

cyberchondria compulsion was associated with higher general anxiety in the individual whereas partner cyberchondria excessiveness was associated with higher COVID-19 danger/contamination fears in the individual (partner effects).

**Conclusions:** Findings suggest that excessive and uncontrollable searching of information about COVID-19 on the internet during lockdown may contribute to distress in both the individual engaging in the cyberchondria behavior, and in their romantic partner. Moreover, different aspects of cyberchondria in the partner (compulsion vs. excessiveness) appears to contribute to general vs. COVID-19-specific anxiety/fears in the partner, respectively. Future research should examine mechanisms underlying the observed partner effects (e.g., co-rumination, social contagion) and reasons for the differential partner effects of cyberchondria components.

**Keywords:** cyberchondria; covid-19 fear; Anxiety; romantic couples

### EPP0418

#### Practical observations - the COVID-19 influence on latvian early intervention work with first episode psychosis (FEP) patients.

N. Kokina<sup>1\*</sup>, L. Sile<sup>2</sup>, B. Butorins<sup>1</sup>, A. Pocopko<sup>1</sup>, A. Lesina<sup>1</sup>, S. Kikuste<sup>1</sup>, I. Sapele<sup>1</sup> and E. Rancans<sup>3</sup>

<sup>1</sup>Department Of Mental Health Care, Daugavpils Psychoneurological Hospital, Daugavpils, Latvia; <sup>2</sup>Department Of Doctoral Studies, Riga Stradins University, Riga, Latvia and <sup>3</sup>Department Of Psychiatry And Narcology, Riga Stradins University, Riga, Latvia

\*Corresponding author.

doi: 10.1192/j.eurpsy.2021.793

**Introduction:** COVID-19 is a very stressful experience for people with FEP and changed the work routine of the mental health services they have used.

**Objectives:** In this work, we aim to explore how the restrictions influenced the out-patient visits and rehospitalization rates.

**Methods:** The Latvian Early intervention programme (Berze et al.,2019) for patients with FEP had started on 1<sup>st</sup> January, 2019. The 1<sup>st</sup> group of patients (n=28) finished the programme on 31<sup>st</sup> December, 2019. The 2<sup>nd</sup> group of patients were enrolled in programme on 1<sup>st</sup> January, 2020 (n=12). When on 12th of March in Latvia health care restriction started due the COVID-19 situation, we were forced to change our structure of LAT-EIP.

**Results:** The average patient age of patients was 29.9 (SD±7.1) years in the 1<sup>st</sup> group, in 2<sup>nd</sup> group average age is 26.2 (SD±5.9) accordingly in years. In the 1<sup>st</sup> group 60.7% of patients visited the psychiatrist 6-10 times vs 8.33% in 2<sup>nd</sup> group, in the 1<sup>st</sup> group 32.1 % of patients had 2-5 visits with psychiatrist vs 75% in 2<sup>nd</sup> group. There were 72 family sessions in 1<sup>st</sup> group, whereas in 2<sup>nd</sup> group the family sessions were excluded. During the programme 7% (n=2) of patients in the 1<sup>st</sup> group were rehospitalized vs 25% (n=3).

**Conclusions:** The structure of LAT-EIP had change at the time of COVID-19 restrictions, unfortunately our work lack the statistical power. From the descriptive statistics, we can speculate that the rehospitalization rate is higher because of the lack of regular contact with psychiatrist and the lack of psychoeducation with families.

**Keywords:** intervention; COVID-19; psychosis; rehospitalization

### EPP0419

#### The impact of COVID-19 on young people's mental health in latvia

N. Konstantinovs\* and J. Lapa

Clinical, Psychotherapy Centre for Adolescents and Young People, Riga, Latvia

\*Corresponding author.

doi: 10.1192/j.eurpsy.2021.794

**Introduction:** There is an ongoing debate about the impact on mental health associated with Covid-19 pandemics. Some studies have shown an increase in depressive and anxious symptomatology in general population. It has been noted that young people might be among the highest risk populations due to various environmental and developmental influences.

**Objectives:** To estimate the impact of Covid-19 related restrictions on mental health measures among Latvian adolescents and young adults (14-24).

**Methods:** We conduct a survey on social media, recruiting 500 participants among the 14-24 age group. The survey consists of three parts: 1) sociodemographics; 2) quantitative mental health self-evaluation form; 3) open ended questionnaire about the needs and expectations. For statistical analysis we use Excel software and use a regression analysis.

**Results:** 483 participants participated in our survey. The average age was 17.2, 62% was female, 36% male, 2% identified as trans. 52.3% reported decline in their mental functioning and wellbeing in one or several mental health domains (depression, anxiety, addictive behaviours) out of which 13.4% reported significant impairment in a major life area. The support and needs defined by respondents can be divided in three clusters: socialising outside immediate family, psychosocial services, recreational needs.

**Conclusions:** Confirming to findings in other EU countries, majority of adolescents and young people in Latvia have experienced clinically significant mental health decline during the Covid-19 pandemic. These results can help policy makers in establishing appropriate, needs oriented support in tackling this problem.

**Keywords:** COVID-19; adolescent; young adult; mental health

### EPP0423

#### Denial attitude towards COVID-19 among general population in Saudi Arabia

S. Alsubaie<sup>1\*</sup>, H. Alshahrani<sup>2</sup>, A. Alshahrani<sup>1</sup>, A. Asiri<sup>2</sup>, A. Alfaifi<sup>2</sup>, R. Al Ibrahim<sup>2</sup> and W. Alqahtani<sup>2</sup>

<sup>1</sup>Psychiatry, Armed Forces Hospital Southern Region, Khamys Mushait, Saudi Arabia and <sup>2</sup>College Of Medicine, King Khalid University, Khamys Mushait, Saudi Arabia

\*Corresponding author.

doi: 10.1192/j.eurpsy.2021.795

**Introduction:** During the current crisis of COVID 19, recent studies evident that it has a huge impact on public mental health and individuals' behavior.

**Objectives:** Our study aimed to estimate the prevalence of high denial attitude towards the emerging pandemic of COVID 19 among the general population of Saudi Arabia.

**Methods:** A cross-sectional online survey was conducted from April 3, 2020 to May 5, 2020. All participants (N= 1817) were asked to complete an online questionnaire survey that included socio-