

Conclusions: Particular attention is required by clinicians to help SSD patients face the current pandemic situation. Future epidemiological studies are needed in order to better understand the impact of the COVID-19 pandemic in this population and provide proper care.

Disclosure: No significant relationships.

Keywords: Covid-19 pandemic; severe mental illness; schizophrénia; Psychosis

EPV0483

Post Traumatic Growth as a way of mastering COVID-19 Peritraumatic Distress Inde[(in Russian sample)

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Introduction: COVID-19 pandemic reality raise multiple problems that need effective ways of coping. Not only for people experienced contracting COVID-19 but those who did not the positive ways of coping are important way to overcome distress associated with COVID-19. Post-traumatic Growth of personality may be effective coping factor. To test this hypothesis we used several instruments: one of them - Peritraumatic Distress Index (CPDI) for assessing the level of distress specific to Covid-19

Objectives: 463 participants (including 66 patients in COVID-19 clinics)

Methods: Russian version of Covid-19 Peritraumatic Distress Index (CPDI) validated in Psychological Helping and resocialization Department Moscow State University; Impact of Event Scale (Horowitz), Post-Traumatic Growth Inventory – PTGI (Tadashi & Calhoun) adapted by M. Magomed-Eminov

Results: Russian version of CPDI has high reliability-consistency (Cronbach's α -0.87). We obtained from our data: significant correlation between CPDI and PTG for people experienced COVID-19 contamination. Content analysis of narratives and incomplete sentences showed: those who had higher scores on PTG and CPDI have differences in personal meaning of their traumatic experience.

Conclusions: CPDI is presented in research as brief effective tool to identify COVID-19 related distress and plan helping strategies and psychiatric interventions for various people suffering by continuing pandemic crisis. Correlation between CPDI and COVID-19 contamination: could suggest more severe distress is associated with higher PTG. And PTG could be considered as positive factor coping with distress. We suggest cultural-activity approach to personality work with stressful experience of individual to confront distress, existential evaluation of life situation taking into account also resilience, growth .

Disclosure: No significant relationships.

Keywords: Covid-1; Covid-19; Peritraumatic Distress Index; coping; personality work; Peritraumatic Distress Index; coping

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Psychosocial experiences of frontline health professionals working in hospitals during the covid-19 pandemic

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Introduction: The covid-19 pandemic exerts severe pressure on health systems worldwide and creates stressful working conditions for healthcare workers.

Objectives: The aim of this study, which used the focus group method, was to investigate the psychosocial experiences of the healthcare personnel working in covid-19 wards.

Methods: An interview guide was specially designed and the sample consisted of twelve frontline healthcare workers. Data analysis was based on the empirically grounded theory and thematic analysis was used as a method.

Results: One overarching theme called “Threat” and three main themes were identified: a) Nature of the disease, b) Interpersonal relationships at the hospital, and c) Challenges-Interventions. The concept of “Threat” is dominant throughout the discussion and transcends every issue of the analysis. The first main theme “Nature of the disease” refers to the fear of infection and spread of the virus in the professionals’ environment, the existential concerns brought to the surface by the fear of death, as well as the stigma experienced by health professionals as “potential carriers” of the coronavirus. The second main theme “Interpersonal relationships at the hospital” concerns the relationships developed both among health staff and between health professionals and patients in response to the challenges of the epidemic. The third main theme concerns the obstacles that health professionals face in carrying out their work, the strategies they adopt to deal with stressful situations, but also the type of institutional support they need.

Conclusions: Hospital staff training on the biomedical developments about covid-19 as well as face-to-face self-help groups are recommended.

Disclosure: No significant relationships.

Keywords: Covid-19; healthcare workers; psychosocial experiences; Qualitative research

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Distinctive features of First Episode of Psychosis during the Covid-19 pandemic

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Introduction: COVID19 has brought several psychosocial stressors that are having an impact on global mental health. The impact of the pandemic on the incidence of First Episode of Psychosis (FEP) is not clear.

Objectives: To describe the clinical and sociodemographic characteristics of FEP patients diagnosed since the onset of the COVID19 pandemic and compare them with the equivalent period of the previous year.

Methods: We included all FEP patients attended at Parc de Salut Mar (Barcelona, Spain) from March 14, 2020 (when the state of emergency in Spain began) to December 31, 2020 with the same period of 2019. We assessed sociodemographic variables, duration of untreated psychosis (DUP), cannabis and alcohol use, psychiatric diagnosis, and psychiatric symptom scales. We performed a univariate analysis between the groups using U-Mann Whitney for continuous variables and Chi-Square for qualitative variables.

Results: A total of 20 FEP patients were diagnosed in each period. No differences were found in sociodemographic variables, scales scores or DUP. During COVID19 period there was a smaller proportion of cannabis users (60% vs 90%; $p=0.028$) and a tendency of lower weekly consumption (14.44 vs 16.42; $p=0.096$). There were more cases of BPD (25% vs 5%; $p=0.077$) and less of affective psychosis (0% vs 25%; 0.017).

Conclusions: During the COVID-19 pandemic we did not find an increase of FEP or more severe clinical presentations. However, we identified differences in the type of FEP that could be related to the psychosocial stressors of this time.

Disclosure: No significant relationships.

Keywords: brief psychotic disorder; Covid-19; Psychosis; Cannabis

EPV0486

The COVID-19 pandemic impact on prenatal anxiety

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Introduction: Anxiety manifestations are one of the most described symptoms during pregnancy. Meanwhile, the effect of the coronavirus disease 2019 (COVID-19) pandemic on the mental health and anxiety distress in particular, of pregnant and postpartum women remains unclear.

Objectives: the purpose of our study was to evaluate anxiety among pregnant women during covid19 and describe its associated factors

Methods: It was a comparative cross-sectional case-control study in a Tunisian gynecologic department. All women were in the third term of pregnancy. Anxiety symptoms were evaluated using Beck Anxiety Inventory (BAI). The data were compared to a control group assessed in a similar study conducted before the pandemic in the same city. Eighty pregnant women were investigated during the covid pandemic and 100 pregnant women investigated before the COVID-19 outbreak in Tunisia was assigned to the control group.

Results: Pregnant women during COVID-19 scored less on BAI than controls (15.49±9.223 vs 17.40±7.410). Less patients presented moderate to severe anxiety during pandemic (38.8% (n=31) than controls 51% (n=51)). The difference between groups in means and prevalence values was not significant. The negative results could be related to the low power of the test ($P=0.36$).

Conclusions: Despite the expected psychological distress among vulnerable population, Covid-19 didn't impact anxiety prevalence or scores among pregnant women in our current study.

Disclosure: No significant relationships.

Keywords: Pregnancy; Anxiety; Covid-19

EPV0487

the evaluation of main sources of anxiety and fear for Covid 19 in Greece

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Introduction: Covid19 has led in major changes in our lives, while fear was one of the major psychological symptoms that emerged in psychological first aid evaluations.

Objectives: The aim of the present study was to report the major factors creating anxiety and fear, affecting everyday life of people in Greece during the two years of the pandemic.

Methods: A sample of 1,158 Greeks (280 males [24.2%]) participated voluntarily in the study through online platforms. The Fear factors was assessed through an open question which was then analyzed with SPSS 24.

Results: According to the findings, the main source of anxiety and fear arises from the situation that prevails in other European countries with increasing death rates (20.9%) presented in television, followed by what is shown in the news and news programs on television (14, 8%), the fear that the individual may get sick, watching television and radio (9.7%), the experts announcements in public (7.8%), the announcement of new measures by the government and the Ministry of Health in media (6.1%), the existence of elderly parents in the family (4.6%) and social networks (3.8%), while 12.6% stated that they have no fear or anxiety. Gender differences were significant in most of the factors $\chi^2=51.167$ $p=.001$.

Conclusions: According to the findings the effect that media have in anxiety and fear creation (64.1%), a result that can be used in designing effective health measures that can help people deal with the psychological aftermath of the pandemic.

Disclosure: No significant relationships.

Keywords: fear; Covid-19; Anxiety

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Evolution of Electroconvulsive Therapy during the COVID-19 pandemic in the Regional ECT Unit of the Region of Murcia.

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