

participants did not consider that they knew their partner enough prior to marriage. The mean duration of marriage was 2 years and 10 months. Having children was reported in 77,1%. Before the general lockdown, 1,79% described their relationship as “bad” compared to 5,82% during; sharing house chores raised from 56,44% to 68,44%. And taking care of children by both parents during the lockdown raised also from 55% to 67,22%. Frequency of sexual intercourse was the same in 57,4% and lower in 23,8%. The lockdown was an opportunity to discover new things in their partner for 28,4% and 19,7% did not consider the lockdown as a chance to spend more time with their partner.

**Conclusions:** The lockdown gave us a chance to study the impact of the absence of social life on married couples.

**Disclosure:** No significant relationships.

### EPV0141

#### Analyzing the psychological impact of the COVID-19 pandemic among turkish immigrants treated at the neuro-psychiatric center riem Munich

E.D. Cindik Herbrüggen<sup>1,2\*</sup>

<sup>1</sup>Psychosomatik/psychotherapie, Neuro-Psychiatric Center Riem (Neuro-Psychiatrisches Zentrum Riem), München, Germany and

<sup>2</sup>Psychiatrie & Psychotherapie, Neuro-Psychiatric Center Riem (Neuro-Psychiatrisches Zentrum Riem), München, Germany

\*Corresponding author.

doi: 10.1192/j.eurpsy.2021.1739

**Introduction:** Infectious diseases have been humanity’s constant problem throughout history and they have shown how vulnerable we remain. COVID-19, commonly known as coronavirus pandemic, has already triggered a variety of psychological problems including fear, anxiety, and suicidal attempts. It has been hypothesized that immigrants who lost their job and have lower income or lower education level are more worried and fearful.

**Objectives:** This paper aims to investigate the psychological conditions and stress level of immigrants in the NPZR. Moreover, the parameters influencing stress levels of the immigrants were analyzed.

**Methods:** Demographics, level of stress and current psychological conditions of participants were gathered and analyzed through a structured survey. Besides, in-person interviews were conducted to explore the responses of the participants to receive more and deeper information.

**Results:** The sample consists of 110 responders (45.3 % males; 51.8 % females). The findings of the study illustrated that while there was no relationship between gender of the immigrants and the level of stress, participants with low income (27.5 %) and unemployed immigrants (24.2 %) felt more worried and anxious. As time passes, the anxiety level of the participants decreased by 49.1 % but 40.9 % of the participants still experience severe anxiety.

**Conclusions:** The findings demonstrate that having low income or being unemployed as well as the cancellation of travel plans, are positively related with the depression level of the participants. The result of this paper show that more attention has to be given towards immigrants with low income as they are more vulnerable during the COVID-19 Pandemic.

**Disclosure:** No significant relationships.

**Keywords:** COVID-19; Turkish immigrants; corona pandemic; immigrants’ mental health

### EPV0143

#### The role of national trainees associations in pandemic times

M.J. Santos<sup>1\*</sup>, A. Samouco<sup>2</sup>, Z. Azvee<sup>3</sup>, A. Seker<sup>4</sup>, T. Mogren<sup>5</sup> and M. Pinto Da Costa<sup>6</sup>

<sup>1</sup>Mental Health Department, Hospital Prof. Doutor Fernando Fonseca, Amadora, Portugal; <sup>2</sup>Department Of Psychiatry And Mental Health, Unidade Local de Saúde do Norte Alentejano, Portalegre, Portugal;

<sup>3</sup>Mental Health Service, Galway Roscommon Mental Health Service, Galway, Ireland; <sup>4</sup>Child And Adolescent Psychiatry, Erciyes University Hospital, Kayseri, Turkey; <sup>5</sup>Psychiatry Center Södertälje, Health Care Services Stockholm County, Stockholm, Sweden and <sup>6</sup>Unit For Social And Community Psychiatry, WHO Collaborating Centre for Mental Health Services Development, Queen Mary University of London, London, United Kingdom

\*Corresponding author.

doi: 10.1192/j.eurpsy.2021.1740

**Introduction:** The challenges posed by the COVID-19 pandemic were many and daunting. Almost overnight, the lives of millions of people all over Europe was disrupted and people had to adapt to a completely new situation. Healthcare personal were amongst the ones most affected by it, whether by changes in their everyday work routine or by being the people directly in charge of responding to the demands of the pandemic. Trainees are an indispensable part of healthcare personal and, as a result, they were vastly affected by the pandemic.

**Objectives:** Discussing the role of National Trainees Associations (NTAs) in pandemic times, including how they dealt with the new challenges, their successes and hardships, and their steps going forward.

**Methods:** Gathering of institutional information about the work of the Portuguese, Irish and Turkish NTAs during the COVID-19 pandemic. Critical appraisal of each of their contributions and projects.

**Results:** There were impacts to trainees’ clinical work, formative activities and even personal lives. Amidst this turmoil, NTAs were precious institutions. Their objective is to represent the trainees of each country, looking for formative opportunities and linking trainees. During the pandemic, the work developed by the NTAs increase in importance, serving as a beacon of important information and as intermediaries in a number of discussions. They also aimed to minimize the impact on formative activities, whether by providing recommendations or by organizing some form of educational activity.

**Conclusions:** We provide some national examples – Portugal, Ireland and Turkey – and draw comparisons and lessons from each one.

**Disclosure:** No significant relationships.

**Keywords:** COVID-19; leadership; trainees

### EPV0144

#### Role of media surveillance function during COVID-19 breakout

A. Naveed<sup>1\*</sup> and S. Masood<sup>2</sup>

<sup>1</sup>-, private, karachi, Pakistan and <sup>2</sup>Department Of Psychology, University of Karachi, Karachi, Pakistan

\*Corresponding author.

doi: 10.1192/j.eurpsy.2021.1741

**Introduction:** It is a digital era and people always turn on television to gain knowledge of what's happening around, same is the case with COVID-19 breakout. Whole world relied on media to understand the scenario, as media has always played substantial role in providing information regarding precaution and treatment of the disease.

**Objectives:** To assess influence of media surveillance function on society during COVID-19 breakout.

**Methods:** Participants included in the study are 11 and above who can utilize abstract thinking as per Piaget's theory of cognitive development. Questionnaire used in the study was Media surveillance questionnaire, it was previously used in the study done during Ebola Virus Disease (EVD) spread in Nigeria. In current study the questionnaire was used by replacing disease name i.e. EVD to COVID-19. Questionnaire was distributed online on social media groups.

**Results:** According to data analysis majority agrees that major source of COVID-19 news is television and Radio, messages on media help in avoiding sick people, media provides helpful information regarding disease prevention and control and messages on media needs more clear directions.

**Conclusions:** Media played positive role during COVID-19 breakout and it also spread awareness about the myths, false home remedies and precautionary measures. Media also informed society about the health emergencies in case if anyone is infected with the virus. Still media messages need more clarity and direction as people rely more on media than social media. It is media's responsibility to provide accurate information and more clear messages after inquiring matter properly especially when it's about human life

**Disclosure:** No significant relationships.

## EPV0145

### Quarantine-related depression and anxiety during coronavirus disease (COVID-19) outbreak

D. Alateeq<sup>1</sup>, S. Aljhani<sup>2</sup>, M. Alsubaie<sup>3\*</sup>, I. Althiyabi<sup>4</sup> and S. Majzoub<sup>5</sup>

<sup>1</sup>Clinical Sciences, Princess Nourah bint Abdulrahman University, Riyadh, Saudi Arabia; <sup>2</sup>Department Of Psychiatry, College Of Medicine, Qassim University, Riyadh, Saudi Arabia; <sup>3</sup>Collage Of Medicine, Princess Nourah bint Abdulrahman University, Riyadh, Saudi Arabia; <sup>4</sup>Department Of Psychiatry, Prince Mohammed Bin Abdulaziz Hospital, Riyadh, Saudi Arabia and <sup>5</sup>The National Transformation Program, Ministry of Health, Riyadh, Saudi Arabia

\*Corresponding author.

doi: 10.1192/j.eurpsy.2021.1742

**Introduction:** Psychological well-being has an important impact on individuals. In the face of the health threat of COVID-19, psychological changes as fear stress anxiety and depression is reported.

**Objectives:** Explore the prevalence of depression and anxiety among people under quarantine during the COVID-19 outbreak in Saudi Arabia.

**Methods:** A cross-sectional study of a convenience sample of 65 participants who were quarantined at multiple hotels under the supervision of the Saudi Ministry of Health. The patient health

questionnaire (PHQ-9) and generalized anxiety disorder questionnaire (GAD-7) were used to assess depression and anxiety.

**Results:** The majority of the participants were male (66.2%), aged 18–29 (47.7%) from the Eastern region (66.15%), who were still waiting for the result of the COVID-19 test (64.6%). Approximately half of the sample had depressive and anxiety symptoms (49.2% and 44.6%, respectively). The depression mean score was significantly higher only among the 18–29 age group. However, the depression and anxiety mean scores were higher among females than males and among participants with positive COVID-19 test results compared to those who had pending or negative results. The anxiety mean score was higher during the first week of quarantine, but the depression mean score was higher during later weeks.

**Conclusions:** Depression and anxiety were prevalent among people in quarantine during the beginning of the COVID-19 outbreak in Saudi Arabia. It is crucial to study the most effective interventions to reduce the psychological consequences, especially for vulnerable groups. Longitudinal research studies need to be conducted to follow up regarding participants' mental health symptoms and evidence-based interventions.

**Disclosure:** No significant relationships.

**Keywords:** Depression; quarantine; Anxiety; COVID-19

## EPV0146

### Perceived stress among suspected patients during the COVID-19 outbreak in Tunisia

A. Zouari<sup>1\*</sup>, J. Ben Thabet<sup>2</sup>, A. Guermazi<sup>2</sup>, J. Aloulou<sup>3</sup>, R. Hammami<sup>4</sup>, H. Ben Ayed<sup>5</sup>, A. Sallemi<sup>6</sup>, C. Marrekchi<sup>7</sup>, S. Hdiji<sup>8</sup>, I. Gargouri<sup>9</sup>, M. Kassis<sup>5</sup>, M. Turki<sup>10</sup>, S. Kammoun<sup>11</sup> and M.L. Masmoudi<sup>9</sup>

<sup>1</sup>Department Of Psychiatry C, Hedi chaker hospital, Sfax, Tunisia;

<sup>2</sup>Psychiatry C Department, Hedi chaker University hospital, sfax,

Tunisia; <sup>3</sup>Psychiatry (b), Hedi Chaker University hospital, sfax,

Tunisia; <sup>4</sup>Cardiology Department, Hedi chaker University hospital,

sfax, Tunisia; <sup>5</sup>Community Health And Epidemiology Department,

HediChaker Hospital, sfax, Tunisia; <sup>6</sup>Histology Department, Hedi

chaker University hospital, sfax, Tunisia; <sup>7</sup>Infectiology Department,

Hedi chaker University hospital, sfax, Tunisia; <sup>8</sup>Hematology

Department, Hedi chaker University hospital, sfax, Tunisia;

<sup>9</sup>Occupational Department, HediChaker Hospital, sfax, Tunisia;

<sup>10</sup>Pharmacy, HediChaker Hospital, tunis, Tunisia and <sup>11</sup>Pneumology,

HediChaker Hospital, sfax, Tunisia

\*Corresponding author.

doi: 10.1192/j.eurpsy.2021.1743

**Introduction:** Widespread outbreaks of infectious disease, such as COVID-19, are associated with psychological distress and symptoms of mental illness especially for patients with suggestive symptoms.

**Objectives:** Predict the prevalence of perceived stress and study associated factors among patients with suspected COVID-19 infection.

**Methods:** A cross sectional study was conducted between April and May 2020. Patients consulting the sorting box at the Hedi Chaker Hospital of Sfax and declared suspect to be infected by COVID-19 were invited to participate in our study after given their consent. Perceived Stress Scale-10 was used to evaluate prevalence of perceived stress.