

**Results:** In total, 149 participants participated. The mean age was  $38.8 \pm 15.39$  years. Medical or surgical history and psychiatric history were identified respectively in 30,2% and 12.1% of participants. Among all respondents, 74.5% took a nasopharyngeal swab to look for COVID-19 and only 6.4% had a positive test. Close contact with someone with a positive COVID-19 infection was found in 8.05%. Several participants (79,2%) expressed fear of transmitting the disease to their family members. The mean of the PSS-10 score was  $11.97 \pm 9.83$ . Moderate to severe perceived stress was found in 44.3% of patients. Significantly higher scores were observed among participants with a positive pharyngeal swab for COVID-19 as well as those who perceived worry of transmitting the disease. No significant differences in perceived stress' scores according to socio-demographic data.

**Conclusions:** Perceived stress was high among patients with suspected COVID-19 infection. Perceiving worry of transmitting the disease and having a positive pharyngeal swab for COVID-19 were the principal risk factors.

**Disclosure:** No significant relationships.

**Keywords:** perceived stress; suspected patients; COVID-19

#### EPV0147

### Mental health and online learning among medical students during COVID-19 pandemic

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**Introduction:** Medical students' well-being is a concern that drawn interest. On March, 2020, WHO declared COVID-19 as a pandemic. Strict isolation measures and closing schools expected to influence the mental health of students. Online education introduced to adjust to new realities. These un-precedented circumstances create significant stress and challenges may lead to unfavorable effects on learning and the overall psychological health of students.

**Objectives:** To explore the perception of stress and anxiety level among medical students in Saudi Arabia. To determine factors influencing perception of stress and anxiety among medical students in Saudi Arabia. To explore the association between perception of stress, anxiety and on-line learning.

**Methods:** An online survey will be distributed through students representatives targeting medical students from different levels. The survey will have 4 components: 1) Demographic data that will include: age, gender, level of education and region of residence. 2) Questions concerned the experience of online learning. 3) Perceived stress scale by sheldon cohen. The perceived stress scale (PSS) is a 10-question tool will be used to measure a person's perception of stress over the past month and scored as low, moderate and high perceived stress. 4) Generalized Anxiety Disorder 7 (GAD-7) which is also a valid tool in detecting anxiety in the last two weeks by 7 items with Likert scale answers which scored as minimal, mild, moderate and severe

**Results:** Currently under analysis

**Conclusions:** To be attached later

**Disclosure:** No significant relationships.

**Keywords:** mental health; online learning; Medical Students; COVID-19

#### EPV0148

### Psychiatryteleconsultation/teleconsulting: Experience of general confinement in Tunisia

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**Introduction:** The outbreak of the Covid-19 epidemic in Tunisia has led a total confinement starting from March 23rd, 2020. Remote interventions of psychiatrists and psychologists have been set up to help tunisian citizens. The requests concerned panic attacks, acute stress disorder, sleep disorders and relapse of some patients followed for mood disorders, obsessive compulsive disorder or anxiety disorders.

**Objectives:** We propose to present 3 types of interventions by a psychiatrist in response to the request of 3 Tunisian citizens in this first experience.

**Methods:** We will summarize three interventions with the history of each patient and his or her request as well as the short term evolution of the presented disorder.

**Results:** As a first experience, we responded to numerous requests from people of all ages and living all over Tunisia. The first intervention concerned a lady who was voluntarily vomiting in order to maintain her current weight. She was afraid of having the covid infection related to a sore throat. The second situation is a gentleman who did not tolerate home confinement because for 20 years he has been going out for a daily walk at exactly 4 pm. The third request came from a father living in a rural area who chose to self isolate in his room and refused to go out and see his children despite their pressing demand. We offered active listening, reassurance and behavioural psychotherapy techniques.

**Conclusions:** During this first experience in Tunisia, we found that citizens have adhered to new communication techniques. Anxiety, stress and relapse of prior medical conditions were the most frequent diagnoses. Several interventions have proven to be effective despite obstacles related to teleconsultation.

**Disclosure:** No significant relationships.

**Keywords:** Tunisia; Psychiatry teleconsultation; COVID-19; general confinement

#### EPV0150

### Children's mental health and the COVID-19 pandemic

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