

**Conclusions:** The six-item final PPCSRN-T version proved to be a valid and reliable instrument. It would provide paediatric personnel and psychologists information on the as-yet not readily accessible coping strategies of teenagers returning to normality after the pandemic upheaval coming to an end.

**Disclosure of Interest:** None Declared

## EPP0027

### Post traumatic stress disorder among patients who survived COVID 19

I. Trabelsi<sup>1</sup>, R. Youssef<sup>1</sup>, O. hwichi<sup>1</sup>, A. Loghmari<sup>2,2\*</sup>, H. Yaacoubi<sup>1</sup>, K. Bouassida<sup>2</sup>, L. Boukadida<sup>1</sup>, R. Jaballah<sup>2</sup>, H. Ben Salah<sup>1</sup>, A. Zorgati<sup>1</sup> and R. Boukef<sup>1</sup>

<sup>1</sup>Emergency Department and <sup>2</sup>Urology, Sahloul teachin Hospital Sousse, Sousse, Tunisia

\*Corresponding author.

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**Introduction:** Research on past coronavirus outbreaks, including Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS), indicates a high likelihood of symptoms and psychiatric disorders in survivors, including symptoms of stress, post-traumatic stress disorder (PTSD) and post-traumatic stress disorder (PTSD)

**Objectives:** This study therefore set out to highlight the impact of COVID-19 infection on mental health by screening them for post-traumatic stress

**Methods:** It is a retrospective study that includes patients who were tested positive with COVID 19 (RT PCR using a nasopharyngeal test ) and who have sought medical care at emergencies during a month . The post traumatic stress score disorder: PCL-5 was calculated on day 30 and day 90. The evolution of the patients health state (Recovery or deterioration) was marked. All data were analyzed by SPSS.

**Results:** we included during the study period 200 patients complying with the inclusion criteria. Post traumatic stress was diagnosed in 146 patients (73% of patients). Post-traumatic stress was diagnosed in rather elderly patients; the average age was 51.8 years with a female predominance (57.5%). 63.6% of patients with PTSD had a cough; 35.7% had dyspnea; 49.7% were febrile, 43.9% had arthromyalgia, 15% had anosmia. The disappearance of the signs was after 8.3 days on average, it lasted longer (14.6 days) in the patient who developed PTSD. In this series, 47.3% of patients diagnosed with PTS infected their relatives

**Conclusions:** This study contributes to a better understanding of the factors that determine the impact of traumatic events such as a pandemic on people's mental health. Post traumatic stress disorder is so common among COVID 19 patients and it has a huge influence on the evolution of their health state . This is why all health workers have to fight against COVID and its effects on both physical and mental health . Highlighting the fact that a psychological assistance is highly recommended in the management of COVID19 patients in order to improve their prognosis

**Disclosure of Interest:** None Declared

## EPP0028

### Substance use: comparison between the pandemic period and post-pandemic

A. H. I. Abu Shehab<sup>1\*</sup>, T. Mihai<sup>2</sup>, I. D. Bulgaru<sup>3</sup>, V. Gheorman<sup>4</sup>, D. C. Voinescu<sup>5</sup> and A. Ciubară<sup>2</sup>

<sup>1</sup>Psychiatry, "Elisabeta Doamna" psychiatry hospital; <sup>2</sup>Psychiatry, „Dunărea de Jos” University of medicine, Galati; <sup>3</sup>Forensic Medicine, University of Medicine and Pharmacy “Grigore T. Popa”, Iasi; <sup>4</sup>Psychiatry, University of Medicine and Pharmacy of Craiova, Craiova and <sup>5</sup>Rheumatology, „Dunărea de Jos” University of medicine, Galati, Romania

\*Corresponding author.

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**Introduction:** Substance abuse is a pattern of compulsive substance use that is accompanied by repeated substantial interpersonal, social, professional, or legal negative effects, such as repeated absences from work or school, arrests, or marital issues.

**Objectives:** The study aims to show the influence of psychological factors among the consumption of alcohol in the general population.

**Methods:** A retrospective study that was conducted at the “Elisabeta Doamna” Psychiatry hospital of Galati, Romania. The study shows the fluctuations in hospital admissions of patients with alcohol related disorders in the period November 2020 till September 2022.

**Results:** The study was conducted to show the difference in the number of admissions before and after the date of 1<sup>st</sup> March 2022, which is the date when the authorities in Romania have lifted the restrictions that were implemented to reduce the spread of Covid\_19 virus. The number of total cases in the period between the 1<sup>st</sup> of November 2020 and 28<sup>th</sup> of February 2022 were 672 patients, from which 518 patients were males from Urban areas. In the period between the 1<sup>st</sup> March 2022 and the 1<sup>st</sup> of September 2022, the number of patients that were admitted due to substance use were 232 cases. This shows a significant decrease in the number of admissions that can be related to the decrease of psychological stressing factors that were accompanied with the restriction measure of the pandemic.

**Conclusions:** Overall, the results of this retrospective study suggest that the prevalence of adult substance use has declined with the decrease of the restriction measures that were imposed by the authorities. Monitoring and ongoing surveillance of substance use will be necessary over the years following the pandemic.

**Disclosure of Interest:** None Declared

## EPP0029

### Cross-sectional study on anxiety in confinement due to covid-19 in a sub-acute and long-stay mental health unit

A. Llimona González<sup>1\*</sup>, J. Mayans Henares<sup>1</sup>, E. Pechuan Martínez<sup>1</sup>, O. Orejas Pérez<sup>1</sup>, C. Masferrer Herrera<sup>2</sup>, C. Muro Celma<sup>1</sup>, L. Vargas Puertolas<sup>1</sup> and J. Peñalver Aguilar<sup>1</sup>

<sup>1</sup>Psychiatry and <sup>2</sup>Psychology, Parc de salut mar, Barcelona, Spain

\*Corresponding author.

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**Introduction:** Chronic psychiatric patients admitted to subacute and long-stay hospital units are especially vulnerable to the

situation of confinement due to the pandemic. Throughout 2020 and 2021 they have suffered the consequences of multiple strict confinements given the differences in isolation protocols in hospitalized patients compared to the general population. This has repercussions on the increase in anxious symptomatology, which influences a more torpid and prolonged evolution of mental disorders in this subpopulation.

**Objectives:** The objective of this study is to study the anxiety levels of patients admitted to a sub-acute and long-stay mental health unit in a situation of confinement due to covid-19.

**Methods:** We have carried out a cross-sectional descriptive observational study in 25 patients admitted to the subacute and long-stay unit of the Barcelona Forum Center between December 8 and 23, 2021 in the context of confinement due to a covid-19 outbreak. Sociodemographic and clinical variables are collected. We have used the self-administered STAI scale to assess clinical anxiety.

**Results:** The mean age is 47.7 years; women 60%. 80% with single marital status. 90% of the patients presented active tobacco consumption, with an average of 21.2 cigarettes/day. The mean score on the STAI scale was 58.8 for state anxiety and 46.7 for trait anxiety, both levels above the 75th percentile for adults, both men (state anxiety 28, trait anxiety 25) and women (state anxiety 31, trait anxiety 32).

**Conclusions:** The state and trait anxiety scores of the STAI scale of hospitalized patients are higher than the average of the general population, which could be due to the situation of confinement due to the covid pandemic.

**Disclosure of Interest:** None Declared

### EPP0030

#### Delayed mid-sleep time associated with weight gain while controlling for eating behaviors and ADHD symptoms during the COVID-19 pandemic

A. Kandeğer<sup>1\*</sup>, Ö. F. Uygur<sup>2</sup>, E. Yavuz<sup>1</sup> and Y. Selvi<sup>1</sup>

<sup>1</sup>Psychiatry, Selçuk University, Konya and <sup>2</sup>Psychiatry, Atatürk University, Erzurum, Türkiye

\*Corresponding author.

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**Introduction:** Society's sleep-wake cycle and eating behaviors have altered as the psychological outcomes of the COVID-19 pandemic.

**Objectives:** The aim is to examine the relationship between sleep-wake rhythms, eating behaviors (dieting, oral control, and bulimic behaviors) and ADHD symptoms with weight gain during the COVID-19 pandemic.

**Methods:** Participants were 578 female university students divided into three groups based on weight change during COVID-19 who lost weight (WL), those whose weight did not change (nWC), and who gained weight (WG). They completed an online survey including, a consent form regarding voluntary participation, the socio-demographic form in which requested information about weight change in the last year, the Pittsburg Sleep Quality Index (PSQI), Eating Attitudes Test, Adult ADHD Severity Rating Scale, Wender Utah Rating Scale. The study was approved by the Selçuk University Local Ethics Committee (Decision Number: 2021/369).

**Results:** The sleep-wake phase was more delayed in WGs compared to the other two groups. The bulimic behavior score was higher and the oral control behavior score was lower in the WG group than in

the nWC group. In the first step of the hierarchical regression analysis to determine factors associated with weight change, childhood and current ADHD symptoms did not show an association with weight change. In the second step, sleep-wake parameters were added to the analysis, and mid-sleep time was a strong predictor of weight gain ( $\beta = 4.71$ ,  $t = 2.18$ ,  $p = 0.03$ ). In the third step, in which disordered eating behaviors were added to the analysis, bulimic behaviors ( $\beta = 0.20$ ,  $t = 3.20$ ,  $p = 0.001$ ) were associated with weight gain and oral control behaviors ( $\beta = -0.11$ ,  $t = -3.24$ ,  $p = 0.001$ ) were associated with weight loss.

**Conclusions:** WGs had a delayed sleep phase more than nWCs and WLs in the one-year period during the COVID 19 outbreak. Chronotherapeutic approaches that regulate sleep-wake rhythm may facilitate weight control of individuals during stressful periods such as COVID-19 outbreak.

**Disclosure of Interest:** None Declared

### EPP0031

#### Facing the COVID-19 pandemic – an assessment of students' mental health and major coping strategies during the COVID-19 pandemic – an international study

A. A. Forma<sup>1\*</sup>, K. H. Karakuła<sup>1</sup>, R. Sitarz<sup>1</sup>, D. Juchnowicz<sup>2</sup>, J. Baj<sup>3</sup>, J. Bogucki<sup>4</sup>, J. Rog<sup>5</sup>, M. L. Tee<sup>6</sup>, C. A. Tee<sup>6</sup>, J. T. Ly-Uson<sup>6</sup>, M. S. Islam<sup>7</sup>, M. T. Sikder<sup>7</sup>, A. H. El-Monshed<sup>8</sup>, A. Loutfy<sup>9</sup>, M. F. H. Qureshi<sup>10</sup>, M. Abbas<sup>11</sup>, S. Taseen<sup>11</sup>, M. Lakhani<sup>10</sup>, C. Wang<sup>12</sup>, X. Wan<sup>12</sup>, Y. Tan<sup>12</sup>, R. Pan<sup>13</sup>, R. Ho<sup>14</sup>, S. Jayakumar<sup>15</sup>, S. Ilango<sup>16</sup>, S. Kumar K<sup>16</sup>, Á. A. Ruiz-Chow<sup>17</sup>, A. Iturbide<sup>17</sup>, D. D. González-Mille<sup>17</sup>, L. P. Doan<sup>18</sup> and H. Karakuła-Juchnowicz<sup>5</sup>

<sup>1</sup>Chair and I Department of Psychiatry, Psychotherapy, and Early Intervention; <sup>2</sup>Department of Psychiatric Nursing; <sup>3</sup>Chair and Department of Anatomy; <sup>4</sup>Chair and Department of Organic Chemistry, Faculty of Pharmacy; <sup>5</sup>Chair and I Department of Psychiatry, Psychotherapy, and Early Intervention, Medical University of Lublin, Lublin, Poland; <sup>6</sup>College of Medicine, University of Philippines Manila, Manila, Philippines; <sup>7</sup>Department of Public Health and Informatics, Jahangirnagar University, Dhaka, Bangladesh; <sup>8</sup>Department of Psychiatric and Mental Health Nursing, Faculty of Nursing, Mansoura University, Mansoura; <sup>9</sup>Department of Pediatric Nursing, Faculty of Nursing, Beni-Suef University, Beni-Suef, Egypt; <sup>10</sup>Ziauddin Medical University, Ziauddin Medical University, Ziauddin; <sup>11</sup>Karachi Medical and Dental College, Karachi, Pakistan; <sup>12</sup>Faculty of Education, Huaibei Normal University, Huaibei; <sup>13</sup>Anqing Normal University, Anqing Normal University, Anqing, China; <sup>14</sup>Department of Psychological Medicine, National University of Singapore, Singapore; <sup>15</sup>Department of Basic Medical Sciences, Al Majmaah University, Majmaah, Saudi Arabia; <sup>16</sup>Madga Medical College and Research Insitute, Chennai, India; <sup>17</sup>Centro Médico ABC, Centro Médico ABC, Mexico City, Mexico and <sup>18</sup>Duy Tan University, Da Nang, Viet Nam

\*Corresponding author.

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**Introduction:** TDuring COVID-19 pandemic, it was noticed that it was students who were mostly affected by the changes that aroused because of the pandemic. The interesting part is whether students' well-being could be associated with their fields of study as well as coping strategies.