

COVID-19 and related topics

O058

The impact of the COVID-19 pandemic on individuals with mental illness: A two-wave survey of 1180 patients

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Introduction: The crisis caused by the ongoing COVID-19 pandemic is affecting the lives of billions of people across the world. Individuals with mental illness are suspected to be particularly affected by the societal consequences of the pandemic, but there is very limited data on this important aspect.

Objectives: The aim of this study is to gauge the longitudinal impact of the COVID-19 pandemic on the psychological well-being and symptom levels of individuals receiving treatment for mental disorder in psychiatric hospital services.

Methods: We are in the process of conducting a two-wave, questionnaire-based survey among patients with mental disorders receiving treatment in the psychiatric hospital services of the Central Denmark Region. The first wave was conducted in July 2020 and had 1180 respondents representing all major diagnostic categories. The main finding was that the majority of the respondents reported that their mental health had deteriorated during the COVID-19 pandemic. We are currently planning the second wave of the survey, which will be fielded in the fall of 2020. Here, we will reassess the mental health of the respondents from wave 1.

Results: Will be presented at the meeting.

Conclusions: Longitudinal studies of the impact of the COVID-19 pandemic of mental health are lacking. We therefore expect that the findings of this study will be of significant interest to the field.

Disclosure: No significant relationships.

Keywords: pandemic; Survey; Mental illness; Benchmark

O056

Relationship quality in couples related to mental health of women and men during the COVID-19 pandemic and stay-at-home orders

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Introduction: The data on gender differences in mental health make the investigation of the specific impact of the pandemic and of the stay-at-home orders on men and women relevant.

Objectives: The study focuses on the quality of the relationship in couples and mental health in men and women during the COVID-19 pandemic.

Methods: The study was conducted through an online survey a few weeks after the pandemic was declared and the stay-at-home order was introduced in Russia. 274 participants (50 men and 224 women) engaged in long-term relationships aged from 18 to 62 ($M=34.2$; $SD=9.1$) took part in the research. The instruments included the Warwick-Edinburgh Mental Well-Being Scale, the Perceived Relationship Quality Components, and the Depression Anxiety Stress Scales.

Results: Women show a considerably higher level of stress ($t=3.805$; $p<0.001$), depression ($t=3.76$; $p<0.001$) and anxiety ($t=2.959$; $p=0.003$). The quality of relationship for women is significantly connected with mental wellbeing ($r=0.423$; $p<0.001$) and negatively correlated with the stress level ($r=-0.60$; $p<0.001$), depression ($r=-0.381$; $p<0.001$) and anxiety ($r=-0.313$; $p<0.001$). Meanwhile for men, the quality of the relationship is connected to mental wellbeing ($r=0.280$; $p=0.049$), opposed to stress levels ($r=-0.316$; $p=0.025$) and is neither connected to depression ($r=-0.210$; $p=0.144$) nor to anxiety ($r=-0.126$; $p=0.383$).

Conclusions: During the pandemic, a favorable partnership has a positive effect on the mental health of both men and women. However, while the relationship quality affects all investigated indicators of mental health in women, in men the relationship quality is only connected to the level of mental wellbeing and stress. The reported study was funded by RFBR, project number 20-04-60174.

Disclosure: No significant relationships.

Keywords: mental health; COVID-19; Gender differences; relationship quality

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Suicidality measured by PHQ-9 in kosovo during the COVID-19 outbreak

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Introduction: As a consequence of the impact of COVID-19 there are suggestions and projections that suicide rates will rise, although this is not inevitable. It is intriguing what impact it will have on Kosovo as a country with the lowest suicide rate in Europe.

Objectives: The objective of this study was to understand the level of suicidal thinking as a result of the COVID-19 situation and possible associations with sociodemographic variables.

Methods: It's a comparative study. We examined data of two cross-sectional online surveys conducted during the one-month periods 20.03.20 until 23.04.20 and 27.04.2020 until 05.06.2020. The participants were online respondents, $N = 194$ (first period) and $N = 155$ (second period); who completed the Albanian version of PHQ-9. We used the statement number 9 of questionnaire indicative of suicide.

Results: Mean score of suicidal thinking resulted 0.58 ($SD = .98$) in the first period and 0.84 ($SD = 1.16$) in the second period. 10.1% of participants in March/April and 18.2% in May/June period scored that almost every day thoughts that would be better off dead, or of hurting yourself in some way. Significantly higher suicidal thinking

resulted for females and for respondents who had previously had depression in both periods. Compared to two previous studies (2018 and 2019) in different settings only the results of the second period show an increase in suicidal thinking.

Conclusions: Further studies are needed to better scientifically elaborate these findings. It is important enhanced surveillance of COVID-19-related risk factors contributing to suicidal behaviors and timely preventive efforts.

Disclosure: No significant relationships.

Keywords: COVID-19; Suicide; Kosovo; PHQ-9

O059

The psychological impact of COVID-19 and lockdown measures among a sample of italian patients with eating disorders: A longitudinal study

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Introduction: COVID-19 pandemic and lockdown greatly impact on mental health, especially on individuals with pre-existing psychiatric conditions.

Objectives: To explore the prevalence of specific psychiatric symptoms across a sample of patients with Eating Disorder (ED), compared to a group of healthy controls (HC), during the lockdown period in Italy, and to assess whether patients' symptoms improved, persisted or worsened with the easing of the lockdown measures.

Methods: Study 1: 59 ED patients and 43 HC were recruited and completed, at the beginning of May 2020(t0), an online survey including: the Depression, Anxiety and Stress Scale – 21 items (DASS-21), the Impact of Event Scale-Revised (IES-R), the Perceived Stress Scale (PSS), and few ad-hoc questions extracted from the Eating Disorder Examination Questionnaire (EDE-Q). Study 2: 40 ED patients from Study 1 completed the same survey two months after t0 (t1).

Results: Study 1: ED patients scored significantly higher than HC at the DASS-21 (Total Score and subscales), the IES-R (Total Score and subscales) and the PSS. Moreover, they showed higher distress specifically related to food and their body. Study 2: at t1, levels of stress, anxiety and depression were not different than at t0, but symptoms related to post-traumatic stress disorder (PTSD) improved, together with patients' reported level of psychological wellbeing and specific ED symptomatology.

Conclusions: During lockdown, ED patients presented significantly higher levels of stress, anxiety, depression, PTSD-related symptoms, and ED-related symptoms than HC. With the easing of lockdown, PTSD-related and ED-related symptoms ameliorated, but high levels of stress, anxiety and depression persisted.

Disclosure: No significant relationships.

Keywords: Anxiety; Depression; COVID-19; eating disorders

O060

Safety of psychotropic medications in people with COVID-19

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Introduction: People with coronavirus disease (COVID-19) may frequently require treatment with psychotropic medications, but the underlying medical condition and possible interaction with medical treatments might pose serious safety issues.

Objectives: To review the direct and indirect evidence on the safety of psychotropic drugs in people with COVID-19 and provide practical recommendations for frontline clinicians.

Methods: An international, multi-disciplinary working group was established with the aim of producing evidence-based recommendations on the management of psychotropic medications in people with COVID-19, following the WHO Rapid Advice Guidelines methodology in the context of a public health emergency. Evidence retrieved was focused on the risk of respiratory, cardiovascular, infective, hemostatic, and consciousness alterations related to the use of psychotropic medications. Furthermore, drug-drug interactions between psychotropic and medical treatments used in people with COVID-19 was reviewed and critically discussed by the working group.

Results: The analysis of available evidence, although indirect, showed that all classes of psychotropic medications might carry relevant safety risks for people with COVID-19. The working group produced a set of 12 recommendations to support clinicians in the assessment of the anticipated risk of psychotropic-related unfavourable events, and how to practically manage this risk, including when it is appropriate to avoid, withdraw, switch, or adjust the dose of the medication.

Conclusions: The present evidence-based recommendations will improve the quality of psychiatric care in people with COVID-19, allowing an appropriate management of the medical condition without worsening the psychiatric condition and vice versa.

Disclosure: No significant relationships.

Keywords: coronavirus; COVID-19; Psychopharmacology; drug-drug interaction

O061

“Young people are not invincible”: What drives young people’s health behaviours during the COVID-19 pandemic in greece?

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