

life. Thus, they require a multidisciplinary approach in the recognition and treatment of psychiatric symptoms.

**Keywords:** Huntington's disease; Psychiatric symptoms; Depression; psychiatric comorbidity

## COVID-19 and related topics

### EPP0273

#### Investigation of prospective effects of emotion-regulation difficulties and empathic dimensions on depressive symptoms during the COVID-19 outbreak in Poland

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**Introduction:** During the COVID-19 pandemic people experience higher levels of negative emotions, as well as face many negative and intense emotions felt by others. Thus, it is important to look for risk and protective factors that allow and help individuals to regulate these negative emotions and adapt to the hardships of the COVID-19 pandemic.

**Objectives:** The main aims of the study were to (i) test how empathic dimensions (perspective taking, empathic concern and personal distress) and emotion regulation abilities were related to intensity of depressive symptoms during the COVID-19 lockdown in Poland, as well as to (ii) check if emotion regulation difficulties and personal distress predicted slower decrease in depressive symptoms over the two months in which the number of COVID-19 cases declined in Poland.

**Methods:** A total of 792 participants took part in the three-wave panel study. The sample was representative of the Polish population in terms of gender, age, and place of residence. Participants completed the following online questionnaires: The Patient Health Questionnaire-9, The Difficulties in Emotion Regulation Scale Short Form, and Brief version of the Empathic Sensitivity.

**Results:** Significant positive correlations were found between depressive symptoms and both personal distress and emotion regulation difficulties during the lockdown. Moreover, emotion regulation difficulties were the only significant predictor of slower decrease in depressive symptoms over time during the COVID-19 pandemic.

**Conclusions:** It seems that interventions focused on improvement of emotion regulation abilities could be particularly beneficial in reducing depressive symptoms during the pandemic and preventing potential negative long-term outcomes.

**Keywords:** emotion regulation; empathy; depressive symptoms; COVID-19 pandemic

### EPP0274

#### Illness anxiety disorder

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**Introduction:** The diagnosis of hypochondria has disappeared in the new classification of mental illness. About 25% of patients who were diagnosed with hypochondria now fall into the category illness anxiety disorder. This disorder constitutes a new diagnostic category in DSM5 and is included within the somatic symptom and related disorders.

**Objectives:** We propose to carry out a bibliographic review off the new diagnostic category of illness anxiety disorder.

**Methods:** We present the clinical case of a 27-year-old man in the context of the Covid19 pandemic.

**Results:** The illness anxiety disorder is characterized by being concerned about having or acquiring a serious illness. Somatic symptoms are not present, but if they are, they are of mild intensity. The level of concern is excessive or disproportionate if there is any disease or if there is a high risk of developing it. There is a high level of health anxiety and the individual is easily alarmed by personal health status. It is a disorder that tends to be chronic and recurrent. The exact comorbidity is still unknown. However, it is important to keep in mind that hypochondria concurs with anxiety disorders and depressive disorders. Treatment is based on the cognitive restructuring of bodily symptoms. In addition, exposure therapy and acceptance and commitment therapy are also effective. Regarding pharmacological treatment, SSRIs are useful in relation with comorbidity.

**Conclusions:** Illness anxiety disorder is characterized by significant attention to somatic concerns in medical places, making it very useful for primary care professionals.

**Keywords:** illness anxiety disorder; somatic symptom and related disorders; hypochondria

### EPP0275

#### Psychological well-being and employment status during the COVID-19 pandemic

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**Introduction:** Several restrictive measures have been implemented to reduced COVID-19 impact with unknown consequences on people daily life.

**Objectives:** The primary objective is to assess the psychosocial impact and employment status changes since lockdown COVID-19 measures in Chile.

**Methods:** Cross-sectional study was implemented using an anonymous and self-administered online questionnaire. Adult people were invited to participate through social networks between May to

June 2020. The questionnaire included sociodemographic information, coping strategies, changes in income and working conditions and psychological distress (K10 Scale).

**Results:** 3102 participants over 18 years answered the questionnaire. 69.9% reported psychological distress mainly women (82.2%), members of the public health system (59%), dependent workers (39.8%), people who suffered income reduction (36.8%), and those who changed their employment status (26.4%). Participants who presented income reduction were 1.83 times more likely to present psychological distress than those without changes ( $p < 0.001$ )

**Conclusions:** Pandemic crisis had impacted population health, especially in some specific groups that could be targeted for future interventions.

**Keywords:** psychosocial; COVID-19; Chile; mental health

### EPP0276

#### Digital solutions for mental health care during the COVID-19 pandemic: A systematic qualitative review and swot analysis

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**Introduction:** Since its early stages, the Covid-19 outbreak has posed immense challenges for effective, scalable and rapid interventions. Telehealth approaches have been considered as key part of an effective pandemic response.

**Objectives:** The aim of this systematic review was to evaluate the role of digital solutions in fighting the mental health needs during COVID-19 outbreak.

**Methods:** This review was conducted through searching four databases including PubMed, Scopus, Web of Science, and Science Direct. Inclusion criteria included studies clearly defining any use of telehealth services in all aspects of mental health care during COVID-19 outbreak, published from December 31, 2019 to October 31, 2020, written in English language and published in peer-reviewed journals. Narrative synthesis was undertaken to summarize the findings according a SWOT (strengths, weaknesses, opportunities, threats) analysis.

**Results:** 62 studies met the inclusion out of the 278 search results. Data converged on: strengths in minimizing the risk of Covid-19 transmission, reduction of travel time and costs, comparable effectiveness to in-person care; weaknesses i.e. decreased ability to detect non-verbal cues, lower therapeutic alliance, possible technical connection problems; opportunities in improving the healthcare system and expanding its accessibility for patients also for the future; threats such as privacy and legal issues, and risk to overlook vulnerable populations (e.g. elderly, marginalized ethnic minorities).

**Conclusions:** In the midst of a global mental health emergency, telehealth may represent a "virtually perfect" solution. However, further implementations facing issues of quality, justice and healthcare equity are required to ensure that all patients receive the care they need.

**Keywords:** telehealth; COVID-19; health- equity; review

### EPP0277

#### Anxiety and coping in the situation of pandemic as factors of sleep-related complaints during lockdown

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**Introduction:** Sleep-related complaints are among the most common during pandemic, along with anxiety and depression (Huang, Zhao 2020, Rajkumar 2020). Their prevalence is associated with anxiety about the pandemic (Roy et al., 2020), online information search (Moghanibashi-Mansourieh, 2020, Wang et al., 2020).

**Objectives:** The aim was to reveal relationship between the type anxiety and coping during pandemic and sleep-related complaints after 3-4 weeks of lockdown.

**Methods:** 203 adults aged 18 to 59 years filled situational version COPE (Carver et al., 1989) and scales measuring anxiety of infection and pandemic consequences (Tkhostov, Rasskazova, 2020) in the mid-April 2020 after 2-3 weeks of lockdown in Russia. After 3-4 weeks, they filled in a modified insomnia severity index (Morin, 1991) appraising how much worse their sleep and daytime functioning during this period (Cronbach's alpha .62-.73).

**Results:** Prevalence of sleep and day functioning related complaints during lockdown varied 19.3%-30.5%. Complaints were associated with anxiety only if it reaches dysfunctional level (interfering with daily activities,  $r = .17-.34$ ,  $p < .05$ ) and coping strategy of mental disengagement ( $r = .15-.19$ ,  $p < .05$ ). Sleep complaints were related to substance use to cope with lockdown problems while complaints on daytime functioning correlated were more common among young respondents ( $r = -0.22$ ,  $p < 0.01$ ).

**Conclusions:** Complaints about poor sleep during a pandemic are not related to the general severity of pandemic anxiety, but to the dysfunctional level of anxiety and attempts to avoid it. Research is supported by the Russian Foundation for Basic Research, project No. 20-013-00740.

**Conflict of interest:** Research is supported by the Russian Foundation for Basic Research, project No. 20-013-00740.

**Keywords:** lockdown; Anxiety; coping; sleep-related complaints

### EPP0278

#### For control of COVID-19: the development of regular mass testing of COVID-19 in old age psychiatry wards.

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**Introduction:** COVID-19, was declared a pandemic by World Health Organisation on March 11, 2020. Older people with dementia or those with multimorbidity are more vulnerable to infection