

completely after 2 days in the first patient. The other patients required 4 and 14 days to resolve: delirium appeared as the prodrome of a new psychiatric episode in line with their past history.

**Conclusions:** Clinicians should acknowledge the possibility that COVID-19 infection may appear as delirium and acute psychiatric sequelae as unique manifestation.

**Disclosure:** No significant relationships.

**Keywords:** Covid-19; delirium; SARS-Co-V2; mild cognitive impairment

## EPV0406

### Impact of Covid-19 on mental health of Portuguese health professionals – longitudinal study, phase I

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**Introduction:** The Covid-19 pandemic brought enormous challenges for health professionals. As in past epidemics, the uncertainty, danger and fear of contamination and an excessive load of work under dramatic conditions may contribute to aggravate the mental health of health professionals.

**Objectives:** Explore how the Covid-19 crisis impacted the mental health of healthcare workers and how their mental status relates with perspectives on the recent past and near future.

**Methods:** A longitudinal study will be applied in two phases, Q1 and Q2, one year apart, to evaluate depression, anxiety and post-traumatic stress among health professionals from a healthcare center in Portugal. Phase Q1 is concluded and comprised the *Depression, Anxiety and Stress Scale* (DASS-21), the *Impact of Event Scale – Revised* (IES-R) and a questionnaire about the past and the future.

**Results:** The IES-R scale revealed that nurses are at a higher risk of developing post-traumatic stress disorder (PTSD) than other professionals. The levels of depression and anxiety in the DASS-21 show no significant differences. Interestingly, professionals who worked almost exclusively at inpatient wards show higher levels of depression, anxiety and stress than those who worked at several hospital units (emergency, inpatient and outpatient units). A positive correlation was found between depression and anxiety and negative perspectives about the past and the future.

**Conclusions:** Covid-19 posed a terrible challenge for health professionals. Its impact on the mental health of healthcare workers may be significant even after the pandemic is under control.

**Disclosure:** No significant relationships.

**Keywords:** health professionals; Covid-19; Impact on mental health

## EPV0407

### Anxiety among frontline healthcare professionals during the coronavirus pandemic

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**Introduction:** Anxiety has become a topical issue since the arrival of the coronavirus pandemic, especially for frontline healthcare professionals as they deal with patients affected by the Covid-19.

**Objectives:** Objectify anxiety in frontline medical and paramedical staff and study its associated factors.

**Methods:** We conducted a national descriptive and analytical cross-sectional study via a survey over a 2-month period from September to October 2020. We used “Beck Anxiety Inventory” to screen anxiety as well as “Brief Cope Scale” to detect probable correlations between anxiety and coping mechanisms.

**Results:** We collected 78 persons. The mean age was 29.86 years. 35.9% moved out of home. 39.7% worked in Covid units. 7.7% had personal psychiatric history. 76.9% provided direct care to patients with Coronavirus. The frontline staff reported that only 29.5% of patients were stables. Only 48.4% received adequate training of protection against Covid-19. 64.1% of professionals did PCR test and only 16.7% of them tested positive. We objectified an increase of 6.4% in the anxiolytics use. Stigma affected 57.7% of professionals. We highlighted a link between anxiety and social support strategy (p=0.048). 92.3 % of the staff suffered from anxiety according to Beck Anxiety Inventory.

**Conclusions:** Screening anxiety among frontline medical and paramedical staff might enhance their productivity and thus provide patients with the best care.

**Disclosure:** No significant relationships.

**Keywords:** Coronavirus-2019; frontline staff; Anxiety

## EPV0408

### Relationship between personality, adherence to (mental) health behaviours and psychological distress during the COVID-19 pandemic

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**Introduction:** Public health authorities around the world have been disseminating messages to support mental health and psychosocial well-being during the COVID-19 pandemic. Based on the Portuguese guidelines, we have developed the Adherence Scale to the Recommendations for Mental Health during the COVID-19 Pandemic (ASR-MH-COVID19) to better understand this health behaviour.