
Since January 2020 Elsevier has created a COVID-19 resource centre with free information in English and Mandarin on the novel coronavirus COVID-19. The COVID-19 resource centre is hosted on Elsevier Connect, the company's public news and information website.

**Results:** Ninety-five children met the inclusion criteria and had their case notes reviewed. Ninety-five had information regarding their exacerbation status, 85 patients had the correct information to calculate their BMI z-score and 49 had $FEV_1$ information. The results are as follows:
**Conclusion:** Our data suggests that the period of lockdown was beneficial for all SCFT CF patients across the measured parameters (BMI, $FEV_1$ and respiratory exacerbation rate) in comparison to the previous year. This benefit was marginally greater for those on precision medicines.
The impact of the lifting of lockdown on these parameters in this population will help ascertain the ongoing benefits of precision medicine in this age group.

**ePS1.04**
**Sleep disturbances in children with cystic fibrosis at the beginning and in the first year of the COVID-19 pandemic**

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**Objectives:** Sleep habits of children with chronic lung disease may change with the COVID-19 pandemic. We aimed to evaluate the differences in sleep habits in the first year of the pandemic in children with cystic fibrosis (CF).
**Methods:** Primary caregivers of children with CF aged 3–16 years who were evaluated for sleep habits at the beginning of the pandemic were re-evaluated at the end of the first year of the pandemic. The Sleep Disturbance Scale for Children (SDSC) was used and questions were asked about sleep habits and weight changes during the first year of the pandemic. Their responses at the beginning were compared between in the first year of the pandemic.
**Results:** Primary caregivers of 31 children with CF were included in the study. The median age of the children was 9 (7–12) years. Thirteen (41.9%) of the children were female. The mean daily screen time was 4 h (3–6 h) at the beginning of the pandemic and 5 h (4–6 h) at the end of the first year of the pandemic among children with CF ($p < 0.001$). There were no differences in terms of disorders of initiating and maintaining sleep, sleep breathing disorders, disorders of arousal, sleep–wake transition disorders, disorders of excessive somnolence, or sleep hyperhidrosis scores of children with CF during the first year of pandemic ($p > 0.05$). In the first year of the pandemic, the answers to the questions about the sleep and daily habits of children and their families were similar to the beginning of pandemic. Weight gain were observed in 12 (38.7%) of the children with CF. Weight loss was present in 1 (3.2%) child.
**Conclusion:** Sleep disturbances and changes in daily habits continued, and daily screen time increased in the first year of pandemic in children with CF. Weight gain in 1 of 3 children may be associated with decreased physical activity during the pandemic.

**ePS1.05**
**Impact of COVID-19 on mental health among people with cystic fibrosis**

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**Objective:** To compare the effect of the COVID-19 pandemic on depression and anxiety among people with CF (pwCF).
**Methods:** We assessed depression and anxiety among 62 children – adolescents and their parents. The PHQ-9 Depression Health Questionnaire and Generalised Anxiety Disorder (GAD-7) Questionnaire were used to assess quality of life (QOL), depression, and anxiety among pwCF one year before and during the second year of the COVID-19 pandemic (2019 and 2021).
**Results:** We evaluated 62 children and adolescents with CF (mean (SD) age 14.1 (3.2) years, mean $FEV_1$pp 95.4%), as well as their parents. Mean PHQ-9 scores increased significantly during the COVID-19 pandemic among pwCF ($p < 0.05$). Clinically elevated depression, in the moderate to severe range (PHQ-9 $\geq$10), was identified in 7% of pwCF, with 14% endorsing moderate to severe symptoms of anxiety (GAD-7 $\geq$10). Suicidal ideation during the pandemic (assessed with question #9 on the PHQ-9) was endorsed by 3.1% of pwCF on the second year of the pandemic. No significant change was found in mean PHQ-9 and GAD-7 scores among parents over the COVID-19 pandemic.
**Conclusions:** Anxiety and depression have increased over the COVID-19 pandemic among pwCF. It is very important for the CF team to screen for depression and anxiety to provide intervention to children and their families during stressful situations like COVID-19.

**ePS1.06**
**Evolution of psychological distress during progression of the COVID-19 pandemic in adults with cystic fibrosis**

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**Objectives:** The impact on mental health of people with cystic fibrosis (CF) during the first wave (w1) of the COVID-19 pandemic has been repeatedly investigated, but to date no study has considered how adults with CF (awCF) reacted to the successive waves (w2).
**Methods:** The replies to an online questionnaire during the w2 were compared to those obtained in w1 (doi: 10.1016/j.jcf.2020.12.016). The CPDI (Covid Peritraumatic Distress Index) and some CF-specific questions were used.
**Results:** 137 awCF answered (712 in w1), with similar age and gender distribution. Patients with severe lung disease, defined as pp$FEV_1$<40, were more represented in the w1 compared to the w2 group (12.6% vs 5.8%). Frequency of contacts with SARS-Cov2 positive patients was higher in w2 (19.7% vs 3.4%) and a larger percentage of awCF chose to limit their daily activities (78.8% vs 44.3%). The sources of information were less frequently mass media, and more often general practitioners and CF centres. Severe distress was reported in a minority of cases but more frequently than in w1 (OR: 2.18, 95% IC: 1.18–4.04; p 0.013). A similar, not significant, trend was observed in the sub-scores for anxiety symptoms, physical symptoms and depressive symptoms. The preoccupation that CF might involve a greater susceptibility to COVID-19 decreased compared to w1 ($p < 0.001$).
**Conclusion:** Psychological distress during w2 has been insufficiently investigated, even in the general population, and the few data available are probably influenced by the local epidemiological evolution and severity of the containment measures. Our data suggest that levels and characteristics of psychological distress in awCF may change as the pandemic circumstances evolve. These results highlight the need to keep monitoring mental health conditions of awCF during the COVID-19 pandemic.

**ePS1.07**
**Parental experiences of face-to-face versus virtual cystic fibrosis clinics during the COVID-19 pandemic: questionnaire study**

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**Background:** In 2020, the COVID-19 pandemic caused a change throughout healthcare settings. This included paediatric outpatient clinics where there was a requirement for reduced footfall and a reduction in face-to-face (F2F) appointments. It was therefore pertinent to ask families how they had found the experience and how care for their child with cystic fibrosis (CF) should function moving forwards.
**Method:** A questionnaire was created alongside the trusts patient experience team. The questionnaire consisted of closed questions with a free text box at the end of each question, and had 23 questions. Questions focused on experiences or telemedicine appointments as well as home spirometry. The questionnaire was sent to parents at 2 UK CF centres, with 41 respondents.