

## EPP0580

**Mental Health Home Intensive Care during Spanish national lockdown due to COVID-19 Pandemic**

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**Introduction:** The SARS-CoV-2 pandemic situation forced the Spanish Government to declare a home confinement that was prolonged for three months. The Health System had to focus almost entirely on the treatment of patients with Covid-19 infection and vulnerable populations such as people with severe mental illness were overlooked. In this context, mental health home care as an alternative to hospitalization became a first-line approachment for patients with an acute mental health disorder.

**Objectives:** The aim of this study is to describe the professional practice and the patients characteristics attended by a mental health team in Catalonia during the home confinement due to the SARS-CoV-2 pandemic.

**Methods:** This study includes the period between March 15, 2020 and June 21, 2020. Sociodemographic, clinical and team functioning variables were described. The patient data was obtained from medical history whereas the rest of information was collected through the creation of a database by the members of the assistencial team.

**Results:** Team's structure was changed with the creation of two mirror teams. Psychological attention was expanded and the week-end coverage was reorganized. During that period 40 patients were treated with a mean age of 47 years. There were no differences regarding the gender (50% were men and 50% were women). 87% of the patients lived with their family. 75% of referrals were made by the hospital and 90% were referred to community services upon discharge. Regarding diagnoses, 57.5% of the patients were diagnosed with a psychotic disorder (10% being reactive to Covid-19). A total of 482 visits were made, of which 51% were conducted in a telematic form. The mean time between the referral and the admission was 37.98h. The team accepted 97% of the referred patients with an occupancy rate of 112.4%.

**Conclusions:** The re-organisation of a home treatment team during the domiciliary lockdown allowed to increase the occupancy rate and offered a rapid response to patients, avoiding the need of conventional hospitalization and providing a proper care plan.

**Disclosure of Interest:** None Declared

## EPP0581

**Effect of antidepressant therapy on the severity of COVID 19 symptomatology in the hospitalized patients**

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**Introduction:** Some studies reported that vaccines are extremely good at preventing serious illness but that many countries have had

difficulty vaccinating their citizens, and even some vaccinated people may still be at risk for serious COVID-19 symptoms due to underlying medical illness or reduced immunity over time.

**Objectives:** Some researches reported that drugs known as selective serotonin-reuptake inhibitors (SSRIs) interacts strongly with the sigma-1 receptor, a protein inside cells that helps regulate the body's inflammatory response. So its believe that this drug most likely is interacting with the sigma-1 receptor to reduce the production of inflammatory molecules in the body, So treatment with this therapy may be highly effective to reducing severe of COVID symptomatology.

**Methods:** The cross-section study included two groups of patients (N = 30) of different sex ±49,2 age, all were treated in Covid Centre , Skopje. The study was conducted for 6 months all the patients was writing informed consent. The first group consisted of COVID patients who had previously suffered from psychiatric illness and had been treated with antidepressant therapy (SSRI). The second group are the COVID patients who had not been treated with antidepressant before. The severity of COVID 19 symptomatology (based on medical documentation- classification of disease severity) was determined using the Modified Early Warning Score (MEWS scale) . MEWS score 0-2 mild or asymptomatic (stable patients), 3-4 moderately severe (unstable patients), ≥ 5 highly critical(critical patients). The obtained data were processed by descriptive method and Student t-test.

**Results:** . The results in our study show that the patients who were treated with antidepressants before covid disease showed a lower score on the NEWS scale but there is a not statistically significant results p=0,06 when compare with another examination group

**Conclusions:** : The results in our study supports considerations about the possible impact of antidepressant therapy on alleviating COVID 19 symptomatology.

**Disclosure of Interest:** None Declared

## EPP0582

**Prevalence and factors associated with Posttraumatic Stress Disorder among Healthcare Workers During the COVID-19 Pandemic: Findings from a survey applied on a Portuguese General Hospital**

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**Introduction:** Posttraumatic Stress Disorder (PTSD) consists of an intense, prolonged, and occasionally delayed reaction to a deeply stressful event. PTSD is associated with risk of suicide and chronic psychological impairment. The continued exposure to stress suffered by Healthcare Workers (HCWs) during the COVID-19 pandemic can be considered a mass traumatic event and contribute to higher rates of PTSD in this population.

**Objectives:** To study the rates of PTSD in a sample group of healthcare professionals working in a Portuguese general hospital and its relationship with a number of individual variables considered to be relevant by the existing literature on the subject.

**Methods:** We devised a survey to assess the prevalence of PTSD among HCWs in a general hospital and its relationship with sex, social support, profession, work experience in healthcare, time spent caring for COVID-19 patients and place in which the COVID-19-related activities were carried out. PTSD symptoms were assessed using the PCL-5, Portuguese version.

**Results:** A total of 226 HCWs were included in the study. Provisional diagnosis of PTSD was made based on the PCL-5 responses, considering DSM-5 criteria and the cutoff score of 33.

79 out of 226 (35.0%) HCWs had a provisional diagnosis of PTSD, and a significant association was found between PTSD and time spent working with COVID-19 patients and between PTSD and place of work, namely the COVID-19 Emergency Room and Intensive Care Unit.

**Conclusions:** Our results are in line with previous studies, highlighting the importance of a serious, wide, and honest discussion about mental health promotion among HCWs. The COVID-19 pandemic has been an undeniable source of stress for HCWs around the globe, and the consequences of this stress are beginning to manifest themselves. It is urgent that this reflection takes place, as it is of paramount importance that what we all have lived in the past years serves as a lesson, and not as a warning of a crisis doomed to repeat itself.

**Disclosure of Interest:** None Declared

### EPP0583

#### Analysis of the emotional status of healthcare services in the context of the Covid 19 pandemic

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**Introduction:** The psychological burden of the COVID-19 pandemic can have a lasting impact on the emotional well-being of healthcare workers (HCWs). Healthcare professionals working during the pandemic experienced increased occupational stress due to the high risk of contracting the virus, work overload, significantly increased working hours and overlapping job responsibilities

**Objectives:** The study aimed to assess the dynamics of mental health and coping and to analyze how HCWs' emotional responses to a pandemic at the beginning of the pandemic and at the two-year follow-up. This study compared the results of examination of emotional response of HCWs in 2020 and 2022. The relationships between stress and alexithymia, emotional processing, and negative / positive affect in healthcare professionals were analyzed.

**Methods:** All respondents of the study were hospital or ambulatory healthcare professionals. Overall, 285 subjects were examined in 2020 while 252 subjects were examined in 2022. Respondents completed several questionnaires such as e.g., the Toronto Alexithymia Scale-20, the Perceived Stress Scale (PSS-10), the

Emotional Processing Scale (EPS), and the Positive and Negative Affect Scale (PANAS).

**Results:** Significant increased scores were observed for the following parameters: alexithymia, identifying feelings, verbalizing feelings, operative thinking style, emotional processing, suppression, signs of unprocessed emotion, controllability of emotions, avoidance of emotional triggers, impoverished emotional experience, surrogate activities, denial, substance use, self-blame, stress, negative mood, somatic disorders, concern, dysfunction, depression, anxiety state and trait.

The results were significantly lower for planning, using instrumental support, positive reframing, acceptance, religion, using emotional support, venting and positive mood.

Statistically significant differences could not be found for acceptance, active coping, humor and behavioral disengagement

**Conclusions:** Research indicates that exposure to the pandemic is associated with greater severity of a range of symptoms in HCWs. Two years of the pandemic may have led to psychological impairment. HCWs are more likely to use coping focused on emotional freezing, suppression, avoidance and / or an increase in negative emotions. Clinical observations indicate that caring for others does not correlate with appropriate self-care

**Disclosure of Interest:** None Declared

### EPP0584

#### Identifying predictors of vaccination willingness and attitudes during Covid-19: Machine learning multi-country study

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**Introduction:** While there is some research that shows personal and psychological factors to be linked to disease-avoidant behaviour and attitudes in the time of Covid-19, this research is however mixed and inconsistent (i.e., some studies report a link and others do not).

**Objectives:** In this study we clarify whether demographic and psychological factors specifically predict vaccination willingness and attitudes using Machine learning of a global survey sample from 137 countries (N = 24 000).

**Methods:** Random forest machine learning algorithm was used to identify the strongest predictors of vaccination willingness and attitudes, while regression trees were developed to identify individuals at greater risk for anti-vaccination attitudes.

**Results:** Conspiratorial thinking and lack of trust in experts were associated with vaccination attitudes and willingness.

**Conclusions:** The findings underscore the role of conspiratorial beliefs in shaping the uptake of non-pharmacological and pharmacological novel pandemic protective measures.

**Disclosure of Interest:** None Declared