

generalized anxiety disorder (GAD), mixed anxiety and depressive disorder (MADD), and further, especially subsyndromal psychiatric manifestations including depression, sleep disturbances, restlessness, fatigue and pain.

Objectives: Since the abovementioned clinical phenotypes were repeatedly observed in the course of the so-called post coronavirus-19 disease (COVID-19) syndrome, which were, importantly, of subsyndromal severity in the most cases, we were confident that Silexan will be efficacious also in this indication.

Methods: We report on three adult outpatients treated with Silexan due to psychiatric conditions that occurred in the context of a mild and short-lasting COVID-19 infection.

Results: A 38-years old female experienced fatigue, brain fog, inner tension, restlessness and sad mood with weepiness after recovery of her respiratory COVID-19 infection. Since she did not remit under ongoing psychotherapy (PT), Silexan 80 mg p.o.q.d. was additionally employed and very well tolerated. She achieved full remission of her subthreshold symptoms within one month. A 27-years old male developed GAD including anxiety, inner tension, restlessness, irritability, muscle aches, difficulties in concentrating and in controlling feelings of worry after he recovered from respiratory COVID-19. Following his preference, PT and Silexan 80 mg p.o.q.d. were initiated and very well tolerated. Because of partial response, Silexan was increased to 80 mg twice daily after three weeks. After additional two weeks, he was able to enjoy everyday activities and to comply with working demands without relevant difficulties. A 38-years old female developed a post COVID-19 syndrome with fatigue, anxiety, depression, inner tension, tachycardia, hopelessness and rumination. Due to the current MADD Bupropion 150 mg and subsequently 300 mg p.o.q.d. and Hydroxyzine 25 mg on demand were administered. Although clinical improvement was achieved, the patient discontinued the treatment due to subjective exacerbation of tachycardia and refused any further treatment optimization. Once she agreed to phyto-psychotherapeutic therapy, Silexan 80 mg p.o.q.d. was employed and, while well tolerated, increased to 80 mg twice daily after two weeks. The patient was increasingly able to participate at her working and social activities again and stayed stable for four months.

Conclusions: To our knowledge, this is the first report on administering Silexan in subsyndromal and full-blown anxiety and depression with cognitive and psychosomatic symptoms that occurred in the context of COVID-19. While substantial clinical improvements were achieved, no relevant adverse effects occurred.

Disclosure of Interest: None Declared

EPV0343

Suicides in Crete: frequency and gender/ seasonal distribution before and during the Covid-19 pandemic

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Introduction: Covid pandemic-related psychological problems mainly include anxiety, depression and sleep disturbances, while evidence regarding suicidality is conflicting between studies. Crete has the highest suicide rate in Greece.

Objectives: To examine suicides' rate, gender and seasonal distribution pre-covid, compared to Covid-19 pandemic (2020-2021). Seasonality was studied by quarter of the year.

Methods: Data on the number of suicides, demographics, and seasonal distribution by quarter throughout Crete, were collected from the records of the Department of Forensic Medicine/University Hospital of Heraklion Crete, as well as from the Forensic Agency of Crete

Results: We found that in the years 2020 and 2021, number of suicides in Crete are 41 and 40 respectively and do not differ from those of the previous years (Mean₁₉₉₉₋₂₀₁₉ = 43.5/year). Also, the distribution of suicides by gender remained stable (Mean men/women₁₉₉₉₋₂₀₁₉=4.6 vs. Mean men/women₂₀₂₀₋₂₀₂₁=4.3). The analysis of the seasonal distribution of suicides showed a reversal of the seasonal distribution in 2020 compared to the previous 5-years, which tends to return to pre-pandemic characteristics in 2021.

Conclusions: The overall rate and gender distribution of suicides in Crete remained stable during the Covid pandemic compared to the previous twenty years. The clear change in the seasonal distribution of suicides in 2020 compared to the distribution of previous years tends to return to previous levels in 2021. Possibly, the change in seasonality in 2020 is related to the fear of death/stress and the short/medium term economic consequences due to the pandemic.

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EPV0344

IMPACT OF QUARANTINE AND INFODEMIC DUE TO THE COVID-19 PANDEMIC ON MENTAL HEALTH: EXPERIENCE OF UKRAINE

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Introduction: Today the psycho-traumatic impact of quarantine due to the COVID-19 pandemic and the infodemic, as a separate psycho-traumatic factor, on mental health remain unclear

Objectives: To study the impact of quarantine and infodemic due to the COVID-19 pandemic on the mental health of the population of Ukraine

Methods: During quarantine 902 Ukrainian people voluntarily completed the questionnaire in Google format a questionnaire containing psychodiagnostic tools for assessing the level of stress L. Reeder, anxiety response GAD-7, depression PHQ-9, strategies for stress-coping behavior E. Heim, vitality S. Maddy and developed by us based on the AUDIT Test for the detection of disorders related to the obsession with news associated with the COVID-19 pandemic

Results: The investigations carried out suggested that the quarantine restrictions could be predisposing factors for mental health impairments. The threat of coronavirus disease, a disruption of a habitual life stereotype, leisure restrictions, a harmful interest in news about the pandemic, and tobacco abuse play an important role in mechanisms of distress formation. The analysis of examination of the quality of life has demonstrated, that 8.14 % had a low level of its physical component, 15.55 % had a low level of its emotional component, and 10.21 % had a low level of a social activity. Under these conditions, risks of increased stress pressure, anxiety, and depression are rising. During the quarantine period, 10.53% recorded a high level of stress, 11.75% had an average level of anxiety, 7.43% had a high level of anxiety, 9.53% had severe depression, and 7.76% had very severe depression. 5.93% were obsessed with information related to the pandemic, at the level of "addiction", 9.95% "use" information with "harmful consequences", 20.14% a "risky" level. A low level of vitality had a direct correlation with an excessive interest in news and the use of maladaptive strategies of the types of ignoring, dissimulation and confusion (cognitive), submissiveness, suppression of emotions and self-blame (emotional), avoidance (behavioral) - that is, passive forms of solving problems due to despair in one's own strength and intellectual resources, with a deliberate underestimation of troubles

Conclusions: Measures on psycho-prevention should be performed on the base of the regularities identified

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EPV0347

The relationship between anxiety, productivity and self-compassion of healthcare professionals in COVID19 time

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Introduction: During the Corona virus pandemic, anxiety was one of the most felt emotions. Anxiety can lead to maladaptive coping behaviors, including decreased productivity at work. There are some mechanisms that buffer the devastating effect that anxiety can have, and one of them is self-compassion. The impact on mental health during the pandemic has increased, especially among healthcare professionals, and needs further exploration

Objectives: This study aims to investigate the relationships between anxiety, productivity and self-compassion at work among healthcare professionals, as well as, the possibility of self-compassion playing the role of a relationship's moderator, in a pandemic context.

Methods: The study gathers the result from 202 participants, who completed a questionnaire on an online platform. We examined the link between anxiety, respectively COVID-19 anxiety, productivity and self-compassion, as well as the link between self-compassion and productivity among healthcare workers in a pandemic context. In order to emphasize the objectives, the validated BAI, CAS, SPS-SV and SCS-SV scales were used.

Results: In terms of results, significant negative correlations were identified in the relationships between anxiety, COVID-19 anxiety,

productivity and self-compassion, and a significantly positive correlation in the self-compassion-productivity relationship. Also, we studied if self-compassion could be a relationship moderator. As the results show, the study identified a statistically insignificant effect of self-compassion on the relationships anxiety-productivity and anxiety of COVID-19-productivity, among health workers.

Conclusions: The present study has achieved its proposed objectives, so that through future research, anxiety, productivity and self-compassion can be explored not only in a pandemic context, but also in a normal context of professional activity in the medical field, and it can also contribute to the identification of other moderators of the anxiety-productivity relationship.

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EPV0348

The impact of the COVID 19 pandemic on the mental health of employees at the Dobrota Kotor Special Hospital for Psychiatry

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Introduction: The impact of the pandemic on mental health is already evident. In the Special Hospital for Psychiatry Dobrota, Kotor, the number of employees who suffer from anxiety and depression has increased, but the intensity of these disorders has increased in people who were already in some phase of this condition.

Objectives: Besides the influence of Covid 19 pandemic on the physical health, the pandemic has left a much deeper impact on the mental health of society, especially on the employees of Health Institutions. There is an evident increase of anxiety and depression as well as burn-out syndrome among employees. The purpose of this paper is to investigate the impact of COVID 19 on the mental health of employees at the psychiatric hospital Dobrota, Kotor.

Methods: Data were collected through interviews, anxiety and depression scales from each employee individually. The hospital employs 189 workers, 55 men, 134 women. 42% tested positive once, 12% tested twice or more than once. Of the total number of infected, 86% were women, and 14% were men.

Results: - Our study showed a significant association between the Covid pandemic and mental disorders such as anxiety and depression. These mental disorders were more common in female than in male employees of the Hospital.

Conclusions: In general, the most common feelings are a strong sense of anxiety followed by intense fear and thoughts, tension, excessive caution, increased irritability, resentment, anger and aggression, emotional flatness, anger, sadness and burn out. Depression symptoms that were noticeable were a mood swings, lethargy, a feeling of hopelessness, aimlessness. The anxiety, on the other hand, was determined through various fears, whether a person will find or lose a job, whether he will get sick or not.

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