

19 associated deaths in the SMD group and 4945 (0.06%) in the control group, corresponding to an OR of 1.98 (CI 1.66-2.35;  $p < 0.001$ ). The odds were fourfold in the age group between 60 and 79 years. Cardiovascular diseases increased the odds by 50%. Individuals with SMD without any of the risk factors under study had three-folds odds of COVID-19 associated death.

**Conclusions:** Our preliminary results suggest that individuals with SMD are a further group at increased risk of COVID-19 associated death. The factors contributing to this increased mortality risk require clarification.

**Disclosure:** Ursula Werneke has received funding for educational activities on behalf of Norrbotten Region (Masterclass Psychiatry Programme 2014-2018 and EAPM 2016, Luleå, Sweden): Astra Zeneca, Eli Lilly, Janssen, Novartis, Otsuka/Lundbeck, Servier, Shire and Sunovi

**Keywords:** COVID-19; mental disorder; Mortality; coronavirus

## O146

### European study on the attitude of psychiatrists towards their patients

D. Ori<sup>1\*</sup>, P. Szocsics<sup>2</sup>, T. Molnar<sup>3</sup>, K. Guevara<sup>4</sup>, L. Bankovska-Motlova<sup>5</sup>, I. Ivanovic<sup>6</sup>, E.A. Carbone<sup>7</sup>, K. Kotsis<sup>8</sup>, E. Dashi<sup>9</sup>, G. Ahmadova<sup>10</sup>, A. Panayi<sup>11</sup>, H. Yilmaz Kafali<sup>12</sup>, I. M. Klinkby<sup>13</sup>, K. Bruna<sup>14</sup>, M. Vircik<sup>15</sup>, M. Wallies<sup>16</sup>, H. Kisand<sup>17</sup>, A. Hargi<sup>18</sup>, A. Mirkovic<sup>19</sup>, P. Rus Prelog<sup>20</sup>, C. Cabaços<sup>21</sup>, A. T. Pereira<sup>22</sup>, S. Boivin<sup>23</sup>, V. Angyal<sup>24</sup>, N. Grinko<sup>25</sup>, G. Grech<sup>26</sup>, F. Schuster<sup>27</sup>, M. Valdivielso<sup>28</sup>, S. Raaj<sup>29</sup>, J. Maslak<sup>30</sup>, S. Mörk<sup>31</sup>, R. Strumila<sup>32</sup>, N. Nechepurenko<sup>33</sup>, O. Kazakova<sup>34</sup>, S. Kakar<sup>35</sup>, M. Abdulhakim<sup>36</sup>, S. Matheiken<sup>37</sup>, V. Oanca<sup>38</sup>, I. Salopek<sup>39</sup>, G. Kalpak<sup>40</sup> and Z. Györfy<sup>40</sup>

<sup>1</sup>Acute Ward, Vadaskert Child and Adolescent Psychiatric Hospital, Budapest, Hungary; <sup>2</sup>Institute Of Experimental Medicine, Institute of Experimental Medicine, Budapest, Hungary; <sup>3</sup>Psychiatry, University of Pécs Medical School, Petz Aladár County Hospital, Győr, Hungary; <sup>4</sup>Department Of Psychiatry, Military Medical Academy, Sofia, Bulgaria; <sup>5</sup>Charles University, 3rd Faculty of Medicine, Prague, Czech Republic; <sup>6</sup>Clinic For Psychiatry, Clinical Centre of Montenegro, Podgorica, Montenegro; <sup>7</sup>University Magna Graecia Of Catanzaro, University Magna Graecia Of Catanzaro, Catanzaro, Italy; <sup>8</sup>Department Of Psychiatry, University of Ioannina, Ioannina, Greece; <sup>9</sup>Xhavit Gjata Hospital, Xhavit Gjata Hospital, Tirane, Albania; <sup>10</sup>City Hospital N15, City Hospital N15, Baku, Azerbaijan; <sup>11</sup>Private Practice, private practice, Nicosia, Cyprus; <sup>12</sup>Ankara City Hospital Bilkent, Ankara City Hospital Bilkent, Ankara, Turkey; <sup>13</sup>Child And Adolescent Psychiatric Department, Child and Adolescent Psychiatric Department, Region of Zealand, Denmark; <sup>14</sup>Psychiatric Hospital Gintermuiza, Psychiatric Hospital Gintermuiza Psychiatric Hospital Gintermuiza, Jelgava, Latvia; <sup>15</sup>Psychiatric Hospital Michalovce, Psychiatric Hospital Michalovce, Michalovce, Slovak Republic; <sup>16</sup>Psychiatrische Klinik Clenia Littenheid, Psychiatrische Klinik Clenia Littenheid, Sirnach, Switzerland; <sup>17</sup>University Of Tartu, University of Tartu, Tartu, Estonia; <sup>18</sup>Child And Adolescent Psychiatry, Children's Hospital Ljubljana, Ljubljana, Slovenia; <sup>19</sup>University Psychiatric Clinic Ljubljana, Centre for Clinical Psychiatry, Ljubljana, Slovenia; <sup>20</sup>Department Of Psychological Medicine, Faculty of Medicine, University of Coimbra, Coimbra, Portugal; <sup>21</sup>Institute Of Psychological Medicine, Faculty Of Medicine, University of Coimbra, Coimbra, Portugal; <sup>22</sup>Epsm Étienne Gourmelen, EPSM Étienne Gourmelen, Quimper, France; <sup>23</sup>Child And Adolescent Psychiatric Clinic, Child and Adolescent Psychiatric Clinic, Jönköping, Sweden; <sup>24</sup>Chernivtsi Reginal Mental Hospital, Chernivtsi

Reginal Mental Hospital, Chernivtsi, Ukraine; <sup>25</sup>Psychiatry, Mount Carmel Hospital, Attard, Malta; <sup>26</sup>Klinikum Rechts Der Isar, Technischen Universität München, München, Germany; <sup>27</sup>University Of Navarra Clinic, University of Navarra Clinic, Pamplona, Spain; <sup>28</sup>Department Of Liasion Psychiatry, Mater University Hospital, Dublin, Ireland; <sup>29</sup>Institute For Mental Health, Institute for Mental Health, Belgrade, Serbia; <sup>30</sup>Department Of Psychiatry And Psychotherapeutic Medicine, Medical University of Graz, Graz, Austria; <sup>31</sup>Medicine Faculty, Vilnius University, Vilnius, Lithuania; <sup>32</sup>The Serbsky State Scientific Center For Social And Forensic Psychiatry, The Serbsky State Scientific Center for Social and Forensic Psychiatry, Moscow, Russian Federation; <sup>33</sup>Psychiatric Clinic Of Minsk City, Psychiatric Clinic of Minsk City, Minsk, Belarus; <sup>34</sup>Erasmus University In Rotterdam, Erasmus University in Rotterdam, Rotterdam, Netherlands; <sup>35</sup>Department Of Psychiatry, Vrije Universiteit Brussel, Brussels, Belgium; <sup>36</sup>Department Of Psychiatry, Pennine Care NHS Foundation Trust, Oldham, United Kingdom; <sup>37</sup>Child And Adolescent Psychiatry Clinic, SCUC, Cluj-Napoca, Romania; <sup>38</sup>General Hospital Karlovac, General Hospital Karlovac, Karlovac, Croatia; <sup>39</sup>University Clinic Of Psychiatry, University Clinic of Psychiatry, Skopje, North Macedonia and <sup>40</sup>Institute Of Behavioural Sciences, Semmelweis University, Budapest, Hungary

\*Corresponding author.

doi: 10.1192/j.eurpsy.2021.340

**Introduction:** Many people think that people with mental disorders might be dangerous or unpredictable. These patients face various sources of disadvantages and experience discrimination in job interviews, in education, and housing. Mental health-related stigma occurs not only within the public community, it is a growing issue among professionals as well. Our study is the first that investigates the stigmatising attitude of psychiatrists across Europe. **Objectives:** We designed a cross-sectional, observational, multi-centre, international study of 33 European countries to investigate the attitude towards patients among medical specialists and trainees in the field of general adult and child and adolescent psychiatry.

**Methods:** An internet-based, anonymous survey will measure the stigmatising attitude by using the local version of the Opening Minds Stigma Scale for Health Care Providers. Data gathering started in July this year and will continue until December 2020.

**Results:** This study will be the first to describe the stigmatising attitude of psychiatric practitioners across Europe from their perspectives.

**Conclusions:** The study will contribute to knowledge of gaps in stigmatising attitude towards people with mental health problems and will provide with new directions in anti-stigma interventions.

**Disclosure:** No significant relationships.

**Keywords:** Stigma; attitude towards patients; mental health related stigma; psychiatrists

## O147

### 24-hour movement behaviours and the risk of common mental health symptoms: A compositional analysis in the UK biobank

A. Kandola<sup>1\*</sup>, B. Del Pozo Cruz<sup>2</sup>, D. Osborn<sup>1</sup>, B. Stubbs<sup>3</sup>, K. Choi<sup>4</sup> and J. Hayes<sup>1</sup>

<sup>1</sup>Division Of Psychiatry, University College London, London, United Kingdom; <sup>2</sup>Institute For Positive Psychology And Education, Australian Catholic University, Sydney, Australia; <sup>3</sup>Institute Of

Psychiatry, Psychology, And Neuroscience, King's College London, London, United Kingdom and <sup>4</sup>Department Of Psychiatry, Massachusetts General Hospital, Boston, United States of America

\*Corresponding author.

doi: 10.1192/j.eurpsy.2021.341

**Introduction:** Sedentary behaviour is potentially a modifiable risk factor for depression and anxiety disorders, but findings have been inconsistent.

**Objectives:** To assess associations of sedentary behavior with depression and anxiety symptoms and estimate the impact of replacing daily time spent in sedentary behaviors with sleep, light, or moderate-to-vigorous physical activity, using novel compositional data analysis methods.

**Methods:** Prospective cohort study in with 60,235 UK Biobank participants (mean age: 56; 56% female). Exposure was baseline daily movement behaviours (accelerometer-assessed sedentary behaviour, physical activity, and self-reported total sleep). Outcomes were depression and anxiety symptoms (Patient Health Questionnaire-9 and Generalised Anxiety Disorders-7) at follow up.

**Results:** Replacing 60 minutes of sedentary behaviour with light activity, moderate-to-vigorous activity, and sleep was associated with lower depression symptom scores by 1.3% (95%CI, 0.4%-2.1%), 12.5% (95%CI, 11.4%-13.5%), and 7.6% (95%CI, 6.9%-8.4%), and lower odds of depression by 0.95 (95%CI, 0.94-0.96), 0.75 (95%CI, 0.74-0.76), and 0.90 (95%CI, 0.90-0.91) at follow-up. Replacing 60 minutes of sedentary behaviour with moderate-to-vigorous activity and sleep was associated with lower anxiety symptom scores by 6.6% (95%CI, 5.5%-7.6%) and 4.5% (95%CI, 3.7%-5.2%), and lower odds of meeting the threshold for an anxiety disorder by 0.90 (95%CI, 0.89-0.90) and 0.97 (95%CI, 0.96-0.97) at follow-up. However, replacing 60 minutes of sedentary behaviour with light activity was associated with higher anxiety symptom scores by 4.5% (95%CI, 3.7%-5.3%) and higher odds of an anxiety disorder by 1.07 (95%CI, 1.06-1.08).

**Conclusions:** Sedentary behaviour is a risk factor for increased depression and anxiety symptoms in adults, but different replacement activities differentially influence mental health.

**Disclosure:** No significant relationships.

**Keywords:** sedentary behaviour; Physical Activity; Depression; Anxiety

## O148

### Psychiatric morbidity among undergraduate students of university of Ilorin, Kwara state, Nigeria

O. Buhari<sup>1\*</sup>, A.J. Ogunmodede<sup>2</sup>, O. Bolarinwa<sup>3</sup>, O. Adegunloye<sup>1</sup>, A. Adegoke<sup>4</sup> and R. Ogunbayo<sup>5</sup>

<sup>1</sup>Dept Of Behavioural Sciences, UNIVERSITY OF ILORIN & University OF ILORIN TEACHING HOSPITAL, ILORIN, Nigeria;

<sup>2</sup>Dept Of Behavioural Sciences, UNIVERSITY OF ILORIN TEACHING HOSPITAL, ILORIN, Nigeria; <sup>3</sup>Department Of Epidemiology And Community Health, Faculty Of Clinical Sciences, University of Ilorin/ University of Ilorin Teaching Hospital, Ilorin, Nigeria; <sup>4</sup>Department Of Counseling Education, University of Ilorin, Ilorin, Nigeria and <sup>5</sup>Department Of Psychology, university of Ilorin, Ilorin, Nigeria

\*Corresponding author.

doi: 10.1192/j.eurpsy.2021.342

**Introduction:** The Nigerian tertiary education system admits mostly teenagers and young adults from different ethno-religious and family backgrounds, some of whom may have inherent risks and predisposition to mental illness. They then undergo stressful conditions related to the university life such as long durations of lectures, over-crowding, and lack of social amenities, haphazard lecture schedules as well as incessant industrial strike actions of academic and non-academic staff. In spite of these, there appears to be few studies on the burden of emotional and mental disorders among Nigerian University students, and none was cited suggesting interventions that may be appropriate.

**Objectives:** The objectives of the study is to determine the prevalence of psychiatric morbidity and its associated factors among undergraduate students of University of Ilorin

**Methods:** This is a cross-sectional study using multi staged systematic randomization. A self-administered sociodemographic questionnaire and the 12 item general health questionnaire (GHQ -12) was administered on 3,300 students.

**Results:** Psychiatric morbidity was found to be 23.6% of the 3179 analyzable returned questionnaires. Factors found to be significantly associated with psychiatric morbidity included female gender, relationship with parents, parental employment status and family structure. Students on scholarship were more likely to have mental illness. Other associated factors include whether course of study was the preferred one and relationships with peers and lecturers on campus. About 46.6% of the students were willing to have internet based mental health intervention programmes.

**Conclusions:** The data obtained from this study is relevant for the formation of mental health promotion and prevention programs on our campus.

**Disclosure:** this study is part of the first phase of a three phase study. it aims to explore the factors associated with psychiatric morbidity among University student as a precursor for determining appropriate mental health interventions. it was partly funded by the

**Keywords:** psychiatric morbidity; undergraduate students

## O149

### Prolonged length of stay in acute psychiatric wards: A descriptive study

L. Lopes<sup>1\*</sup>, M. Gonçalves-Pinho<sup>2,3,4</sup>, S. Pereira<sup>1</sup>, J.P. Ribeiro<sup>3</sup> and A. Freitas<sup>2,4</sup>

<sup>1</sup>Department Of Psychiatry And Mental Health, Centro Hospitalar de Vila Nova de Gaia e Espinho, Vila Nova de Gaia, Portugal; <sup>2</sup>Cintesis – Center For Health Technology And Services Research, Faculty of Medicine, University of Porto, Porto, Portugal; <sup>3</sup>Department Of Psychiatry And Mental Health, Centro Hospitalar do Tâmega e Sousa, Penafiel, Portugal, Penafiel, Portugal and <sup>4</sup>Department Of Community, Information And Health Decision Sciences (medcids), Faculty of Medicine, University of Porto, Porto, Portugal, Porto, Portugal

\*Corresponding author.

doi: 10.1192/j.eurpsy.2021.343

**Introduction:** The psychiatric care paradigm has shifted towards community-centered models. Yet, prolonged hospitalizations are still a reality, with debated impact at healthcare systems and patients.

**Objectives:** This work aims to describe prolonged hospitalizations in acute psychiatric wards through patients' sociodemographic and clinical data.