

every six months. This comprises screening bloodwork and ECGs, and the sharing of results with family physicians.

**Objectives:** We sought to investigate whether the pandemic affected the receipt of routine physical health screening in patients managed by an Assertive Community Treatment (ACT) Service.

**Methods:** A comprehensive chart review was performed on 62 ACT patients. We compared the receipt of screening bloodwork and ECGs from March–December 2020 to the same period in 2019. Results were analyzed using McNemar's Chi square test with Yates' correction.

**Results:** Patients were less likely to have received an ECG during the pandemic period. 69% received an ECG from March–December 2019 versus 42% from March–December 2020 ( $\chi^2=7.76$ ,  $p<0.01$ ). Similarly, patients were less likely to have received screening bloodwork during the pandemic period (69% vs. 50%,  $X^2=4.32$ ,  $p<0.05$ ). Qualitative discussion with ACT staff regarding the 39 patients who had not received an ECG and/or bloodwork during the pandemic period revealed system-related (8%), patient-related (23%), and Covid-related (69%) barriers to screening. Covid-related barriers included transport concerns and lab closures.

**Conclusions:** ACT patients were less likely to have received routine health screening during the Covid-19 pandemic. Thus, the pandemic may have exacerbated physical health inequities for patients with severe mental illness. Covid-related barriers to screening represent an important target for intervention.

**Disclosure:** No significant relationships.

**Keywords:** Assertive community treatment; COVID-19; antipsychotic; Physical Health Screening

## EPV0181

### COVID-19 lockdown and its impact on mental health in various population groups in Greece: A cross-sectional study

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**Introduction:** COVID-19 pandemic and lockdown has brought a serious impact on physical and mental health.

**Objectives:** The purpose of the present study was to estimate the impact of the first lockdown in Greece, on both quality of life and anxiety levels in different occupational groups.

**Methods:** A cross-sectional on-line survey was conducted from 20<sup>th</sup> of April to 4<sup>th</sup> of May 2020. A 24-item anonymous questionnaire was administered to collect basic demographic and socio-economic data. The 5-item WHO Well-Being Index (WHO-5, 0-100%, cut-off 52%) and the Generalized Anxiety Disorder Assessment (GAD-7) tools were used to assess well-being and anxiety, respectively. Statistical analysis was performed with SPSS for Windows v.24.0 Statistical Package.

**Results:** A total of 575 participated in the study, 62.8% females, 48.5% aged between 40 to 59 years. 32.5% were employed in

education sector, 32.5% in health sector and 20.3% as season workers in tourism sector. Males showed slightly higher levels of wellbeing (52.1 vs. 47.3,  $p=0.023$ ) and lower levels of anxiety (7.1 vs. 8.2,  $p=0.023$ ) compared to females. Factors associated with higher wellbeing and lower anxiety were higher education and income level, optimism, taking less protection measures, and being seasonal worker. Furthermore, participants with comorbidities and symptoms like headache, musculoskeletal pain, as well as feeling depressed or stressed revealed lower wellbeing and higher anxiety scores.

**Conclusions:** Our study revealed an overall poor wellbeing and mild to moderate levels of anxiety during the lockdown. Actions should be taken to address and to prevent its serious impact on mental health.

**Disclosure:** No significant relationships.

**Keywords:** COVID-19; mental health; who-5; GAD-7

## EPV0182

### Attitudes of preoperative cardiac surgery patients toward COVID-19: A cause for concern

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**Introduction:** During the pandemic, many surveys studied people's attitude to COVID-19. However, less information is available about the peculiarities of such attitude of the most vulnerable groups including chronic somatic patients who are in need of operative treatment.

**Objectives:** To identify the specificity of preoperative cardiac surgery patients' attitudes toward COVID-19 as compared to that of healthy people.

**Methods:** We used the Attitudes towards COVID-19 questionnaire (Nikolaev E.) to survey 60 preoperative cardiac patients and 327 healthy university students. Difference validity was assessed with significance level of  $p<0.05$ .

**Results:** Cardiac patients are more likely to trust the government measures to fight COVID-19 ( $t=3.131$ ;  $p=.002$ ), and their COVID-19-related fears for their life are higher ( $t=2.793$ ;  $p=.005$ ). As compared to healthy people, patients are less likely to think that pandemic broke their customary way of life ( $t=-2.793$ ;  $p=.005$ ) and plans for the future ( $t=-3.337$ ;  $p=.000$ ). Credibly more often than healthy people, cardiac surgery patients consider that it is useless to wear a mask and limit contacts, as any person will eventually catch the virus ( $t=2.401$ ;  $p=.017$ ). We did not reveal any more evidently expressed COVID-19-related anxiety in preoperative cardiac surgery patients.

**Conclusions:** Attitudes of cardiac surgery patients toward COVID-19 manifest in an adequate assessment of threat to their personal health, trust in the government measures, and readiness to change their daily plans. It is latent fatalistic ideas about ultimate uselessness of restrictive measures that pose threat to people's own health and the health of the people around them, which health professionals should remember in their preventive actions.

**Disclosure:** No significant relationships.

**Keywords:** COVID-19; cardiac surgery patients; attitudes towards COVID-19; fatalistic ideas

### EPV0183

#### The new role of telemedicine in child psychiatry in the period of pandemic caused by spreading of the COVID-19

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**Introduction:** In the period of Covid-19 both adults and children have a great number of the most varied negative social and psychological factors.

**Objectives:** The study of the necessity of telemedicine technologies for child and teenage psychiatric service.

**Methods:** During two month, parents of 128 children, aged 3-18, have applied for consultative help to the Department of Psychiatry, Psychotherapy and Narcology of the Ural State Medical University.

**Results:** In total, the number of consultations has grown by 23% compared to the same period of the previous year. The greatest number was connecting with emotional and behavioral disturbances that usually begin in childhood – 23.0%, neurotic connected with stress and somatoform disorder – 21.1%, and affective disorders – 14.1%. The least amount of cases were of children and teenagers with psychiatric diagnoses: disorders of a schizophrenic character – 7% and the mentally retarded – 6.2%. These data points that the limitation of the possibility of receiving a psychiatric consultation in person did not lessen the number of instances when parents of children and teenagers applied for help. On the contrary, this period showed a growth of the number of parents who applied for help, mainly due to the increase in the proportion of anxiety and phobia disturbances, plus behavioral disruptions. At this, the number of neurotic cases connected with stress and somatoform disturbances in children increased by 92.0%, whereas emotional and behavioral disturbances that usually begin in childhood increased by 45.0%.

**Conclusions:** Thus, telemedicine technologies in child psychiatry have proved to be an effective and necessary means.

**Disclosure:** No significant relationships.

### EPV0184

#### University entrance exam anxiety of adolescents during COVID-19 pandemic: Cognitive flexibility and self-regulation

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**Introduction:** After the first case of Covid-19 was emerged in Turkey on March 11, 2020, schools were closed distance education

began. On March 21, curfew was declared for people who under the age of 20. Subsequently, the date of the nationwide university exam was changed twice.

**Objectives:** This study has two aims. The first goal was to investigate the factors that affect the test anxiety of individuals who will enter the university exam during the Covid-19 outbreak. The second aim was to investigate whether the test anxiety levels of the participants vary according to the level of cognitive flexibility and self-regulation.

**Methods:** The study consists of 420 (284 women, 131 men and 5 others). The age range of the participants was between 18 and 21, with the mean of 18.33. Exam Anxiety Scale, Adolescent Self-Regulation Skills Scale and Cognitive Flexibility Scale were used to collect data.

**Results:** The findings indicated that women's level of test anxiety was higher than men. Those who do have concentration issues in distance education have high level of test anxiety. Test anxiety was higher for students whose household income decreased because of the pandemic. MANOVA results revealed that individuals with low test anxiety have higher 'self-regulation successful' scores and lower 'self-regulation unsuccessful' scores. Moreover, it was yielded that people with low test anxiety have higher level of cognitive flexibility.

**Conclusions:** Protective factors such as cognitive flexibility and self-regulation play an important role in individuals' management of test anxiety.

**Disclosure:** No significant relationships.

**Keywords:** test anxiety; COVID-19; self-regulation; cognitive flexibility

### EPV0185

#### Isolation syndrome in children: Clinical and psychological aspects in the context of COVID-19

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**Introduction:** In connection with the COVID-19 pandemic, in order to prevent the spread of coronavirus infection, a lockdown was introduced everywhere in the Russian Federation, the main psychological feature of which is social deprivation - the deprivation or restriction of social habitual real interactions.

**Objectives:** Describe clinical and psychological manifestations in children in the context of COVID-19 pandemic lockdown.

**Methods:** During the period from June to September 2020, parents of 108 children of early, preschool and school age applied for advice. Children are divided into two groups: I - children with previously established mental disorders; II - children who have not previously been observed for developmental disorder by a psychiatrist.

**Results:** Parents of children applied for counselling with complaints of psychological, neurotic and psychosomatic symptoms that were present in children during the period of lockdown. It was found that the active use of electronic gadgets, an abundance of alarming information from the media, can cause disturbances in the family system and become an additional risk factor in the developmental