

EPV0203

The role of Mediterranean Diet in mental health in pandemic times

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Introduction: In late 2019, an epidemic outbreak emerges in China caused by a new coronavirus with high transmission and human infection potential which in March 2020, was characterized by WHO as a pandemic. The lockdown has repercussions on the population's well-being, reflected in their food choices. There is a tendency to increase the consumption of energy dense food, rich in fat and carbohydrates, which are related to an increased risk of depression.

Objectives: The main goal of this non-systematic literature review was to understand the impact of the Mediterranean Diet on Mental Health promotion in SARSCoV-2 pandemic.

Methods: Literature from Pubmed database were searched, with the following keywords: COVID-19, Depression, Anxiety, Mental Health and Mediterranean Diet.

Results: Studies indicate that a diet based on the Mediterranean Diet is associated with a decreased risk of developing depressive symptoms, especially when there is moderate to high adherence to this dietary pattern. High consumption of plant and fish foods, reduced consumption of sugary products, processed and red meats and the use of olive oil as a fat source, are principles of the Mediterranean diet, associated with an improvement in endothelial function, increased levels of eicosanoids and serotonin synthesis and regulation of serotonin which seem to explain this protective effect.

Conclusions: In addition to decreasing the risk of obesity, diabetes, and hypertension, comorbidities associated with the most serious disease of COVID-19, the Mediterranean Diet seems to play an important role in promoting mental health, with a decreased risk of developing depressive symptoms.

Disclosure: No significant relationships.

Keywords: COVID-19; Depression; mental health; Mediterranean Diet

EPV0204

SARS – CoV 2 impact's on mental health. Case study, psychiatric hospitals “Ali Mihali”, Vlorë

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Introduction: The aim of this paper is to analyse the impact of SARS – CoV 2 on Mental Health. Based on the studies patients infected with COVID-19 manifest severe mental health problems during or after infection.

Objectives: How do different people face the acute phase of SARS-CoV-2 infection? How do mental health problems influence the disease's trajectory? What kind of the mental health disorder occur in people status post Covid?

Methods: We have used a regular, clinical strategy involving adults aged 21-61 years infected with SARS-CoV-2. The research was conducted over the period July-December 2020, in 5 patients (3 males and 2 females) hospitalized in the Psychiatric Hospital “Ali Mihali” Vlorë. The assessment on the diagnosis was made conforming to the diagnostic criteria of DSM-5 based on structured clinical interview (information from family, friends, etc.) and examination of mental status

Results: According to the studies SARS CoV2 affects with serious problems the Mental Health. Some of them are: Sleep disorder. Anxiety disorder. Major Depressive Disorder. Bipolar disorder Psychotic disorder

Conclusions: Patients infected with SARS-CoV-2 must be provided with a family physician psychological evaluation during the acute and post-COVID-19 phase. All individuals status post COVID-19 who have lost their daily functioning and pose a risk to themselves and others must be recommended to CMHC for multidisciplinary treatment. All COVID hospitals and wards must be equipped with multidisciplinary teams (psychiatrist, psychologist, social worker, mental health nurse) and each clinical record must have current mental status assessment and follow-up in case dynamics.

Disclosure: No significant relationships.

Keywords: Mental Disorder; Mental Health; Patients; SARS CoV2

EPV0205

COVID-19 psychological impact in patients with depressive disorder: Differences based on their age

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Introduction: COVID-19 pandemic and lockdown have provoked a considerable psychological impact in Spain. Some studies have reported greater psychological impact in the younger population. To date, no previous study has focused on depressive disorder (DD) patients based on their age.

Objectives: To describe the psychological impact on DD according to age.

Methods: Cross-sectional study of an online survey available from 19 to 26 March 2020. Out of a total of 21207 respondents, 608 (2.9%) reported suffering from DD (mean age \pm SD = 41.2 years \pm 14.07 [18-82], 80.6% women). The subsample (608) was divided according to age, “youngsters” <45 (57.4%)/ “elders” \geq 45. DASS-21 and IES scales were employed. Statistical analyses: Chi-square, t-Student test.

Results: Both groups did not differ ($p>0.05$) in sex, having COVID-19 symptoms, having family/friends infected, or income changes. While youngsters were single more frequently (68.8% vs 14.3%, $\chi^2 = 179.7$, $p<0.001$), elders had somatic illness more frequently (64.8% vs 39.7% $\chi^2 = 30.401$, $p<0.001$). Youngsters obtained higher scores in depression (4.69 vs 4.1, $T=5.413$, $p<0.001$), anxiety (2.86 vs 1.97, $T=5.249$, $p<0.001$) and stress (4.48 vs 3.17, $T=6.355$, $p<0.001$) DASS-21 subscales, as in intrusive (3.42 vs 3.05, $T=1.984$, $p=0.048$) and avoidant (4.64 vs 4.11, $T=3.056$, $p=0.002$) IES scores. **Conclusions:** Despite the group of elders with depression being more vulnerable to severe COVID-19 disease and presenting more frequently somatic comorbidities, younger depressive patients suffered more from depressive, anxiety, stress and avoidant symptoms and intrusive thoughts, in line with previous reports in the general population.

Disclosure: No significant relationships.

Keywords: Depression; COVID-19; psychological impact; Age

EPV0206

Group therapy for health care workers in a general hospital during the COVID-19 pandemic

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Introduction: A considerable percentage of Health Care Workers (HCW) have experienced psychological distress during the COVID-19 pandemic. Data from previous pandemics suggest that HCW might develop psychiatric disorders. Psychosocial and workplace measures can improve mental wellbeing of the MHW. As part of the program of the Hospital to give support to the HCW, five support weekly open dynamic groups have been carried out with HCW from the COVID Areas of our Hospital including the ICU. **Objectives:** Identify recurrent contents in the group that express areas of concern. Identify HCW in risk of develop a psychiatric disorder and refer them to their appropriate level of care.

Methods: The sessions were carried out in a freely open group and the contents expressed in the sessions were recorded and analyzed in a narrative way. Special attention was given to the more stressful activities identified, to signs of overload and to the ability to seek relief, as well as signs of disruption of personal life outside of work. Four sessions of 90 minutes, with staff of the same area were established and after these four sessions booster sessions were offered through continuity groups to members with need of more long term care as well as individual care.

Results: The recurrent areas identified were Concern about inadequate Personal Protective Equipment. Concern about spreading the infection in their own families. Need for relief and avoid double turn. Uncertainty about the course of the illness. Exposure to patients suffering and dying.

Conclusions: HCW need not only psychological support but also pragmatic measures.

Disclosure: No significant relationships.

Keywords: group therapy; COVID-19; burn out

EPV0207

Locked in and stressed out: COVID-19 and video-telemedicine in community perinatal mental health services

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Introduction: The COVID-19 viral pandemic has taken the world by surprise. The pandemic has caused a great impact on the mental health and wellbeing of pregnant women with mental health difficulties. Healthcare providers veered towards video-telemedicine to safely and swiftly provide services to its users.

Objectives: To determine impact of Video-telemedicine on: 1. Access to Care 2. Ease of Use 3. Quality of Care 4. Difficulties of Use 5. Future Prospects of Video Telemedicine

Methods: We have decided to conduct a targeted survey to 100 pregnant women who are known to Perinatal Mental Health services to assess the new methods of contact that the viral pandemic has enforced upon healthcare providers.

Results: Pre-pandemic: video-telemedicine was ranked as least preferred. Post-pandemic it is ranked as second favourite. 70.4% of responders have confirmed that video-telemedicine significantly facilitated access to care. 23.3% of responders insisted video-telemedicine made the service better. 50% of responders thought it was much easier to use video options to access their care services. 95.4% of responders felt that video-telemedicine alternatives should remain post-pandemic.

Conclusions: Video-telemedicine options have significantly improved the access and quality of services provided by Community Health Services to pregnant women during the pandemic. Video options can also make it easier to reach critical care without negatively affecting the quality of holistic care provided, in fact, it can sometimes improve it. It is important that the psychiatric field learn from this pandemic and implement these services permanently. Bigger and wider studies need to be done in the future to support these conclusions.

Disclosure: No significant relationships.

Keywords: COVID-19; telemedicine; Perinatal Psychiatry; psychiatry

EPV0208

COVID-19 pandemic and first episode of psychosis: Clinical characteristics

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Introduction: The rapid spread of the SARS-CoV-2 pandemic among the world poses challenges to the management of both physical and mental health. This unexpected situation could predict an exacerbation of anxiety, depressions, obsessions, and even multiple cases of psychosis.