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Coronavirus Pandemic - #STAYHOME: How Are You Holding Up? Questions And Tips For 11-18 Year Olds To Make It Better

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doi: 10.1192/j.eurpsy.2022.783

Introduction: Adolescents have to cope with several challenges and restrictions due to the COVID-19 pandemic, with many of those incongruent with the typical developmental tasks of adolescent age. Some adolescent might be particularly vulnerable in this situation. **Objectives:** This study aimed: 1) to collect data on the mental health and quality of life of adolescents during/after the pandemic; 2. to improve adolescents' mental health by providing an online prevention program that addresses their actual needs; 3. to accelerate the development of culturally adapted prevention programs by involving an international team, and 4. to contribute to adequate preparation for any similar situation in the future. **Methods:** Participants aged 11-18 years and their parents/caregivers were recruited online. Data has been collected regularly in a follow-up study by Inventar zur Erfassung der Lebensqualitat and Strengths and Difficulties Questionnaire. The baseline data collection was in March 2020 at first restrictions of the COVID pandemic in Europe **Results:** In the baseline data 428 adolescents (29.7% boys;70.3% girls) were included. Adolescents reported significantly lower quality of life during the pandemic (F $(1,557) = 29.11$; p <0.001; R2 = 0.048). There was no significant difference in quality of life according to whether the adolescents live in a household with their siblings (F $(2, 356) = 0.785$ p = 0.457; $\eta2 = 0.004$), and whether the adolescents have symptoms of hyperactivity (ß = 0.105; p = 0.295). **Conclusions:** Prevention based on the results of this study is expected to contribute to maintaining adolescents' mental health during and after the COVID pandemic.

Disclosure: No significant relationships.
Keywords: COVID-19 pandemic; restrictions; adolescent; mental health; quality of life; online prevention progr

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Prevalence of anxiety and depression among students and employees during the COVID-19 pandemic

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doi: 10.1192/j.eurpsy.2022.784

Introduction: Facing the COVID-19 pandemic, individuals are experiencing severe mental distress. Following social distancing and economic insecurity, significant increases in mental health concerns have developed. **Objectives:** The aims of this study was to report the levels of depressive and anxiety within active population in Romania, and to identify possible risk and protective factors for mental health. **Methods:** Data collection occurred between February-March 2021. The online survey included questions regarding socio-demographic characteristics and Hospital Anxiety and Depression Scale (HADS). 620 responses were validated (331 students and 289 workers). **Results:** Among active population, risk of anxiety symptoms is lower in those who already were infected with SARS-Cov2 (p=0.026, df=2, Phi=0.109), while positive screening for anxiety or depression in this study was statistically significant associated with younger age (p=0.026, df=4, Phi=0.134) and female gender (p=<0.001, df=2, Phi=0.166). Even though anxiety and depression scores are similar among students and employees, there are different aspects regarding symptomatology between these two groups. Students have experienced more frequently tendency to worry and sudden feelings of panic (p=0.004, df=3, Phi=0.146). Also, their ability to laugh and see the funny side of things is affected (p=0.019, df=3, Phi=0.127) and they feel less enthusiasm about future (p=0.001, df=3, Phi=0.159). Participants living with someone else scored lower on anxiety and depression subscales and those are not influenced by the person with whom they are cohabitating or residing (p=0.020, df=3, Phi=0.138). **Conclusions:** Findings from the current study offer initial insights into the rates of anxiety and depression within active population in Romania, one year after the onset of the COVID-19 pandemic.

Disclosure: No significant relationships.
Keywords: Covid-19; Depression; pandemic; Anxiety

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COVID-19-related information sources and anxiety levels

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doi: 10.1192/j.eurpsy.2022.785

Introduction: Timely and accurate information is foundational to moderating and curing the COVID-19 for both the public and the scientific community, while repeated media exposure to crisis-related information raises stress and anxiety among general population. **Objectives:** The main goal of the current study was to evaluate the associations between the COVID-19-related information sources and anxiety levels. **Methods:** An online web-survey recruited participants who were ≥18 years old and lived in Romanian through an online campaign in May 2021. Participants were asked whether they received COVID-19-related information frequently from the following sources: the Internet, traditional media, medical staff in health care

settings or from friends, co-workers, or family members. We also assessed participants' level of anxiety with Zung Self-Rating Anxiety Scale (SAS) and the cut-off point for anxiety index was set at 45. The associations of each information source with anxiety were examined using multiple regression analyses to control for sex, age, education and other demographic characteristics.

Results: In total, the data of 1559 respondents (1224 female; mean age = 37.03 years and standard deviation (SD)=12.90 years) were analysed. The mean index score for SAS were 44.28 (SD=10.6). The major source of information on COVID-19 was the Internet (59.20%) and medical stuff (58.27%), almost in equal measure, followed by traditional media (48.17%) and friends, co-workers, and family members (30.72%).

Conclusions: Receiving COVID-19 information from the Internet and traditional media was positively correlated with anxiety level (p=0.01), while receiving COVID-19 information from medical-stuff was associated with low levels of anxiety (p=0.03).

Disclosure: No significant relationships.
Keywords: Covid-19; Anxiety; information sources

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Health Belief Model (HBM) and vaccination during pandemics

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doi: 10.1192/j.eurpsy.2022.786

Introduction: With the COVID-19 pandemic recognized as a major threat to human health, promoting vaccination is of paramount importance to public health.

Objectives: To examine the association between factors of the Health Belief Model (HBM) and intentions to be vaccinated against COVID-19, when a vaccine becomes available.

Methods: A literature review has been made through PubMed database.

Results: The HBM dimensions "perceived barriers", "perceived benefits" and "perceived severity" were considered to be significant predictors of acceptance of vaccinations. The HBM constructs of cues to action (trust in third-party information sources), perceived severity of and susceptibility to COVID-19, and beliefs about the protection benefits of a COVID-19 vaccine, subsequently may elicit willingness to vaccinate. Individual predictors of vaccination were believing the vaccine is effective at preventing COVID-19, recalling their doctor recommending the vaccine. Common perceived barriers against vaccination included believing the vaccine could give people the virus, believing the vaccine can make individuals ill afterwards and preferring to develop immunity "naturally". Patients who delayed and refused vaccine doses were more likely to have vaccine safety concerns and perceive fewer benefits associated with vaccines.

Conclusions: HBM is an effective tool for identifying facilitators and barriers to health behaviors. Health promotion should make use of the HBM, as the model provides a theoretically understanding of the dynamics that may enable the success of important health-related policy in the wake of COVID-19 and future pandemics and identifies the communication mechanisms that must be leveraged by governments and authorities in enforcing policy.

Disclosure: No significant relationships.

Keywords: Covid-19 pandemic; Health Belief Model; vaccination behavior; vaccination intentions

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Is the management of acute confusional syndrome secondary to covid-19 pneumonia different from the management of confusional syndrome secondary to other causes?

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doi: 10.1192/j.eurpsy.2022.787

Introduction: Acute Confusional Syndrome (ACS) is the most common neuropsychiatric complication in COVID-19 infection. Its management is still a challenge because the data and recommendations based on the evidence are limited.

Objectives: To describe the differential characteristics in the management of ACS in patients with COVID-19 pneumonia compared to ACS secondary to other causes.

Methods: We present a descriptive study that is has been carried out in 62 patients with ACS (26 of them diagnosed with COVID 19 pneumonia), who have required assessment by the liaison psychiatry service of Hospital del Mar between February and April, 2020. The sample was divided in 2 groups (with and without COVID 19 pneumonia). Chi square and Fisher's tests were used to comparisons.

Results: Dexmetomidine (26 vs 0) and olanzapine (13 vs 3) were significantly more frequently used in COVID-19 patients (p< 0 001). A greater number of different antipsychotic drugs were used in COVID 19 patients (2.40± 1 323 number of drugs), (p<0.0001). Further neuroimaging tests were requested in COVID 19 patients and they received less family support (4) compared to non COVID-19 (22), (p<0.005).

Conclusions: ACS associated with COVID-19 pneumonia in the patients in our sample is more difficult to manage than ACS associated with other pathologies, similar to which described in other series. It is associated with a longer duration of confusional symptoms and difficulties for control it.

Disclosure: No significant relationships.
Keywords: delirium; ACUTE CONFUSIONAL COVID-19; CONFUSIONAL; Covid-19

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Factors associated with an increase in alcohol consumption among users of online social networks in Russia in the early months of the COVID-19 pandemic

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doi: 10.1192/j.eurpsy.2022.788