

**Introduction:** The COVID-19 pandemic has brought additional worries and challenges to people's lives, with potential implications for psychological well-being.

**Objectives:** To understand which worries and life changes have affected most the Portuguese general population during the COVID-19 pandemic and to analyse which contents are associated with higher levels of repetitive negative thinking/RNT and psychological distress/PD.

**Methods:** In September-December 2020, 413 Portuguese adults (69.2% female; Mean age =  $31.02 \pm 14.272$ ) were asked one open question, with reference to the COVID-19 pandemic period: "what was your biggest worry?"; the answers were independently categorized by two researchers. Participants also filled the validated Depression Anxiety and Stress Scale and the Perseverative Thinking Questionnaire.

**Results:** The most prevalent worries were about: 1) fear of contamination (oneself and others-48.7%; 2) physical and mental health and well-being (self and others)-27.2%; 3) studies and profession-13.3%; 4) uncertainty about the future-7.7%; 5) economic-financial issues-6.5%; 6) miscellaneous-3.3%; 7) no worries-0.7%. Participants who had worries of the theme 4 had the highest RNT and PD mean scores, followed by themes 3 and 5, and then themes 2 and 1. These thematic groups significantly ( $p < .01$ ) differ between each other (except 3-5) and from the other groups. RNT was a significant predictor of PD ( $R^2 = 37.0\%$ ,  $\beta = .609$ ,  $p < .001$ ).

**Conclusions:** People who worry about the future uncertainties, occupational activities and finances should be systematically assessed with regard to their levels of anxiety, depression and stress and they can learn to deal with the RNT as a way to reduce their psychological suffering in times of pandemic.

**Disclosure:** No significant relationships.

**Keywords:** covid; health; Covid-19 pandemic; contamination

## EPP0199

### Combined Low Dose of Ketamine and Social Isolation: A Possible Model of Induced Chronic Schizophrenia-Like Symptoms

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doi: 10.1192/j.eurpsy.2022.505

**Introduction:** Identifying a feasible model of chronic schizophrenia would be valuable for studying the possible underlying mechanism and to investigate emerging treatments. Our hypothesis starts from the observation that combining ketamine with isolation could result in long-lasting neuro-psychological deficits and schizophrenia-like features; thus, it could probably be used as the first model of chronic schizophrenia that emphasizes the characteristic of having a multifactorial etiology

**Objectives:** creation of a complex animal model capable of exhibiting the multifactorial origin and manifestation of schizophrenia.

**Methods:** we investigated the effects of ketamine administration combined with isolation in inducing schizophrenia-like symptoms in male albino rats and the brain reactive oxygen species levels.

**Results:** Our results showed that the number of lines crossings in the open field test, the number of open arm entries in the elevated plus maze, and the spontaneous alternations percentage in the Y-maze were significantly lower in the ketamine + isolation group compared to both the control and ketamine + social housing group ( $p < 0.05$ ). Furthermore, the ketamine + isolation intervention significantly increased the MDA levels and decreased the GPx levels both in the hippocampus and the cortex of the rats. In addition, our premise of creating a model capable of exhibiting both positive and negative symptoms of schizophrenia was also based on adding the aripiprazole treatment to a group of rats

**Conclusions:** combining ketamine with isolation could result in long-lasting neuro-psychological deficits and schizophrenia-like features

**Disclosure:** No significant relationships.

**Keywords:** Model; Ketamine; schizophrenia

## EPP0200

### The impact of constitutive mTORC1 hyperactivity on structural synaptic plasticity and social behaviour under standard conditions and environmental enrichment

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doi: 10.1192/j.eurpsy.2022.506

**Introduction:** Autism spectrum disorders (ASD) are a group of neurodevelopmental disabilities causing major social, communication, and behavioural challenges. Although causative roles of altered genes and environment are recognized, the underlying mechanisms remain elusive.

**Objectives:** We carried out a longitudinal analysis of morphological correlates of synaptic plasticity in the cortex with an array of neuro-behavioural tests in *Tsc2* loss-of-function ASD rats with persistent mTORC1 hyperactivity.

**Methods:** Dendritic spine density and morphology with astroglial response were analysed along with behavioural tests in 45 d.o., 90 d.o. and 12 m.o. age groups maintained under standard or enriched conditions.

**Results:** We report a higher density of spines, with a bigger proportion of thin spines in 90 d.o. *Tsc2*+/- rats, while under enrichment the spine density in 12 m.o groups was lower. In behavioural tests, rats under enrichment showed higher activity in open arms and anogenital contact tests in the second and third age groups. They also showed enhanced self-grooming. Total distance travelled in the open field by *Tsc2*+/- rats was less in the first and second age groups. Confocal imaging showed an increase in pS6 expression in second and third *Tsc2*+/- groups, implying mTORC1 hyperactivity.

**Conclusions:** Our results show that the environment may have differential neuro-behavioural impacts in rats with unleashed mTORC1, in agreement with the two-hit mechanisms of the

underlying neuro-behavioural effects in this model. Although the results of the morphometric analysis suggest a causal link between behavioural changes with altered synaptic plasticity, the mechanisms and involved signalling remain to be defined.

**Disclosure:** No significant relationships.

**Keywords:** animal models of autism; dendritic spines; tuberous sclerosis complex; enriched environment

## EPP0201

### Burnout or anxiety?! A medical trial regarding resident doctors in a first line University Hospital during COVID 19 pandemic.

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doi: 10.1192/j.eurpsy.2022.507

**Introduction:** Coronavirus Disease 2019 (COVID-19) caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) has been reported as a worldwide emergency. Due to the extensiveness of spread and death, it has been declared as a pandemic.

**Objectives:** To highlight how COVID-19 pandemic psycho-emotional affects the medical staff of a frontline University Hospital in the "battle" with new coronavirus.

**Methods:** We employed a cross-sectional survey of 71 resident doctors from a frontline Hospital after a one-year pandemic and analyzed the prevalence and associated factors with work-related psychological distress among our study group.

**Results:** Out of the hospital resident doctors, 71 participated and completed the questionnaire, offering an overall response rate of 100%. The majority of participants were women (86% - 61). The average age was 29 years. Most respondents were unmarried. A total of 67% of participants were non-smokers, 5% stated that they occasionally consumed alcohol, none of them used drugs. As a result of the qualitative and quantitative analysis of the data, aspects related to anxiety (21.12% - 15), exhaustion (15.49% - 11), and depression (11.26% - 8) are highlighted. In our study, no people were identified who would reach extreme exhaustion in the work process, due to good resilience and due to a well thought out program of work and rest during the pandemic.

**Conclusions:** The psychological pressure at work, as well as the one felt after limiting and restricting mobility for shorter or longer periods, had an impact on the psycho-emotional state of health care workers, requiring further psychological reassessments and psychological support.

**Disclosure:** No significant relationships.

**Keywords:** burnout; anxiety; pandemic; covid 19; resident doctor; hospital

## EPP0202

### Psychiatric care in Croatia during COVID-19 lockdown and earthquake: significant decrease in admissions to University Psychiatric Hospital Vrapce in Zagreb

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doi: 10.1192/j.eurpsy.2022.508

**Introduction:** The COVID-19 pandemic has had an enormous impact on both physical and mental health of people around the world.

**Objectives:** The aim of the study was to evaluate the number and characteristics of people seeking emergency psychiatric help during combined psychosocial stressful events in March 2020.

**Methods:** Data for 3927 patients seeking emergency psychiatric help were collected and analyzed for the months preceding, during and after lockdown due to COVID-19 pandemic and concomitant earthquake that took place on 22nd March 2020 in Zagreb, and compared with the same months of 2019.

**Results:** A significant decrease in both the number of visits and admissions to the hospital was found for the month of lockdown. There was a significant decrease in the number of out-patients visits and day hospital admissions. Compared with other months, more women and younger patients sought help. There was a significant rise in the number of patients presenting with suicidal thoughts, as well as a larger percentage of involuntary admissions.

**Conclusions:** Overall less people sought psychiatric help in the face of an unpredictable acute threat, which was interpreted in the light of prioritizing fear of infection over mental health issues. Alternatively, it is possible that people threatened with immediate danger mobilize short-term compensatory psychological resources which help deal with or put off mental illness. This research was conducted as part of the project of the Croatian Science Foundation CORONA-04-2086 Life in the time of COVID-19-social implications on the security and well-being of vulnerable groups in the European context.

**Disclosure:** No significant relationships.

**Keywords:** COVID-19 pandemic; Emergency psychiatric care; Hospital admission; lockdown

## EPP0203

### Mechanisms and Effectiveness of Online CB-ART Interventions in Reducing Covid-19-related Distress

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doi: 10.1192/j.eurpsy.2022.509

**Introduction:** The combination of cognitive behavioral interventions and art therapy provides a unique tool for image transformation as a strategy for managing distress in extremely stressful