Patient Health Questionnaire (PHQ 9) to detect a characterized depressive episode.

Results: We included 121 participants. They had an average age of 36.52 years with a sex ratio (M/F) of 0.41. The mean STAI score was 43.12 while the PHQ score was 7.46, indicating that 30.8% of the participants suffered from depression. Both scores were correlated to female sex ($p=0.01$ for STAI and $p=0.02$ for PHQ), a history of anxiety ($p<0.001$) and depressive disorders ($p<0.001$) and to poor sleep quality ($p<0.001$). The STAI score was also associated with a family history of high blood pressure ($p=0.004$), while the PHQ score was correlated to a family history of diabetes ($p=0.02$), a widowed or divorced marital status ($p<0.001$) and to a single lifestyle ($p=0.03$). Furthermore, the two scores (STAI-Y and PHQ 9) were also associated ($p<0.001$; $r=0.67$).

Conclusions: The psychological impact of Coronavirus epidemic seems not negligible requiring psychological interventions to improve the mental health of vulnerable groups.

Keywords: COVID-19; Anxiety; Depression; mental health

EPP0348

Role of digital health in improving physical and mental well-being during COVID-19 pandemic

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Introduction: Due to the COVID-19 pandemic, there is a steep rise in the acceptance of telemedicine and digital health, including increased interest in pursuing mental health treatment through telepsychiatry. Digital health helps following social distancing measures and increases the health outcomes.

Objectives: To see the role of digital health in improving physical and mental well-being during COVID-19 Pandemic

Methods: This study is a part of a large global project where 240 people inquired advice on phone app during COVID-19-Pandemic. Later on, a short study was conducted on the same population through survey to evaluate the effectiveness of digital health/tele-mental health. We also searched PubMed, Google Scholar, PsychInfo, and Medline for words "Digital Health, Tele-mental health, COVID-19-Pandemic". Reviewed 40 articles and included 3 in this review^{1,4,5}.

Results: We received a total of 98 responses. 65.6% people reported that online health resources are helpful in relieving pandemic-induced anxiety/stress, 66.2% reported to continue online health services after pandemic, 37.7% noted that digital health saves times in waiting areas, 46% reported lack of physical interaction with doctor as a disadvantage of digital health, and 40.3% reported comfort in using tele-mental health. Our literature review has shown barriers like privacy concerns and technological issues¹. Provision of tele-psychiatry is safe and effective in continuity of mental health care.^{4,5}

Conclusions: There has been an increased inclination towards digital health during any disaster. During COVID-19-Pandemic, digital health has increased access to mental health care and reduced risk of infection. The drawbacks include poor patient-doctor relationship, reimbursement concerns, and lack of confidentiality.

Keywords: Digital Health; Tele-mental health; COVID-19; Pandemic

EPP0349

Personnel well-being and potentially traumatic COVID-19 pandemic related events (PTES) in the hus helsinki university hospital – baseline results

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Introduction: A majority of the Finnish COVID-19 pandemic patients have been cared for in the HUS Helsinki University Hospital since March 2020.

Objectives: June 2020 baseline results of an ongoing prospective cohort study are reported.

Methods: An electronic survey was created to assess potentially traumatic COVID-19 pandemic related events (PTEs) of the HUS personnel.

Results: The survey was sent to 25494 HUS employees, and 4804 (19%) answered. Out of the respondents, 62% were nursing staff, 9% medical doctors, and the rest special employees or other personnel. Mean age was 44 years, 88% were female. PTEs were more common in the personnel directly caring for COVID-19 patients than other personnel ($p < 0.001$). PTEs predicted psychological distress among all personnel (OR 5.05; 95%CI 4.26–6.00). Table. Potentially traumatic events (PTEs) among HUS personnel, June 2020. One respondent may have one or more PTEs.

In direct care of COVID-19 patients	PTE1 ¹	PTE2 ²	PTE3 ³	PTE4 ⁴	Respondents
Yes (N; %)	325 (26.6%)	358 (29.3%)	46 (3.8%)	9 (0.7%)	532
No (N; %)	281 (8.2%)	574 (16.6%)	88 (2.5%)	30 (0.9%)	760

¹Has your work with COVID-19 patients or suspected patients included exceptionally disturbing or distressing assignments? ²Have you had strong anxiety due to your own or close one's risk of contracting serious illness for your work with COVID-19 patients or suspected patients? ³Have you or your close one contracted a hospital care requiring serious COVID-19? ⁴Has a close one to you died of COVID-19?

Conclusions: Our data highlight the need to ensure psychosocial support services to HUS personnel with PTEs.

Conflict of interest: No significant relationships.

EPP0354

Impact of the COVID-19 pandemic on the mental health of health care workers in CYPRUS

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