

**Introduction:** Smart care in offices and industrials approach has the best way for the results of staying healthy in the transmission chain and this issue is not only a moral necessity but also it can be a successful plan where personal care centers start keeping the patients, employees, and experts of healthcare ward healthy by digital industries. In this project, the environment along with the individual's body scan and accessing his/her biomarkers, the environment mechanism will be approached to the welfare level to disappear the disease, then change the air by antiseptic materials for air conditioning desirably.

**Objectives:** Designing the self-care environment by accessing the smart elements decreases the pathogenic factors in the environment, by scanning the individual's case and inquiring from health base, the features of the environmental elements will be optimized to normal situation.

**Methods:** Content analysis of environmental components of space and categorizing of sensors. Determining the basic model for programming Designing the architectural environment in accordance with the standards set in the previous section, preparation of the model with thermal, biological, biochemical, sensors.

**Results:** Designing the self-care environment by accessing the smart elements decreases the pathogenic factors in the environment, by scanning the individual's case and inquiring from health base, the features of the environmental elements will be optimized to normal situation.

**Conclusions:** By a positive design in architectural changes in care units in the field of public spaces, offices and industrial parts, we can easily control individual behaviors in the face of pandemic diseases and decline their psychic side effects.

**Conflict of interest:** Our work experience requires investment to run on a real scale

**Keywords:** biophilia; mental health; work place and environment behavioral stress

### EPP0313

#### Undergraduate students' attitudes to COVID-19 during the lockdown period: Hierarchy of psychological factors

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**Introduction:** The effect of COVID-19 on different age groups is not the same. It is of great interest to see how specifically students, who are regarded as a less susceptible group, relate to COVID-19 during the period of government imposed lockdown.

**Objectives:** To determine the factorial structure of the revealed university students' attitudes to COVID-19 during the period of lockdown and distance learning.

**Methods:** We questioned online 127 male and 200 female Russian universities students during their distance learning. We used a 17-point Attitude towards COVID-19 Questionnaire based on the results of the half-structured interview with the students. We subjected the received data to a factor analysis.

**Results:** With the principal components method, we obtained a five-factor structure of the questionnaire under study with the total

variance of 65.2%. According to the content of the questions, we defined these factors in the following way: factor of COVID-19 danger to the society (with variance – 20.2%); factor of ruined personal life plans (14.0%); factor of COVID-19 threat to personal health and life (13.9%); factor of disbelief in COVID-19 dangers (9.1%) and factor of expecting new pandemics (8.0%). Here is the hierarchy of the mean numbers of students who had maximal points in each of the factors mentioned: 66.6%; 59.3%; 24.4%; 23.9% and 23.2%.

**Conclusions:** The students' attitudes to COVID-19 depended on different tendencies during the lockdown period. The prevailing perception of COVID-19 as a real threat to health and life went together with the undervaluation of its significance and a shift to everyday life issues.

**Keywords:** psychological factors; undergraduate students; attitudes; COVID-19

### EPP0314

#### Binge eating disorders in the age of coronavirus outbreak

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**Introduction:** Lockdown imposed by the Tunisian government had a psychological impact such as depression, stress and anxiety, which triggered the development of eating disorders especially binge eating disorder.

**Objectives:** To screen the binge eating disorder among general population in Gabes (south of Tunisia) and to identify factors associated with it.

**Methods:** We conducted a cross-sectional, descriptive and analytical web-based survey, from April 19, 2020, to May 5, 2020 on Facebook on citizens living in south of Tunisia. During this period, the total confirmed cases of COVID-19 exceeded 900 in Tunisia. We used a self-administered anonymous questionnaire containing citizen's sociodemographic and clinical data. The Diagnostic and Statistical Manual of Mental Disorders (DSM-5) criteria were used to assess Binge-Eating Disorder.

**Results:** A total of 331 persons were included. They were females (65%) and singles (43,2%). 71% of our population were aged between 20 and 40 years old. Among citizens of southern Tunisia, 6,9% suffered from binge eating disorder during this period of the lockdown. Binge eating disorders were associated to past psychiatric history (2,1% vs 4,53%,  $p < 10^{-3}$ ), history of eating disorder (4,5% vs 2,4%,  $p < 10^{-3}$ ), social isolation (5,1% vs 1,8%,  $p = 0,015$ ) and lack of physical activity (3,3% vs 3,9%,  $p = 0,025$ ).

**Conclusions:** Our study showed that lockdown during the COVID-19 pandemic has changed the eating behavior of citizens of southern Tunisia. It is therefore important to screen them in order to manage them before complications emerge.

**Keywords:** coronavirus outbreak; mental health; General population; Binge eating

## EPP0317

**Coronavirus lockdown and its impact on mental health of general population**

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**Introduction:** On March, Tunisian government imposed lockdown measures on cities to contain the COVID19 outbreak. Media coverage, social distancing, quarantine and isolation led to a global atmosphere of anxiety and depression.

**Objectives:** To assess the level of anxiety and depression among citizens of southern Tunisia and their associated factors.

**Methods:** We conducted a cross-sectional, descriptive and analytical online-based survey, from April 19, 2020, to May 5, 2020 on 331 citizens living in south of Tunisia. During this period, the total confirmed cases of COVID-19 exceeded 900 in Tunisia. We used a self-administered anonymous questionnaire containing citizen's sociodemographic and clinical data. Hospital Anxiety and Depression Scale (HAD) validated in the Tunisian dialectal version was used to assess anxiety and depression. Data were analysed using SPSS version 21.

**Results:** The 331 Participants were males (35%), singles (43,2%), aged between 20 and 40 years old (71%). From them, 37.5 % were suffering from anxiety and 42% of them from depression. Anxiety was correlated to the personal history of anxiety ( $p < 10^{-3}$ ), the depression ( $p < 10^{-3}$ ), the fear of contamination ( $p < 10^{-3}$ ), the increased consumption of coffee and tea ( $p = 0.005$ ) and sleep disorders ( $p < 10^{-3}$ ). Meanwhile, depression was associated to a past psychiatric history ( $p = 0.001$ ), a personal experience of psychological violence ( $p = 0.011$ ), increased cannabis use ( $p = 0.011$ ) and a broken sleep ( $p = 0.007$ ).

**Conclusions:** Our study identified a high prevalence of adverse psychological symptoms experienced by Tunisian citizens during this first wave of virus spread. Mitigating coronavirus effect on mental health is becoming an international public health priority.

**Keywords:** General population; COVID-19; Anxiety; Depression

## EPP0318

**Did social media interaction replace quantitatively and qualitatively social face to face interaction during first months of COVID-19 pandemic ?**

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**Introduction:** COVID-19 has changed entire lives. Lockdowns all over the world have resulted in social isolation and whole populations started to live a new social norm.

**Objectives:** In this presentation I will discuss the role social media has played in social interactions during lockdown. Mainly if social media use has replaced social face to face interactions. This both in terms of quantity and emotional quality of interactions. I will be using a study we conducted in Malta in this regard.

**Methods:** It seems that social media use has increased during lockdown. To analyse this in Malta we studied a dataset comprising more than 50,000 comments and more than 150,000 interactions that has been extracted from Facebook covering a time span of four months. These months were the first wave of COVID- 19 cases in Malta. We conducted a quantitative and qualitative data analysis to establish the social polarity of the content.

**Results:** I will discuss how social media has in part replaced the social face to face interactions during COVID- 19 pandemic initial months, and use the results of the study we conducted in Malta as an example.

**Conclusions:** It would be useful to analyse further the use of social media in the new social norm caused by COVID- 19. Most importantly how it could be used to decrease social isolation effectively and increase psychological wellbeing.

**Keywords:** social media; COVID- 19; psychological wellbeing; online interaction

## EPP0319

**COVID-19 and lockdown impact on BPD patients and their familiars.**

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**Introduction:** It is large known that Coronavirus outbreak has had a psychological impact on the general population, specifically on those with a mental disease as Borderline Personality Disorder (BPD) and their relatives.

**Objectives:** The aim of the study is to identify and examine the individual and familiar impact of the coronavirus outbreak on patients diagnosed with BPD and their parents.

**Methods:** A qualitative research design using focus groups was selected to identify and discuss participants' experiences, beliefs, perceptions and attitudes. The target population consisted of patients with BPD and their parents. Participants were recruited from the BPD psychiatric service from the Hospital Universitari de la Vall de Hebron (Barcelona, Spain). Data was collected via two focus groups, one with patients with BPD and other with their parents. Content analysis was used to determine categories and themes.

**Results:** The qualitative analysis of participants' perceptions are presented using the following themes: changes and difficulties during lockdown, after lockdown concerns and challenges, general learning, and future needs. Results identify factors associated with the COVID-19 outbreak and other factors already present as family dynamics and individual difficulties.

**Conclusions:** Findings have been discussed focusing on individual and familiar impact, and allows us to consider challenges precipitated by the COVID-19 pandemic. The study evidence that a family intervention approach is essential to enhance BPD treatment.

**Keywords:** Borderline personality disorder; lockdown; family; coronavirus