Results: A quarter of patients showed pronounced signs of depression and anxiety (25.4% and 24.13%, respectively), with women having higher rates of depression (M = 8.76 and M = 6.32, p<0.01). Anova showed no significant differences in the response to the disease situation in patients of different age groups. Factor analysis made it possible to identify 3 patterns of emotional coping with the disease: «positive decision oriented», «fixed on negative experiences», «accusers» (The resulting factor solution explains 69% of the dispersion). None of the identified patterns were associated with a significant reduction in signs of depression and anxiety.

Conclusions: Despite the duration of the pandemic, there is still no specific pattern of effective coping with these experiences for patients.

Disclosure: No significant relationships.
Keywords: coping with the disease; Depression; COVID-19; regulation of emotion

O078

Psychiatric clinical profiles and pharmacological interactions in COVID-19 inpatients referred to a consultation liaison psychiatry unit

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Introduction: The Coronavirus Disease 2019 (COVID-19) can affect mental health in different ways. There is little research about psychiatric complications in hospitalized patients with COVID-19.
Objectives: The aim of the study was to describe the psychiatric clinical profile and pharmacological interactions in COVID-19 inpatients referred to a Consultation-Liaison Psychiatry (CLP) unit.
Methods: This is a cross-sectional retrospective study, carried out at a tertiary hospital in Spain, in inpatients admitted because of COVID-19 and referred to our CLP Unit from March 17,2020 to April 28,2020. Clinical data were extracted from electronic medical records. The patients were divided in three groups depending on psychiatric diagnosis: delirium, severe mental illness (SMI) and non-severe mental illness (NSMI).
Results: Of 71 patients included (median [ICR] age 64 [54-73] years; 70.4% male), 35.2% had a delirium, 18.3% had a SMI, and 46.5% had a NSMI. Compared to patients with delirium and NSMI, patients with SMI were younger, more likely to be institutionalized and were administered less anti-COVID19 drugs. Mortality was higher among patients with delirium (21.7%) than those with SMI (0%) or NSMI (9.45%). The rate of side effects due to interactions between anti-COVID19 and psychiatric drugs was low, mainly drowsiness (4.3%) and borderline QTc prolongation (1.5%).
Conclusions: Patients affected by SMI were more often undertreated for COVID-19. However, the rate of interactions was very low, and avoidable with a proper evaluation and drug-dose adjustment. Half of the patients with SMI were institutionalized, suggesting that living conditions in residential facilities could make them more vulnerable to infection.

Disclosure: No significant relationships.
Keywords: COVID-19; Consultation-Liaison Psychiatry; Psychopharmacology; delirium

O079

I-mindfulness-based cognitive therapy (i-MBCT) in the treatment of COVID-19 related adjustment disorder. a RCT study with active control group

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Introduction: Adjustment disorder (AD) is described as a maladaptive reaction to an identifiable psychosocial stressor/s that usually emerges within a month after the onset of the stressor. With all uncertainty, fears and disorientation, it's no surprise that many people have developed an AD linked to the sudden changes brought about by COVID-19, such as threat to life, imposed restrictions, and the associated changes. Mindfulness-based cognitive therapy (MBCT) has been found to be effective for depression and anxiety problems, little is known, however, about its efficacy for adjustment disorder.
Objectives: The aim of the current research was to evaluate if 4 weeks long, modified internet-delivered MBCT can reduce symptoms of Covid-19 related AD.
Methods: 438 individuals with a diagnosis of AD were recruited to take part in the study. They were randomly assigned to i-MBCT, i-progressive muscle relaxation training (i-PMR), and Waiting List (WL). Assessments with questionnaires evaluating AD (ADMN-20), depression (PHQ-9, HADS-D), and anxiety (HADS-A, GAD-7) were filled at baseline, 4-week, and 1-month post-randomization. 142 individuals completed baseline and 4 week assessment (i-MBCT, n= 34; i-PMR, n= 36 and WL, n=72).
Results: We found a significant reduction in AD symptoms following the i-MBCT group, whereas no change was found in both control conditions. While a decrease in depressive and anxiety was found in both i-MBCT and i-PMR groups, the greatest reduction has been observed in i-MBCT.
Conclusions: These preliminary findings suggest that i-MBCT can be an effective intervention in treating Covid-19 related AD, but more studies are needed.

Disclosure: No significant relationships.
Keywords: Adjustment Disorder; mindfulness; COVID-19; MBCT

O080

Evaluation of anxiety symptoms and depression in the general albanian population during quarantine

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Introduction: During the COVID-19 pandemic, the Albanian authorities declared mandatory stay-at-home measures, closing businesses, schools and public places.

Objectives: To investigate the impact of these immediate changes on the mental wellbeing of the population.

Methods: Respondents (N=1678) from 18 to 60 years old were selected through a convenient sampling method. Questionnaires were administered online reporting time spent daily in the COVID-19 topic and genealities; the Patient Health Questionnaire-9 and Generalized Anxiety Disorder-7.

Results: Findings suggest a significant negative correlation between age and anxiety scoring ($r_{(n=1678)}$=-.121, $p \leq .001$) and age and depression scoring ($r_{(n=1678)}$=-.232, $p \leq .001$), shown also on the ANOVA test for age and anxiety (F=6.019, $p \leq .05$) and age and depression (F=20.326, $p \leq .05$). Differences on the level of education resulted in a lower score of anxiety and depression respectively (F=3.524, $p \leq .05$), (F=7.739, $p \leq .05$) on respondents with higher education. Those who were jobless from the pandemic scored higher on anxiety and depression respectively (F=9.760, $p \leq .05$) (M=6.21, ds=4.686) and (F=16.051, $p \leq .05$) (M=8.18, ds=5.791). Significant differences were found related to different amounts of time spent on the COVID-19 topic, respectively for anxiety and depression (F=25.736, $p \leq .001$), (F=5.936, $p \leq .003$), with people who spend less than 1 hour scoring higher on depression (M=7.57, ds= 5.849) and those who spend more than 3 hours scoring higher on anxiety (M=6.76, ds=5.60).

Conclusions: Higher education individuals, having a job and being in a romantic relationship relate to lower levels of depression during Covid-19 quarantine in Albania. Spending more time on the COVID-19 topic daily and being a female relate to higher level of anxiety.

Disclosure: No significant relationships.
Keywords: covis-19; anxiety; depression; general population

O082

Psychological impact of the COVID-19 crisis on young swiss men participating in a cohort study: Differences due to socioeconomic status and work situation

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Introduction: The COVID-19 pandemic impacted daily life worldwide. It may also have had a psychological impact, especially on those with less resources already before the crisis and those who reported substantial changes to their work situation.

Objectives: To investigate whether socioeconomic status before the crisis and changes in work situation during the crisis (unemployment, home-office) are associated with psychological impact in a cohort of young Swiss men.

Methods: A total of 2345 young Swiss men (mean age = 29) completed assessments shortly before (April 2019 to February 2020) and early during the COVID-19 crisis (May to June 2020). Assessments covered psychological outcomes assessed before and during COVID-19 crisis (depression, perceived stress and sleep quality), and assessed during the crisis (fear, isolation and COVID-19 psychological trauma), socioeconomic status (relative financial status and difficulty to pay bills) before the crisis and changes in work situation (unemployment, home-office).

Results: About a fifth of the sample were in partial unemployment or lost their job during COVID-19 crisis. Those in partial or full unemployment, those mostly working from home and those with a lower socioeconomic status already prior to the crisis showed overall higher levels of depression, stress, psychological trauma, fear and isolation.

Conclusions: Even in a country with high social security such as Switzerland, the COVID-19 crisis had a higher psychological impact on those who were already disadvantaged before the crisis or experienced deteriorations in their work situation. Supporting disadvantaged subpopulations during the crisis may help to prevent an amplification of pre-existing inequalities.

Disclosure: No significant relationships.
Keywords: COVID-19; psychological impact; Switzerland; Socioeconomic status

O084

The coronavirus pandemic in Israel: A comparison between holocaust survivors and other older adults

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Introduction: The COVID-19 pandemic places older adults at increased risk for hospitalization and mortality. It also involves social isolation and negative effects of limited mental, social and physical activity. Holocaust survivors could be especially vulnerable to such effects due to their early life traumas. Previous research suggests that in times of life crises, Holocaust survivors may be both most vulnerable (i.e., wear-and-tear hypothesis); yet they may also demonstrate resilience.

Objectives: Thus, the current study examines the effects of the COVID-19 pandemic on the mental health and well-being of Holocaust survivors in Israel, compared to adults who did not experience the Holocaust.

Methods: We collected data from 305 older adults aged 75 and above in Israel during the COVID-19 pandemic. Of these, 114 were Holocaust survivors and 191 did not experience the Holocaust. Participants were asked about their worries of COVID-19 infections, will to live, loneliness and depression and how these changed during the COVID-19 pandemic.

Results: Holocaust survivors were worried to a greater extent from COVID-19 infection and from close others becoming infected, compared to older adults who did not experience the Holocaust. Moreover, survivors reported greater loneliness and depression overall and also reported that these measures became worse during