

Methods: An ad hoc survey have been sent from May to June 2020.

Results: These results refer to the Italian survey of a multicenter investigation with partnership of Spain and Portugal universities. The investigation is in progress being a longitudinal study. Of the total 292 subjects investigated (age xM: 34; sD14.13), 118 (40,41%) had been in SI. Subjects forced into SI report more interference in the life satisfaction ($p=0.003$) though no more anxiety, depression and hostility we found in the SI group.

Conclusions: During the phase 2 of Italian COVID-19 diffusion, we found an impact on the life satisfaction more than psychopathology. We can assume that the impact of mental health it may occur as the reduction in life satisfaction associated with forced SI continues.

Keywords: social isolation; Health Survey; COVID-19; Life satisfaction

EPP0472

Emergency state in COVID-19 pandemic: Hungarian patients' experiences

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Introduction: The COVID-19 pandemic made necessary the declaration of emergency state in Hungary from 11 March 2020 to 18 June 2020. During this period hospitals were reserved for emergency use, ambulatory care was limited and replaced by telemedicine.

Objectives: We assessed the opinions of patients of two ambulatory psychiatric care units in Budapest regarding the emergency state.

Methods: We enrolled 438 outpatients in the survey (305 women and 133 men, mean age: 51.9 ± 16.2 years). Our questionnaire comprised 10 items on emotions and mental state and a 12 item „Problem evaluation scale” (included 'Fear', 'Isolation' and 'Health status' subscales). General linear model (GLM), pairwise comparison and Tukey's post hoc test were performed.

Results: Up to 34% of patients considered that their condition worsened during this period, but 12% of them thought that this was not related to emergency state. Twice as many participants (12.8%) were concerned about their financial situation than about their health status (6.1%). Worsening health status, higher fear and more common adaptation difficulties were reported by patients < 50 years, than by subjects > 50 years ($p=0.001$; $p=0.045$; $p=0.003$). Isolation caused higher distress among women than in men ($p=0.003$). The abundance of information caused higher distress in patients with anxiety disorder than with psychotic disorders ($p=0.024$). Patients with affective disorders perceived higher vulnerability compared to subjects with psychotic disorders ($p=0.004$).

Conclusions: Adaptation difficulties were reported by the half of the sample. Depletion of psychological resources can be expected during the next stage of the pandemic.

Keywords: isolation; adaptation; pandemic; Fear

EPP0473

Effects of the COVID-19 pandemic on mental health - what do we know so far?

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Introduction: The devastating effects of the current pandemic are profoundly affecting peoples' physical and psychological health. Numerous studies on the effects of previous infectious outbreaks have been published. Similarly, an increasingly growing body of research on COVID-19 has been developed and released, reporting a substantial psychological impact of both the outbreak and the response, suggesting that the population may express high levels of psychological symptoms.

Objectives: This presentation aims to synthesize existent literature that reports on the effects of COVID-19 on psychological outcomes of the general population, groups with higher vulnerability and its associated risk factors.

Methods: Bibliographic research was made through scientific databases such as PubMed and EMBASE. No time limit was used. Pertinent articles were carefully reviewed for additional relevant citations.

Results: Generally, there is a higher prevalence of symptoms of adverse psychiatric outcomes among the public when compared to the prevalence before the pandemic. Psychological reactions to pandemics include maladaptive behaviours, emotional distress and symptoms of stress, anxiety, depression, and avoidance behaviors. The groups known to be at higher risk for mental health problems during the pandemic are: women, healthcare workers, people under 40 years old and with chronic diseases. Other risk factors are: frequent exposure to social media/news relating to COVID-19, poor economic status, lower education level, and unemployment.

Conclusions: The COVID-19 pandemic represents an unprecedented threat to mental health. In addition to flattening the curve of viral transmission, special attention needs to be paid to the challenges it poses to the mental health of the population at a global scale.

Keywords: COVID19; mental; health; psychological

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The impact of protective face masks and coverings on patient-health provider communication

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Introduction: Amid the COVID-19 pandemic the trend points to universal use of protective face masks. The impact posed on verbal and non-verbal communication by masks is yet another challenge to be addressed in clinical care.