

## EPV0386

**Impact of the COVID19 pandemic on patients followed in psychiatry**

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**Introduction:** In the literature, some studies consider psychiatric patients to be vulnerable to COVID-19, in contrast to other studies that find them rather protected.

**Objectives:** To determine the impact of the COVID 19 pandemic on patients undergoing psychiatric care.

**Methods:** This is a descriptive and cross-sectional study that took place in the psychiatry department A at Razi hospital in Tunisia. We conducted a comparison of patient follow-up between the period of March 2018-2019 and March 2020-2021. For this we used a form including socio demographic data, data concerning the COVID-19 situation, clinical data while comparing the follow-up of patients (hospitalizations, mode of relapses, consultations in the emergency room...)

**Results:** 100 patients were included, 60% were men, mean age 44 years (+/- 11 years) [19-65 years]. Ninety-seven percent of patients had no personal history of COVID-19 infection. Comparing the pre-pandemic year (2018-2019) and the pandemic year (2020-2021), we note an increase in the rate of emergency room visits of (17.5%) as well as a relapse rate requiring hospitalization in our department in 48%, this figure was 30% in 2019. A statistically significant increase was noted for depressive and anxiety relapses ( $p=0.04$ ;  $r=0.7$ ). Fear of catching the virus while attending hospital facilities (17.6%), geographical isolation (17.6%), unavailability of treatment (17%) and poor insight (41.2%) were the primary causes of poor adherence.

**Conclusions:** The patients followed in our department have presented during this COVID-19 pandemic several relapses of their psychiatric pathologies compared to the previous year.

**Disclosure:** No significant relationships.

**Keywords:** Covid-19 pandemic; Impact; mental disorder; psychiatric follow-up

## EPV0388

**Perceived social support as a factor in mental health during the COVID-19 pandemic**

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**Introduction:** Support from a different sources can have a critical impact on a person's mental health in a stressful situation. In situations of prolonged stress, it is necessary to identify the links between specific sources of support and mental health.

**Objectives:** To identify the connections between different sources of social support and mental health indicators in different periods during the COVID-19 pandemic.

**Methods:** DASS ( Lovibond, Lovibond, 1995) and MSPSS (Zimet et al., 1988) were applied. The study involved 855 people aged from 18 to 60 years ( $M=32.9$ ;  $SD=13.88$ ). The study was conducted online in the spring of 2020 ( $N=426$ ) and in the winter of 2021 ( $N=429$ ).

**Results:** Post Hoc Scheffe revealed that perceived peer support in spring 2020 was significantly lower than in winter 2021 ( $p<0.05$ ). With Pearson correlation coefficient, we tested the connections between perceived social support from family, friends, and significant others and the level of depression, anxiety, and stress. In spring 2020, all mental health indicators were associated with the perceived social support from all three sources (friends, family, and significant others). In the winter of 2021, depression levels were still associated with the perceived social support from all three sources, while the levels of anxiety and stress were associated only with perceived family support.

**Conclusions:** Thus, the study has revealed the dynamics in dependence of mental health indicators on the perceived social support from various sources at different stages of the COVID-19 pandemic. The reported study was funded by RFBR, project number 20-04-60174.

**Disclosure:** No significant relationships.

**Keywords:** perceived social support; Covid-19; mental health

## EPV0389

**The relationship of dysfunctional breathing with the ideas about the COVID-19 pandemic among the healthy population of Russia**J. Koniukhovskaia<sup>1,2\*</sup>, E. Pervichko<sup>1,2</sup>, O. Mitina<sup>2</sup>, O. Stepanova<sup>2</sup>, V. Petrenko<sup>2</sup>, I. Shishkova<sup>2,3</sup> and E. Dorokhov<sup>2</sup>

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**Introduction:** Dysfunctional breathing is experienced as a feeling of "difficulty in inhaling" and shortness of breath, which may be similar to the symptoms of coronavirus infection (Gavriatopoulou et al., 2020). The conditions of the COVID-19 pandemic create an increased level of anxiety and attention to respiratory sensations, which becomes a favorable ground for the occurrence of dysfunctional breathing.

**Objectives:** To examine the relationship of ideas about the pandemic with the occurrence of dysfunctional breathing in the Russian population during the COVID-19 pandemic.

**Methods:** The Naimigen Questionnaire (Van Dixhoorn, Duivenvoordent, 1985) and the author's socio-demographic questionnaire were used, which included questions about personal experience of the pandemic. The study was conducted online from April 27 to December 28, 2020. It was attended by 1,362 people from all regions of Russia, including 1,153 women and 209 men aged 15 to 88 years ( $38.3\pm 11.4$ ).

**Results:** It was found that respondents who are more confident in the danger of coronavirus have more respiratory difficulties ( $N=517$ ;  $NQ=19\pm 10.6$ ) compared to those who consider its danger exaggerated ( $N=454$ ;  $NQ=15.9\pm 9.2$ ,  $p=0.000$ ). Respondents who are completely convinced of the absence of a condemnation for COVID-19 disease have less pronounced dysfunctional breathing