

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.

Objectives: To analyse the relationship between sociodemographics, personality traits, Adherence (to the Recommendations for Mental Health during the COVID-19 Pandemic) and psychological distress.

Methods: 413 individuals (69.2% female; mean age=31.02±14,272) completed an on-line survey, in September-December 2020, including sociodemographic questions, ASR-MH-COVID19, NEO-FFI-20 and Depression Anxiety Stress Scale (DASS-21) and Health Perception Scale.

Results: Adherence scores did not significantly differ by gender, age and years of education. Women presented higher DASS and Neuroticism scores ($p<.01$). Adherence were negatively correlated with Neuroticism ($r=-.247$) and with Depression/Anxiety/Stress (all $r>-.200$), positively with Openness to Experience ($r=.174$), Conscientiousness ($r=.194$) and Perceived Health (Physical, $r=.173$ and Psychological, $r=.215$) (all $p<.01$). Mediation analysis (Hays' Macro Process - Model 4) revealed that Adherence is a partial mediator between Openness and DASS and Conscientiousness and DASS; when considering Neuroticism, only the direct effect was significant. The effect of Perceived Health (both Physical and Psychological) on DASS was also mediated by Adherence.

Conclusions: The Health Behaviour Model proposes a pathway linking personality and health that applies to these results about adherence and psychological distress during the COVID-19 pandemic. Personality and perceived health (also a trait) influence both adherence to mental health behaviours and psychological distress. Understanding personality is vital for health care providers.

Disclosure: No significant relationships.

Keywords: Covid-19; Adherence (to the Recommendations for Mental Health); personality

EPV0410

Negative emotions associated with self-growth among older adults during the COVID-19 pandemic

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Introduction: The Covid-19 pandemic appeared globally (1), thus affecting the self-growth of the older population (2).

Objectives: The aim of this study is to identify and analyze the negative emotions felt during the pandemic, as well as their impact on self-growth of 226 older individuals of four nationalities: Mexican, Italian, Portuguese and Spanish.

Methods: Thus, a transnational qualitative survey was carried out. A content analysis was performed.

Results: Seven negative emotions were reported, namely: fear, sadness, anger, grief, annoyance, loneliness and shame. These

emotions were considerably associated with the following themes: (1) Sharing experiences; (2) Availability of the partner; (3) Spirituality and religion; (4) Be active; (5) Interest in new projects; (6) Civic participation; (7) Sexual activity. Older participants with Mexican and Italian nationality reported that sharing experiences as the most relevant topic, while for the Portuguese and Spanish participants, having a partner available was more important.

Conclusions: This study demonstrated that negative emotions cooperated with the self-growth of older individuals during the Covid-19 pandemic. The heterogeneity of experiences lived by each culture was highlighted, underlining the positive side of negative emotions and their strong connection with the self-growth of the older people. 1.von Humboldt S et al. Smart technology and the meaning in life of older adults during the Covid-19 public health emergency period: A cross-cultural qualitative study. *Int Rev Psychiatry*, 2020; 1-10. 2. von Humboldt S et al. Does spirituality really matter? - A study on the potential of spirituality to older adult's adjustment to aging. *Jpn Psychol Res*, 56;114-125.

Disclosure: No significant relationships.

Keywords: Qualitative study; Covid-19 pandemic; Self-growth; Older Adults

EPV0411

The meaning in life and smart technology of older adults during the Covid-19 pandemic: A cross-cultural qualitative study

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Introduction: The exponential increase of the older segment of the population (1) is coinciding with the growing challenges of a digital society in different socio-cultural contexts (2).

Objectives: This exploratory study aims to analyze older adult perspectives of how smart technology influenced their meaning in life during the Covid-19 Public Health Emergency period, using qualitative research at a cross-national level.

Methods: Three hundred and fifty one community-dwelling older participants aged 65-87 years were included in the study. Participants were Italian, Mexican, Portuguese and Spanish. All the narratives went through a process of content analysis.

Results: Findings of content analysis produced six themes: Meaningful relations, rewarding activities, spirituality, health and safety-related support, self-growth, and physical activity. Smart technology was important in promoting significant relations for Mexican older adults (71.3%), rewarding activities for Portuguese older adults (57.1%), spirituality for Spanish older participants (71.6%), and physical activity for Italian older adults (29.5%).