

## EPP0320

**Coronavirus lockdown and its impact on mental health of general population**

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**Introduction:** On March, Tunisian government imposed lockdown measures on cities to contain the COVID19 outbreak. Media coverage, social distancing, quarantine and isolation led to a global atmosphere of anxiety and depression.

**Objectives:** To assess the level of anxiety and depression among citizens of southern Tunisia and their associated factors.

**Methods:** We conducted a cross-sectional, descriptive and analytical online-based survey, from April 19, 2020, to May 5, 2020 on 331 citizens living in south of Tunisia. During this period, the total confirmed cases of COVID-19 exceeded 900 in Tunisia. We used a self-administered anonymous questionnaire containing citizen's sociodemographic and clinical data. Hospital Anxiety and Depression Scale (HAD) validated in the Tunisian dialectal version was used to assess anxiety and depression. Data were analysed using SPSS version 21.

**Results:** The 331 Participants were males (35%), singles (43,2%), aged between 20 and 40 years old (71%). From them, 37.5 % were suffering from anxiety and 42% of them from depression. Anxiety was correlated to the personal history of anxiety ( $p < 10^{-3}$ ), the depression ( $p < 10^{-3}$ ), the fear of contamination ( $p < 10^{-3}$ ), the increased consumption of coffee and tea ( $p = 0.005$ ) and sleep disorders ( $p < 10^{-3}$ ). Meanwhile, depression was associated to a past psychiatric history ( $p = 0.001$ ), a personal experience of psychological violence ( $p = 0.011$ ), increased cannabis use ( $p = 0.011$ ) and a broken sleep ( $p = 0.007$ ).

**Conclusions:** Our study identified a high prevalence of adverse psychological symptoms experienced by Tunisian citizens during this first wave of virus spread. Mitigating coronavirus effect on mental health is becoming an international public health priority.

**Keywords:** General population; COVID-19; Anxiety; Depression

## EPP0318

**Did social media interaction replace quantitatively and qualitatively social face to face interaction during first months of COVID-19 pandemic ?**

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**Introduction:** COVID-19 has changed entire lives. Lockdowns all over the world have resulted in social isolation and whole populations started to live a new social norm.

**Objectives:** In this presentation I will discuss the role social media has played in social interactions during lockdown. Mainly if social media use has replaced social face to face interactions. This both in terms of quantity and emotional quality of interactions. I will be using a study we conducted in Malta in this regard.

**Methods:** It seems that social media use has increased during lockdown. To analyse this in Malta we studied a dataset comprising more than 50,000 comments and more than 150,000 interactions that has been extracted from Facebook covering a time span of four months. These months were the first wave of COVID- 19 cases in Malta. We conducted a quantitative and qualitative data analysis to establish the social polarity of the content.

**Results:** I will discuss how social media has in part replaced the social face to face interactions during COVID- 19 pandemic initial months, and use the results of the study we conducted in Malta as an example.

**Conclusions:** It would be useful to analyse further the use of social media in the new social norm caused by COVID- 19. Most importantly how it could be used to decrease social isolation effectively and increase psychological wellbeing.

**Keywords:** social media; COVID- 19; psychological wellbeing; online interaction

## EPP0319

**COVID-19 and lockdown impact on BPD patients and their familiars.**

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**Introduction:** It is large known that Coronavirus outbreak has had a psychological impact on the general population, specifically on those with a mental disease as Borderline Personality Disorder (BPD) and their relatives.

**Objectives:** The aim of the study is to identify and examine the individual and familiar impact of the coronavirus outbreak on patients diagnosed with BPD and their parents.

**Methods:** A qualitative research design using focus groups was selected to identify and discuss participants' experiences, beliefs, perceptions and attitudes. The target population consisted of patients with BPD and their parents. Participants were recruited from the BPD psychiatric service from the Hospital Universitari de la Vall de Hebron (Barcelona, Spain). Data was collected via two focus groups, one with patients with BPD and other with their parents. Content analysis was used to determine categories and themes.

**Results:** The qualitative analysis of participants' perceptions are presented using the following themes: changes and difficulties during lockdown, after lockdown concerns and challenges, general learning, and future needs. Results identify factors associated with the COVID-19 outbreak and other factors already present as family dynamics and individual difficulties.

**Conclusions:** Findings have been discussed focusing on individual and familiar impact, and allows us to consider challenges precipitated by the COVID-19 pandemic. The study evidence that a family intervention approach is essential to enhance BPD treatment.

**Keywords:** Borderline personality disorder; lockdown; family; coronavirus