

**Introduction:** Starting in December 2019, the coronavirus SARS-CoV-2 emerged and soon acquired a pandemic dimension. The evidence that 1 in 3 patients presented neuropsychiatric symptoms highlighted SARS-CoV-2 neurotropic properties. The involvement of the Central Nervous System (CNS) seems to be associated with poor prognosis, and it can occur independently of the respiratory system.

**Objectives:** To assess neuropsychiatric symptoms in SARS-CoV-2 patients and possible mechanisms of CNS invasion; to reflect on what changes should be made in order to avoid short and long-term complications.

**Methods:** A non-systematic literature review was performed, including publications between January and August 2020.

**Results:** The most frequent CNS presentations included fatigue (38-75%), headache (6,5-34%), nausea or vomiting (1-13,7%). Regarding PNS involvement, three kinds of hypoesthesia (hyposmia, hypogeusia, and hypopsia) were commonly present. Additionally, cases of neurological syndromes associated with SARS-CoV2 were reported, being related to a poor prognosis in cases such as brainstem infiltration. Another major concern regarding CNS involvement is the possibility of permanent neurological disabilities. Importantly there are reports of patients who tested positive for SARS-CoV-2 in CFS, without samples from nasopharyngeal swabs. Different hypothesis are postulated to explain possible mechanisms through which SARS-CoV-2 affects CNS, including: direct invasion through the olfactory nerve, hematogenous route through ACE-2 (angiotensin-converting enzyme) receptor expressed in blood-brain-barrier; or indirect mechanisms.

**Conclusions:** Here we discuss the neuropsychiatric manifestations of SARS-CoV-2 infection and the potential mechanisms by which they occur at an early stage. Awareness, prevention and early treatment of potential neuropsychiatric symptoms of COVID-19 should not be overlooked, especially because they seem to predict a worse prognosis.

**Disclosure:** No significant relationships.

**Keywords:** SARS-CoV-2; nervous system; COVID-19

## O088

### Alcohol consumption during COVID-19 pandemic: What have we learnt so far?

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**Introduction:** The current SARS-CoV-2 pandemic has many implications, one of them being alcohol consumption. The impact of long-term distancing measures in terms of alcohol use and misuse is yet unknown. Any increase, would not only add to the usual disease burden associated with alcohol, but also add to the COVID-19 load, given that alcohol use may weaken the immune response.

**Objectives:** To characterize and compare the pattern of alcohol consumption throughout the pandemic in patients with the diagnosis of Alcohol Use Disorder; to identify factors considered as most relevant in the increase of alcohol consumption.

**Methods:** We conducted a observational study in an outpatient population in Centro Hospitalar Psiquiátrico de Lisboa (Portugal) with diagnosis of Alcohol Use Disorder, 6 months after the pandemic lockdown. We characterized our sample regarding social,

demographic and clinical categories. We applied auto-filled questionnaires, particularly: Mental Health Inventory (MHI), Positive Mental Health Scale (PMHS) and Severity of Alcohol Dependence Questionnaire (SADQ-C).

**Results:** A total of 65 patients were included. More than 30% changed their drinking habits because of the pandemic. Nearly half of these increased consumption, and half decreased (16% vs 14%). The increase affected particularly men, and was related with the severity of alcohol dependence, stress-related coping strategies and psychopathology; on the other hand, a lowered level of consumption based on the decrease of alcohol accessibility and affordability.

**Conclusions:** The current situation is unique in terms of mass physical distancing and may trigger different behaviours that should be monitored. Governments should give public health warning about excessive alcohol consumption to protect vulnerable individuals.

**Disclosure:** No significant relationships.

**Keywords:** COVID-19; pandemics; alcohol consumption; Psychological Distress

## O090

### The coronavirus pandemic impact on involuntary hospitalization

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**Introduction:** Compulsory admission is the last line of intervention in individuals who suffer from severe mental disorders, based on the principles of therapeutic need and social protection. In Portugal, the law configures this measure as a hospitalization by court order. The SARS-CoV-2 coronavirus is a global public health emergency, with multifaceted consequences for people's lives and health. Several studies are showing a great impact of the pandemic on the overall mental health.

**Objectives:** The aim is to assess the impact of the pandemic on the number of involuntary hospitalizations, their socio-demographic and clinical characteristics, and study the differences between 2019 and 2020.

**Methods:** Consultation of all patient's clinical files that were involuntarily admitted in Hospital Magalhães Lemos during 2019 and 2020. Statistical analysis of data.

**Results:** The authors claim to investigate the impact of the pandemic on involuntary hospitalizations, the factors of admission and decompensation and other clinical characteristics, by comparing the involuntary hospitalizations during 2019 and 2020. The authors believe that the number of compulsory admissions increased significantly with the pandemic. They also believe that factors such as increased or relapsed consumption of alcohol and drugs, suicide attempts, missed appointments and long-term injectable medication are at the root of this increase in 2020.

**Conclusions:** This study helps to analyze the impact of the new coronavirus on compulsory hospitalizations and allows to understand the main factors that aggravate the underlying pathologies. Thus, understanding the targets of greater attention from psychiatrists to avoid the decompensation of patients in times of pandemic in which we currently live.

**Disclosure:** No significant relationships.

**Keywords:** COVID-19; compulsory admission; mental health impact; involuntary hospitalizations

## O091

### Attention deficit hyperactivity disorder (ADHD) as a risk factor for infection with COVID-19

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**Introduction:** ADHD limits the ability to comply with Covid-19 prevention recommendations. We hypothesized that ADHD constitutes a risk factor for Covid-19 infection and that pharmacotherapy may lower that risk.

**Objectives:** To test our hypothesis we studied the data of all patients admitted to (N=14,022) Leumit Health Services in Israel between February 1<sup>st</sup> - April 30th, 2020, who underwent at least one Covid-19 test.

**Methods:** Data were collected from the electronic health records. Purchasing consecutively at least 3 ADHD-medication-prescriptions during past year was considered drug-treatment.

**Results:** 1,416 (10.1%) subjects (aged 2 months - 103 years) were Covid-19-positive. They were significantly younger, and had higher rates of ADHD (adjOR 1.58 (95%CI; 1.27-1.96, p<0.001) than Covid-19-negative subjects. The risk for Covid-19-Positive was higher in untreated-ADHD subjects compared to non-ADHD subjects [crudeOR 1.61 (95%CI 1.36-1.89, p<0.001)], while no higher risk was detected in treated ones [crudeOR 1.07 (95% CI 0.78-1.48 p=0.65)].

**Conclusions:** Untreated ADHD seems to constitute a risk factor for Covid-19 infection while drug-treatment ameliorates this effect.

**Disclosure:** No significant relationships.

**Keywords:** ADHD; Adult; risk; COVID-19

## O092

### Impact of COVID-19 on autism spectrum disorder management - a therapist perspective

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**Introduction:** Therapist led interventions form a core element in the management of children with Autism Spectrum Disorder (ASD) in India. COVID-19 pandemic has disrupted several aspects of ASD management.

**Objectives:** This study aims to understand the impact of COVID-19 pandemic on ASD therapies from a therapist perspective.

**Methods:** An online survey was conducted using a google form questionnaire disseminated among ASD therapists. The form was open for response between 23<sup>rd</sup> of June and 23<sup>rd</sup> of July 2020. The responses were extracted into an excel sheet and analysed using descriptive statistics.

**Results:** 41 out of 75 therapists with mean age of 44 years (21 – 58 years) responded to the survey. 48% were women. Majority of them were either special educators (49%) or ASD therapists (32%) with professional experience of >5 years (63%). Majority of the therapists felt that there is significant disruption during the

pandemic with reduction in conventional therapies (63% to 17%) and increase in online therapies (15% to 61%). They also felt that this disruption had moderate to severe impact on child's learning (73%) and parents emotional and psychological well being (85%). Only 22% of therapists were using digital based therapy (DBT) before the pandemic. Although 51% of the therapists were not entirely sure whether DBT augments parents and therapists' efforts, majority (65%) were willing to use them.

**Conclusions:** COVID-19 pandemic has significantly disrupted ASD therapy in India. Willingness to use online and digital based therapies could open up a new dimension. Reliable and effective Artificial-Intelligence based therapies are the need of the day.

**Disclosure:** Medical advisor for CognitiveBotics

**Keywords:** autism spectrum disorder; Digital based therapy; COVID-19; online therapy

## O093

### Occupational burnout syndrome among italian healthcare workers during the COVID-19 pandemic: A real-world study

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**Introduction:** The coronavirus disease 2019 (COVID-19) experience in 2019/2020 carried a devastating impact on hospital systems and personnel. The rising number of cases, unpreparedness, lack of vital resources, excessive workload, and the incapacity to contain the spread has produced increased psychological and physical pressure among the healthcare workers. During the pandemic, the extreme pressures experienced by healthcare workers increased the risk of burnout, which has negative consequences for individual health, but also for patient care and the healthcare system.

**Objectives:** Our study has been developed with the aims to evaluate the impact of COVID-19 pandemic on occupational burnout of Italian healthcare workers and to identify the presence of protective and the risk factors.

**Methods:** An online survey addressed the Italian healthcare workers using email invitation, dissemination of the link through social media channels and involvement of professional associations. The snowball sampling procedure gave us the opportunity to recruit a large sample of the Italian healthcare workers with different role, specialties and settings.

**Results:** During the study period, 5643 responses were recorded. The final sample included 5385 participants. This included 63.2% of medical practitioners, 35.3% of nurses and social workers and 1.5% non-clinical or other. The majority of participants were female (60.7%), 39.4% had at least 20 years of clinical experience and 3170 participants worked in inpatient unit hospital. A subset of participants screened positively for moderate- to-severe symptoms of depression, anxiety. Front-line workers reported high greater severity of psychological distress.

**Conclusions:** Understanding the health-related consequences of COVID-19 outbreak on Italian healthcare workers is mandatory to provide timely interventions to protect their health.

**Disclosure:** No significant relationships.

**Keywords:** burn-out; Italian healthcare workers; distress; covid-19