

demographic and other variables, and Denial Attitude Questionnaire towards COVID-19 pandemic (DAQ-COVID-19).

**Results:** High denial attitude was prevalent among 728 (40.1 %) of the participants. It was associated with old age, being married, having low educational level, working in a non-medical professions, do not have a past history of infectious diseases, spending less than one hour following COVID-19 news, satisfied with the government procedures for COVID-19, and highly depressed and anxious respondents, where p-values were 0.001, 0.019, <0.001, 0.027, <0.001, <0.001, 0.004, 0.008, and 0.026; respectively.

**Conclusions:** About two out of five participants had high denial attitude. To our knowledge, the current study is the first study that tries to evaluate a high denial attitude during the initial COVID 19 outbreaks, especially in Saudi Arabia. However, further exploration in this field is needed. We suggest conducting such a study at the end of the current pandemic or in the second wave of the outbreak

**Keywords:** COVID-19; Denial attitude; public health; Saudi Arabia

## EPP0424

### Sharing own story telling during COVID-19's italian lockdown: An experience with schizophrenic outpatients

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doi: 10.1192/j.eurpsy.2021.796

**Introduction:** Affective flattening is one of the main symptoms in Schizophrenia, several studies highlighted the importance of social skills training in improving negative symptoms. However, Covid-19 pandemic is changing our life with limitations in social contacts and in psychosocial rehabilitation; pre COVID-19 strategies should be implemented with new ones.

**Objectives:** To evaluate the practicability of a narrative method in improving affective flattening, general social skills in stable outpatients with a diagnosis for schizophrenia during Italian lockdown in March – April 2020

**Methods:** Outpatients with a stable psychopathology have been involved in a narrative project during lockdown. We asked to patients to write daily a story telling about their experience and emotions and send us their diary. Every week the diary has been used to discuss their story telling in group in a web conference. At end of the experience we administered a survey about the enjoyment and the subjective benefits.

**Results:** From ten people with a known psychopathology we recruited six patients. All participants completed the project and all of them referred for a subjective benefit as to feel more reassured by the contact with their psychiatrist. Four patients explicated initial discomfort about share their experiences in group. One patient started to share his own thoughts about mental disease on social media.

**Conclusions:** Narrative Psychiatry might be a pragmatic opportunity to implement conventional strategies to contrast affective flattening and negative symptoms in Schizophrenia. Sharing digital story telling is a useful method in lockdown and general social restriction condition.

**Keywords:** COVID-19; Narrative Psychiatry

## EPP0425

### “Covid madness”

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doi: 10.1192/j.eurpsy.2021.797

**Introduction:** We present the case of a man who, after receiving treatment for Covid-19 pneumonia, suffers a manic episode induced by medication.

**Objectives:** This case is chosen to present as an example of a psychiatric illness derived from Covid-19, in this case secondary to its treatment.

**Methods:** We present a manic episode induced by covid medication.

**Results:** Complementary examinations are carried out in which organic pathology is ruled out, being diagnosed of a manifest episode in probable relation to the treatments used and hospital admission is decided due to the impossibility of home management. Neuroleptic and anxiolytic treatment was started at low doses with a good response, and he was discharged with complete recovery and critiqued of the episode.

**Conclusions:** It is estimated that between 20-40% of patients with COVID infection have presented neuropsychiatric symptoms. Mania secondary to treatment was reported in 13 (0.7%) of 1744 patients with coronavirus included in a study (1). The Spanish Pharmacovigilance System of Medicines for Human Use (SEFV-H) closely monitors the suspected adverse reactions reported with drugs considered potential therapeutic strategies for SARS-CoV-2 infection. 327 cases of adverse reactions have been reported, of which 18 cases include 28 thermal cases of suspected psychiatric adverse reactions. The interest of this case lies in the fact that it illustrates a psychiatric disorder derived from Covid-19, in this case secondary to the treatment used, which causes a manifest episode with a typical evolution in this type of case with rapid improvement at low doses of antipsychotics.

**Keywords:** covid 19; SECONDARY EFFECT; Induced Mania

## EPP0427

### How are the portuguese coping with the mandatory confinement by COVID-19? Association between mental health and coping strategies

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doi: 10.1192/j.eurpsy.2021.798

**Introduction:** The global COVID-19 pandemic has had an unprecedented effect on human behaviour and wellbeing. However,

researchers have not yet considered how coping responses to stress related to COVID-19 could influence mental health.

**Objectives:** This study aims to evaluate the mental health status of Portuguese during the national lockdown; examine how study participants cope with stress during the national lockdown; and assess the association between coping and mental health status.

**Methods:** We cross sectionally analysed data from a convenience sample of 430 adults living in Portugal. Mental health was measured using the five-item Mental Health Inventory. Coping strategies were assessed using the Brief COPE. We examine the univariate associations between mental health status and coping responses. We performed a multiple hierarchical regression analysis controlling for sex and age, to test the predictive importance of coping responses on mental health status.

**Results:** Participants' mental health was lower than the cut-off point for poor mental health ( $p < .001$ ). The use of instrumental support, emotional support, self-blame, venting, denial, behavioral disengagement, and substance use were positively significantly associated with mental health, while active coping, positive reframing, acceptance, and humor were negatively significantly associated with mental health. The multiple hierarchical regression analyses showed that sex and age accounted for 6% of the variance of mental health. Coping strategies accounted for an additional and statistically significant 30% of the variance of mental health.

**Conclusions:** The findings provide support for the impact of the coping strategies on mental health. We encourage future research on the present topic.

**Keywords:** coping; COVID-19; mental health

## EPP0428

### Cyberchondria: An emerging entity in COVID-19 pandemic and thereafter

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doi: 10.1192/j.eurpsy.2021.799

**Introduction:** Cyberchondria is a pathological behaviour linked to excessive online searching of health information. It is frequently associated with health anxiety. It may be regarded as an compulsive behaviour secondary to obsessions about a real or an imagined illness. The coronavirus pandemic of 2019 has brought about a fear of getting infected. In the absence of a definitive cure, the focus largely lies on stringent preventive measures and early diagnosis. Known to present with diverse symptoms, fear of coronaviral infection makes affected individuals search for symptoms on internet for reassurance. Added misinformation further increases stress, anxiety and confusion.

**Objectives:** The authors attempt to describe cyberchondria and highlight its increased prevalence during the coronavirus pandemic.

**Methods:** 5 cases from different backgrounds were seen in the outpatient clinic during the months of April-July 2020. Consent was obtained from subjects before the study. They were clinically diagnosed with obsessive-compulsive disorder and exhibited cyberchondria in the background of the pandemic.

**Results:** All of the described 5 cases had prominent fear of contracting or having contracted coronavirus disease-19. All of them were found to have significant scores rang on Yale-Brown

Obsessive-Compulsive Severity Scale (ranging from 25-35) and improved after a trial of selective serotonin reuptake inhibitors.

**Conclusions:** The emergence of cyberchondria during the coronavirus -19 pandemic warrants further introspection. Changes in policy-making to prevent misinformation and present health information in a simple way to prevent confusion in the lay public is a necessity to tackle this problem in the near future.

**Keywords:** COVID-19; pandemic; cyberchondria; health anxiety

## EPP0429

### Online psychological therapy for kids during social distancing: A study case in a brazilian clinical setting

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doi: 10.1192/j.eurpsy.2021.800

**Introduction:** In response to the spread of COVID-19, many Brazilian therapists faced the challenge of taking their practices online considering legal and ethical issues, besides learning to handle new technologies in a way the therapeutic setting was maintained. The cooperation of the family is fundamental for the creation and maintenance of an adequate therapeutic setting. Children are not sufficiently mature to speak clearly about what bothers them or to talk about how they feel and why, so, drawing, pretend playing, story telling, playing games are the common tools for children's communication during therapy.

**Objectives:** Evaluating if online therapy for children can support therapeutic play tools and be effective in a virtual environment preserving the therapeutic setting.

**Methods:** Two children aged 6 to 11 attended the psychological sessions that were conducted through video calls. The family should provide a silent and private room for those sessions. The children were free to choose the toy they would like to play with and that was available at home such as board games, comic and story books. Mimicry, drawing, an adaptation of the Winnicott Squiggle Game were used, as well as electronic games through screen sharing.

**Results:** The emotional conflicts were expressed either through conventional games and play or electronic games. Playing with children online was possible as well as maintaining the therapeutic alliance in order to carry on with the treatment in a proper therapeutic setting.

**Conclusions:** Online therapy for kids showed to be an effective form of service delivery, under strict measures of social distancing in Brazil.

**Keywords:** social distancing; online therapy; children's psychological therapy

## EPP0430

### Impact of covid on riots and associated behaviors in the united states

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doi: 10.1192/j.eurpsy.2021.801