Introduction: The Coronavirus pandemic has originated unprecedented sanitary control measures that have conditioned people’s lifestyles and habits. Little is known about the impact of such measures, especially the most restrictive, on recent and growing phenomena such as exercise addiction, use of enhancement drugs, and Body Dysmorphic Disorder (BDD).

Objectives: The objective was to investigate the above-mentioned phenomena during COVID-19 pandemic and how they relate.

Methods: The sample consisted of 3161 participants (65% women), from Portugal (11%), Italy (41%), Spain (16%), the UK (12%), Lithuania (12%), Japan (6%), and Hungary (4%). Mean age was 35.05 (SD = 12.10). Participants responded online to the Exercise Addiction Inventory (IAI), the Appearance Anxiety Inventory (AAI), and questions about use of enhancement drugs.

Results: 4.3% of the participants scored above the cut-off point of the EAI, with higher values registered in the UK and Spain. Exercise addiction was higher among men. Appearance anxiety and body satisfaction problems were found in participants of all participating countries, with 15.2% scoring over the cut-off point for BDD. Higher numbers of those at risk of BDD were found in Italy, Japan, and Portugal. About 29% reported the use of fitness supplements to make them look better, with 6.4% starting a new use during the lockdown. Change in supplements use and exercise are predicted by EAI scores. Change in mental health is predicted by AAI scores.

Conclusions: This study helps to shed light on how COVID-19 lockdown induced behavioral changes and how they affect physical and mental health-related aspects in different countries.

Keywords: COVID-19; Exercise Addiction; body dysmorphic disorder; Use of Enhancement Drugs

EPP0405

Tracking emotions and emotion regulation strategies used in a hospital staff cohort during the COVID-19 pandemic.

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Introduction: In response to collective life events, many people regulate their emotional states through social interactions to reduce cognitive tolls. During pandemics, physical distancing renders the social support strategy less viable, increasing mental health risks.

Objectives: The current work aims to understand the range of emotions and strategies used in a population of Mental Health staff.

Methods: We conducted an anonymous survey on staff from OMH facilities (n=211) to assess the impact of Covid-19. The current survey captures a host of social, affective, and demographic variables. Accompanied by scales on emotions, emotion regulation, risk, and perception.

Results: Work, family, and health-concerns were the primary contributors to mood. The most common strategy was “situation-avoidance,” then “exercising.” When comparing depression scores against whether or not specific kinds of regulation strategies were utilized, only differences in the strategy of “emotion-suppression” and “authority-seeking” were substantially related to the CES-D cognitive approach (Beck, Emery, Greenberg, 2005) one should differentiate unrealistic (dysfunctional) anxiety as well as different types of anxiety (Roy et al., 2020).

Keywords: infodemic; Dysfunctional anxiety

EPP0403

Dysfunctional anxiety in pandemic: Relationship to infodemic and behavior

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Introduction: Anxiety are among the most common (Huang, Zhao, 2020, Rajkumar, 2020, Roy et al., 2020) and stable (Wang et al., 2020) mental complaints in a pandemic situation. Based on...