

• pain. Additionally, the psychological impact on women's life is enormous.
 • Women with endometriosis show higher rates of depression, anxiety and emo-
 • tional distress, and these alterations in mental health were associated with the
 • presence of pain rather than with the diagnosis of endometriosis. Additionally,
 • a higher level of depression was observed in women with endometriosis.

• **Study design, size, duration:** To assess the impact of the government-imposed
 • social distancing or quarantine on mental health, an online questionnaire was
 • placed on internet platforms of endometriosis patients support groups between
 • 6th and 27th April 2020. Data collection and analysis were performed anyo-
 • mously. Recruitment was conducted via a direct link to the survey and an invitation
 • to participate was distributed via the internet platforms of patients support groups.

• **Participants/materials, setting, methods:** 274 participants answered the
 • Patient Health Questionnaire for Depression and Anxiety (PHQ-4), which
 • screens for depression (PHQ-2), anxiety (GAD-2) and the level of psychological
 • distress (PHQ-4). PHQ-2 and GAD-2 scores ≥ 3 are cut-off points between
 • normal range and probable cases of mental disorders. A PHQ-4 score above 6
 • is indicative for severe symptoms. We used descriptive statistics to describe the
 • study population. Correlates of depression and anxiety were identified using
 • multivariate logistic regressions.

• **Main results and the role of chance:** We showed that depression and
 • anxiety were highly prevalent in endometriosis patients during the pandemic:
 • 46.7% and 48.2% of participants showed scale scores of ≥ 3 on the PHQ-2 and
 • GAD-2 scales, respectively.

• The mean PHQ-4 score was 5.72 (SD=3.21), thus endometriosis patients
 • were achieving significantly higher PHQ-4 scores ($p < 0.001$) than participants of
 • a previously published study of the representative German population.

• Risk factors for higher probability of depressive disorders were the employ-
 • ment status (being employed, OR 2.890, $p < 0.001$), an important or severe
 • reduction of the social network (OR 2.02, $p < 0.05$), having continuous pain (OR
 • 1.83, $p < 0.05$) and high level of dysmenorrhea prior to the pandemic (OR 2.106,
 • $p < 0.05$).

• Risk factors for higher probability of anxiety were the employment status
 • (being employed, OR 2.697, $p < 0.001$), an important or severe reduction of the
 • social network (OR 3.038, $p < 0.01$), and high level of dysmenorrhea prior to
 • the pandemic (OR 1.750, $p < 0.05$).

• Endometriosis patients were at higher risk for developing mental health prob-
 • lems. The effective use of brief screening measures, such as PHQ-4, can be
 • widely implemented even in the busy outpatient care of general practitioners
 • and gynecologists and may help to reduce morbidity.

• **Limitations, reasons for caution:** We used self-reports for assessment of
 • anxiety and depression and those are susceptible to response bias, such as giving
 • socially desirable responses. Moreover, as PHQ-4 is only a screening tool, the
 • diagnosis must be confirmed in accordance to the appropriate DSM-V criteria.

• **Wider implications of the findings:** A better understanding of potential
 • mental problems in endometriosis patients during stressful events, such as the
 • COVID-19 pandemic or other comparable difficult environmental or social cir-
 • cumstances, is crucial for providing an optimal patient centered care in cases of
 • upcoming stressful events.

• **Trial registration number:** Not applicable

P-298 High prevalence of depression and anxiety in patients with endometriosis during the SARS-CoV-2 pandemic in Germany

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Study question: The aim was to assess the prevalence of self-reported symptoms of depression and anxiety and the moderating factors influencing mental symptoms during the COVID-19 pandemic.

Summary answer: Endometriosis patients were at risk of developing mental disorders during the pandemic. Associated risk factors were: reduction of the social network and the employment status.

What is known already: Endometriosis is a disease affecting up to 10% of women of fertile age. The leading symptoms are sub- or infertility and chronic