(N=331,NQ=15.26±9.5), compared to those who sure about it (N=88,NQ=19.16±10.05, p=0.007). Respondents who have relatives ill COVID-19 (N=430) have a higher score on NQ (18.6±10.5), compared with those dont have (N=932, NQ=17.1±9.7, p =0.011).

Conclusions: The dysfunctional breathing is associated with the respondents' beliefs about the danger of coronavirus and the expectation of stigmatization in COVID-19 disease, as well as with the experience of COVID-19 disease among relatives.

EPV0391

Socio-demographic predictors of the prevalence of dysfunctional breathing in a healthy population during the COVID-19 pandemic

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Introduction: Dysfunctional breathing is a breathing patterns that do not correspond to the physiological needs of the body, provoke many poly-systemic symptoms. Dysfunctional breathing is experienced as a feeling of "difficulty in breathing", which in the conditions of the COVID-19 pandemic may be similar to the symptoms of coronavirus infection (Taverne et al., 2021).

Objectives: To examine the role of socio-demographic predictors in the prevalence of dysfunctional breathing in the Russian population during the COVID-19 pandemic.

Methods: The author's socio-demographic questionnaire, the Naimigen Questionnaire (Van Dixhoorn, Duivenvoordent, 1985), the STAI (Spielberger et al., 1983) and the "Perceived Stress Scale-10" (Cohen,Kamarck,Mermelstein,1983) were used. The study was conducted online from April 27 to December 28, 2020. It was attended by 1,362 people from all regions of Russia (38.3 ±11.4 y.o.).

Results: In men, the average values for NQ (11.19±7.74) are lower than among women (18.73±9.96, p=0.000). Persons with incomplete higher education have a higher score on NQ (N=103,NQ=20.44±11.8) than persons with higher education (N=1051,NQ= 17.40±9.63,p=0.048) and candidates/doctors of sciences (N=97,NQ= 15.34±11.20,p=0.005). There was also a connection between the severity of dysfunctional breathing and the level of income, which is associated with a negative correlation between income level and perception of stress (r=-0.215,p=0.000), state (r=-0.165,p=0.000) and trait anxiety (r=-0.127,p=0.000).

Conclusions: The severity of dysfunctional breathing is associated with gender, income levels and education, what can be used to identify a group of people who are most susceptible to the occurrence of dysfunctional breathing during the pandemic COVID-19. The study was supported of the Russian Science Foundation, project No.21-18-00624.

EPV0392

Association between self-efficacy, social support, knowledge of COVID-19, COVID-19 perception and stress, anxiety, depression of healthcare providers: the role of news media exposure as moderator

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Introduction: All pandemic outbreaks because of their rapid spread and high mortality rate cause to everyone considerable stress and anxiety.

Objectives: The aim of the present study is to investigate how news media exposure moderates the relationship between stress, anxiety, depression and self-efficacy, social support, knowledge of the coronavirus and coronavirus perception.

Methods: 223 healthcare providers, men 46 (20.6%) and women 177 (79.4%), working in hospitals in Greece participated in the study. independent t-test, one-way ANOVAs, Pearson's correlation, multiple-linear regression and moderator's analysis were analyzed with SPSS23.

Results: Organization support, friends support, covid-19 knowledge and covid-19 perception are most significant predictors to stress, $F_{(4,218)} = 11.47$, $p < .001$ and Adjusted R2- .159. Friends support, covid-19 knowledge and self-efficacy, working with covid19 patients and gender are most significant predictors to anxiety, $F_{(5,217)} = 11.16$, $p < .001$ Adjusted R2- .186. Friends support, covid-19 knowledge and self-efficacy and organization support are most significant predictors to depression, $F_{(4,218)} = 16.37$, $p < .001$ Adjusted R2-squared: .217. News media exposure did moderate the predictive power of almost all predictors for stress, anxiety and depression, at p<.05.

Conclusions: Therefore, the study verifies previous findings arguing that stress, anxiety and depression are strongly associated with numerous factors. These associations seem to be moderated by news media exposure. It is recommended to further explore the impact news media exposure has during crucial periods, such as covid-19 outbreak.

EPV0393

Changes in alcohol consumption in the Russian Federation during the first months of the COVID-19 pandemic

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Introduction: Excessive alcohol consumption is a known risk factor for various mental health disorders and can exacerbate the already high burden of COVID-19 pandemic on mental health.On the other hand, the COVID-19 pandemic itself can adversely affect alcohol consumption and thus contribute to alcohol-related problems, including mental health problems.
Objectives: This study was aimed to assess changes in alcohol consumption that may have occurred as a result of the COVID-19pandemic and determine associated factors among population of Russian Federation.
Methods: By distributing a link to take part in an anonymous online survey,changes in volume and frequency of alcohol use,and frequency of heavy episodic drinking(6 or more servings of alcohol at a time)in the first months of COVID-19pandemic were assessed. 819respondents from Russia:321 men and 498women, submitted their responses during May-July,2020. Associations between changes in alcohol use were assessed in a univariate analysis with socio-demographic factors,alcohol use over the previous 12months,stress, individual perceptions of changes in daily and social life and other negative consequences of pandemic. The statistical significance of associations was assessed using the Pearson'sχ2 test.
Results: Individuals with initially higher alcohol consumption increased their alcohol use, while those who drank less, decreased alcohol use even more during pandemic (p<0.05). Severe restrictions of social/everyday life were associated with more frequent alcohol use and in larger volumes (p<0.001). Negative professional/financial consequences of pandemic and stress were associated with increase of typical drinking volume (p<0.001), more frequent alcohol use (p<0.001)and heavy episodic drinking (p<0.05).
Conclusions: The COVID-19 pandemic could have increased health inequalities in Russia through changes in alcohol consumption.

Disclosure: No significant relationships.
Keywords: Russia; alcohol; Covid-19; alcohol consumption

EPV0395

Emerging Catatonia and Psychosis in Resolving COVID-19 Infection in an Adolescent

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Introduction: COVID-19 infection may lead to encephalopathy and various neurotrophic effects which can result in neuropsychiatric complications. Here, an asymptomatic adolescent female developed acute onset catatonia and psychosis manifesting during the resolution of Covid-19 infection.
Objectives: Discuss differential diagnosis, medical workup, and initial treatment optimization for acute stabilization.
Methods: This 15-year-old female with no previous psychiatric history nor prodromal symptomatology was hospitalized secondary to Covid -19. During the immediate three-month recovery phase following resolution of Covid-19, the patient exhibited gradually increasing anxiety, paranoia, delusions, disorganized behavior, and weight loss leading to re-hospitalization secondary to catatonia. Negative workup included rapid strep test, urinalysis, chest and abdominal x-ray, EEG, and brain MRI. Lumbar puncture revealed elevated WBC of 18 but was unremarkable for NDMA receptor antibodies, CSF HSV, and encephalitis panel. IV steroids, IVIG, and Anakinra were all given without benefit. Inadequate response to olanzapine, clonidine, and lorazepam led to an Index Series of bilateral electroconvulsive therapy (ECT).
Results: The provisional diagnosis of psychotic disorder secondary to COVID-19 infection responded robustly regarding sleep, behavior, and affect by session #6, yet positive symptoms of psychosis persist. Ongoing ECT, psychopharmacology, and narrowing of the differential diagnosis continue.
Conclusions: As more COVID-19 cases evolve during the pandemic, potential post-infectious neuropsychiatric complications should be considered as potentially contributory and kept in a thoughtful differential diagnosis. Regardless of ultimate causation, the acute symptom profile responded robustly to an initial Index Series of ECT.

Disclosure: No significant relationships.
Keywords: Covid-19; Psychosis; ECT; Catatonia

EPV0396

COVID-19 Pandemic: Another Source of Stress for Medical Students

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Introduction: The COVID-19 pandemic has completely changed the experience of higher education with potentially negative consequences for students' wellbeing.
Objectives: To compare medicine/dentistry students' depression/anxiety/stress levels before versus during the pandemic and to analyse the role of COVID-19-related stressors in their psychological distress.