

resulted for females and for respondents who had previously had depression in both periods. Compared to two previous studies (2018 and 2019) in different settings only the results of the second period show an increase in suicidal thinking.

**Conclusions:** Further studies are needed to better scientifically elaborate these findings. It is important enhanced surveillance of COVID-19-related risk factors contributing to suicidal behaviors and timely preventive efforts.

**Disclosure:** No significant relationships.

**Keywords:** COVID-19; Suicide; Kosovo; PHQ-9

## O059

### The psychological impact of COVID-19 and lockdown measures among a sample of italian patients with eating disorders: A longitudinal study

V. Nisticò<sup>1,2\*</sup>, S. Bertelli<sup>3,4</sup>, A. Priori<sup>1,2,5</sup>, O. Gambini<sup>1,2,3</sup> and B. Demartini<sup>1,2,3</sup>

<sup>1</sup>“aldo Ravelli” Research Center For Neurotechnology And Experimental Brain Therapeutics, Università degli Studi di Milano, Milano, Italy; <sup>2</sup>Dipartimento Di Scienze Della Salute, Università degli Studi di Milano, Milano, Italy; <sup>3</sup>Unità Di Psichiatria Ii, ASST Santi Paolo e Carlo, Presidio San Paolo, Milano, Italy; <sup>4</sup>Nutrimente Onlus, Nutrimente Onlus, Milan, Italy and <sup>5</sup>Iii Clinica Neurologica, ASST Santi Paolo e Carlo, Presidio San Paolo, Milano, Italy

\*Corresponding author.

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**Introduction:** COVID-19 pandemic and lockdown greatly impact on mental health, especially on individuals with pre-existing psychiatric conditions.

**Objectives:** To explore the prevalence of specific psychiatric symptoms across a sample of patients with Eating Disorder (ED), compared to a group of healthy controls (HC), during the lockdown period in Italy, and to assess whether patients' symptoms improved, persisted or worsened with the easing of the lockdown measures.

**Methods:** Study 1: 59 ED patients and 43 HC were recruited and completed, at the beginning of May 2020(t0), an online survey including: the Depression, Anxiety and Stress Scale – 21 items (DASS-21), the Impact of Event Scale-Revised (IES-R), the Perceived Stress Scale (PSS), and few ad-hoc questions extracted from the Eating Disorder Examination Questionnaire (EDE-Q). Study 2: 40 ED patients from Study 1 completed the same survey two months after t0 (t1).

**Results:** Study 1: ED patients scored significantly higher than HC at the DASS-21 (Total Score and subscales), the IES-R (Total Score and subscales) and the PSS. Moreover, they showed higher distress specifically related to food and their body. Study 2: at t1, levels of stress, anxiety and depression were not different than at t0, but symptoms related to post-traumatic stress disorder (PTSD) improved, together with patients' reported level of psychological wellbeing and specific ED symptomatology.

**Conclusions:** During lockdown, ED patients presented significantly higher levels of stress, anxiety, depression, PTSD-related symptoms, and ED-related symptoms than HC. With the easing of lockdown, PTSD-related and ED-related symptoms ameliorated, but high levels of stress, anxiety and depression persisted.

**Disclosure:** No significant relationships.

**Keywords:** Anxiety; Depression; COVID-19; eating disorders

## O060

### Safety of psychotropic medications in people with COVID-19

G. Ostuzzi<sup>1\*</sup>, D. Papola<sup>1</sup>, C. Gastaldon<sup>2</sup> and C. Barbui<sup>1</sup>

<sup>1</sup>Department Of Neuroscience, Biomedicine And Movement Sciences, University of Verona, Verona, Italy and <sup>2</sup>Neuroscience, Psychological And Psychiatric Science, Science Of Bio Movement, University of Verona, Verona, Italy

\*Corresponding author.

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**Introduction:** People with coronavirus disease (COVID-19) may frequently require treatment with psychotropic medications, but the underlying medical condition and possible interaction with medical treatments might pose serious safety issues.

**Objectives:** To review the direct and indirect evidence on the safety of psychotropic drugs in people with COVID-19 and provide practical recommendations for frontline clinicians.

**Methods:** An international, multi-disciplinary working group was established with the aim of producing evidence-based recommendations on the management of psychotropic medications in people with COVID-19, following the WHO Rapid Advice Guidelines methodology in the context of a public health emergency. Evidence retrieved was focused on the risk of respiratory, cardiovascular, infective, hemostatic, and consciousness alterations related to the use of psychotropic medications. Furthermore, drug-drug interactions between psychotropic and medical treatments used in people with COVID-19 was reviewed and critically discussed by the working group.

**Results:** The analysis of available evidence, although indirect, showed that all classes of psychotropic medications might carry relevant safety risks for people with COVID-19. The working group produced a set of 12 recommendations to support clinicians in the assessment of the anticipated risk of psychotropic-related unfavourable events, and how to practically manage this risk, including when it is appropriate to avoid, withdraw, switch, or adjust the dose of the medication.

**Conclusions:** The present evidence-based recommendations will improve the quality of psychiatric care in people with COVID-19, allowing an appropriate management of the medical condition without worsening the psychiatric condition and vice versa.

**Disclosure:** No significant relationships.

**Keywords:** coronavirus; COVID-19; Psychopharmacology; drug-drug interaction

## O061

### “Young people are not invincible”: What drives young people’s health behaviours during the COVID-19 pandemic in greece?

L.E. Peppou<sup>1,2\*</sup>, T. Giannouchos<sup>3</sup>, M. Samara<sup>4</sup>, I. Nimatoudis<sup>4</sup>, C. Papageorgiou<sup>2</sup>, M. Economou<sup>1,2</sup> and K. Souliotis<sup>5</sup>

<sup>1</sup>Unit Of Social Psychiatry & Psychosocial Care, University Mental Health, Neurosciences and Precision Medicine Research Institute “Costas Stefanis” (UMHRI), Athens, Greece; <sup>2</sup>First Department Of Psychiatry, National & Kapodistrian University of Athens, Athens, Greece; <sup>3</sup>Pharmacotherapy Outcomes Research Center, College Of Pharmacy, University of Utah, Utah, United States of America; <sup>4</sup>Third Department Of Psychiatry, Aristotle University of Thessaloniki,