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EPP0011

Factors associated with anxiety among health care workers practicing in emergency department in south of tunisia

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Introduction: Health care workers in emergency department and intensive care are usually exposed to stressful situations, which require an early intervention.

Objectives: To assess the prevalence of anxiety among health care workers in emergency department and to determine its associated factors.

Methods: It was a cross-sectional, descriptive and analytical study including health care workers assigned to emergency ward and intensive care unit of Hedi Chaker and Habib Bourguiba hospitals in Sfax and the regional hospital of Kebili. Data was collected by an anonymous and confidential self-administered questionnaire. We used hospital anxiety and depression scale (HAD) to assess anxiety and depression.

Results: The participation rate was 48.8% (n=240). The mean age was 37 years, 59.2% were female and 62% were married. Mean work experience was 11 years. 79.2% assured night shifts (average= 1.5 night shifts per week) and 71.7% benefited of compensatory rest. Our study revealed that 32.5 % of health care workers were suffering from anxiety. In univariate study, anxiety was significantly correlated with the female gender (p=0.004), the lack of practice of leisure activities (p=0.004), with absence of compensatory rest (p=0.001), with sleep disturbances (p=0.001) and with depression (p<10⁻³). Multivariate study pointed that anxiety was associated with lack of practice of leisure activities (OR=2.7[1.09-6.99]; p=0.006), absence of compensatory rest (OR=2.7[1.3-5.5]; p=0.004), depression (OR=3[1.5-6]; p=0.001) and with sleep disturbances (OR=2.8[1.4-5.7]; p=0.004).

Conclusions: Anxiety affected one in three emergency caregivers. Stress management programs for emergency caregivers can be of great help in dealing with this problem.

Keywords: mental health; stress management programs; anxiety disorder; health care workers

EPP0012

From hysteria to conversion: A case of stuttering

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Introduction: Conversion Disorder is a condition defined by the sudden appearance of neurologic symptoms without an identifiable organic cause, often thought to be associated with psychological triggers. This disorder can lead to severe distress and loss of functionality which, without appropriate treatment, can be made permanent.

Objectives: To raise awareness for this unexplained and often misunderstood disorder using a clinical case as background.

Methods: Clinical history, organic evaluation, psychological evaluation and literature review.

Results: 28-year-old female, single, with two children, working from home as a call-centre operator. Previously followed and medicated for depression. Presents to the ER due to sudden loss of consciousness while working, after which her speech became hindered by stuttering. Neurologic evaluation was unremarkable and she was referred for Psychiatric assessment, resulting in a diagnosis of Conversion Disorder. Speech was at first understandable but in the following weeks became progressively worse and eventually led to aphonia, while written communication remained normal and was the patient's method of choice.

Conclusions: Once a favourite of Psychiatrists, little is yet known about the underlying mechanisms behind this disorder. Experts disagree on whether to classify it as a dissociative disorder, a somatoform disorder, or its own category. Patients presenting with this condition are often mistaken for malingering and thus subject to unhelpful or outright discriminatory practices. Broadened awareness is required to ensure patients get early access to the best possible care and thus improve their quality of life.

Keywords: conversion disorder; hysteria; stuttering; functional neurologic disorder

EPP0013

Depersonalization and a severe form of agoraphobia: A case report and review

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Introduction: Depersonalization during panic attacks may be a feature of a subgroup of Panic disorder. Several studies suggest that such subgroup corresponds to a more clinically severe form of Panic Disorder, with earlier onset and a higher rate of comorbidity with other psychiatric disorders, such as obsessive-compulsive disorder and generalized anxiety disorder. It is also hypothesized that depersonalization during panic attacks may lead Panic disorder to evolve into Agoraphobia.

Objectives: To present the case report of a patient with severe Agoraphobia, whose only symptom of Panic disorder was depersonalization.

Methods: Description of a case report.

Results: We describe the case of a 20-year-old woman who developed Agoraphobia after a single panic attack, during a physical education class, at the age of 13, with depersonalization symptoms only. After the attack, the patient stopped playing sports and engaging in any kind of activity in the absence of a trusted person. At the age of 20, the patient will only travel alone in the immediacies of her home, sometimes missing classes, because she cannot get a ride from trusted acquaintances. She justifies such avoidances with

her fear of feeling depersonalized again. Over the course of her illness, she denied having experienced any other symptoms of a panic attack. She was treated with Paroxetine 40mg daily and cognitive behavioral therapy, having improved.

Conclusions: We believe this case provides good insight into depersonalization in panic attacks, supporting the view that Panic disorder with depersonalization may be a distinct and more severe subgroup of Panic Disorder.

Keywords: panic disorder; depersonalization; agoraphobia; case report

EPP0014

Prevalence and correlates of COVID-19 related anxiety among university students

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Introduction: COVID-19 is a disease with insufficiently studied diagnosis, therapy, and prevention that causes anxiety disorders in population.

Objectives: To evaluate prevalence and correlates of COVID-19-related anxiety in university students during the period of their distant learning due to COVID-19 pandemic.

Methods: The on-line survey of May 2020 covered 327 Russian university students aged 17-40. The questions concerned evaluation of threats, risks and acute problems faced by the students and their closest people in the situation of COVID-19 spread. We determined the anxiety level of the students by the degree of their concern about high risk of COVID-19 infection.

Results: We established that 17.1% of the students had maximal level of COVID-19-related anxiety that correlated with older age ($r=.13$), better academic performance ($r=.12$), expectation of higher COVID-19-related threat to their life ($r=.57$), to the closest people's health ($r=.44$), to the aged people's lives ($r=.16$). It correlated with a more serious approach to evaluating the COVID-19-related situation and dangers in the world ($r=.19$), in the country ($r=.24$), and in the region of their residence ($r=.37$). Students with a high anxiety level often saw in pandemic a threat to their way of life ($r=.12$), material wellbeing ($r=.12$), and plans for the future ($r=.11$). They more strictly obeyed the restrictions ($r=.13$) and they did not exclude a recurrence of COVID-19 type pandemics in the future ($r=.17$).

Conclusions: COVID-19 related anxiety is present in every sixth student and it correlates with older age and better academic performance. These students may have a high risk for depressive disorders.

Keywords: University Students; Anxiety; prevalence; COVID-19

EPP0015

Cognitive conversion disorder (functional cognitive disorder) – what's new?

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Introduction: Some patients present with significant subjective cognitive symptoms, sometimes interfering with day-to-day live, that are not compatible with any recognizable psychiatric, neuro-degenerative or systemic condition. Recent studies have proposed that these patients can be diagnosed with Conversion Disorder (Subtype Cognitive), also known as Functional Cognitive Disorder (FCD). This is a relatively recent concept, that still lacks consensus.

Objectives: Review the current state of knowledge regarding prevalence, diagnosis criteria, core clinical features and proposed treatment of Functional Cognitive Disorder.

Methods: Bibliographic review of the literature published in English in the last 5 years, in the databases Pubmed, PsycINFO and Cochrane. The keywords used were: Functional Cognitive Disorder; Cognition; Conversion Disorder. A review of the titles and abstracts of the resulting articles was made, and selected according to their relevance to the study.

Results: Ten articles related to prevalence, diagnosis, clinical associations and treatment of Functional Cognitive Disorder were selected, of which two were systematic reviews, three descriptive studies, three cross sectional clinical studies of memory clinics attendants, one cohort prospective study and one article was a case series report.

Conclusions: The prevalence of FCD is estimated between 11.6% and 56% of patients presenting to memory clinics. However, the prevalence of FCD is hindered by the lack of consensus regarding its definition. Recently, Ball et al proposed a definition in line with the DSM-5 definition of Conversion Disorder with emphasis on positive criteria with the identification of positive evidence of internal inconsistency. Treatment discussion is still limited, and the approach is similar to other conversion disorders.

Keywords: Functional; Cognitive; conversion

EPP0017

Changes in illness representations in patients with somatoform disorder after group-analysis therapy: Comparisons to psychoeducation program

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Introduction: Psychological work with cognitive beliefs were shown to be beneficial for patients with somatoform disorders and unexplained somatic complaints (Liu et al., 2019). There is still a question of whether these results are specific or common for different kind of interventions including psychoanalytic psychotherapy (Kaplan, 2014).

Objectives: The aim was to reveal dynamics of illness perception after group analysis psychotherapy comparing to psychoeducation in patients with somatoform disorders.

Methods: 100 patients with somatoform disorders were randomized to psychoeducation intervention (48 patients; 15 males and 33 females) and to the group analysis psychotherapy (52 patients; 15 males and 37 females). Before and after treatment they filled