

## EPV0373

**Distance and Psychoanalysis: Negotiating with the Virtual World**

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**Introduction:** Earlier ways of being in touch with each other have been turned into nostalgia the way COVID-19 did and continues to shake the world. There has been an enormous move under COVID-19 to move towards zoom, telephones, etc. to do online psychoanalysis and psychotherapy. Audio and video have taken exceptional agential forms by replacing physical hearing and seeing. Physical touch is replaced by a virtual touch. The virtual has extended the meaning of the body, feelings, sensations, and relations.

**Objectives:** The aim of this paper lies in understanding, demystifying, and de-alienating the relationship between distance and psychoanalysis. It is to understand what 'virtual turn' entails in therapy. This paper theorizes the 'and' between distance and psychoanalysis.

**Methods:** This research used primary sources like books and articles to elucidate the possibilities and challenges of distance therapy.

**Results:** In-office analysis, analysis with the video, and telephone analysis bring their own unique ways of communication and understanding. "Talking cure" and "chimney sweeping" come closest to the domain of telephone analysis where voice again becomes the foreground. Technology and distance therapy's relation to the analytic position is understood critically as what they mean for both the therapist and the patient in such times of shared social crisis.

**Conclusions:** International Psychoanalytic Association (IPA) has authorized telephone and virtual analysis, which is a commendable step as this makes analysis far more accessible than it has ever been to people who live outside major cities along with breaking the hierarchy between the patient and the analyst.

**Disclosure of Interest:** None Declared

## EPV0374

**Quality of life and fear of death among patients living with HIV during the COVID-19 pandemic second wave**

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**Introduction:** The new coronavirus pandemic has brought the issue of life quality to the forefront. Among HIV-infected patients, life quality may be associated with fear of death.

**Objectives:** The study aimed to investigate the life quality and death fear among HIV-infected patients during the pandemic second wave in Russia.

**Methods:** The data were collected from February to July 2021 using a Google form that we developed. Fifty-nine patients living with HIV participated in the study. We used the WHOQOL-BREF to examine the quality of life and the Fear of Personal Death Scale to explore fear of death. Both questionnaires were adapted for use in Russia.

**Results:** We found the following mean values for the domains: "physical and psychological well-being" —  $M = 21.39 \pm 3.61$ ; "self-perception" —  $M = 17.51 \pm 2.28$ ; "microsocial support" —  $M = 9.15 \pm 2.94$ ; "social well-being" —  $M = 24.81 \pm 5.33$ . We found that physical and psychological well-being were associated with the transcendental consequences of death ( $r_{xy} = 0.274, p < 0.05$ ), self-perception with body consequences ( $r_{xy} = -0.304, p < 0.05$ ) and fear of forgetting ( $r_{xy} = -0.287, p < 0.05$ ), and social well-being with body consequences ( $r_{xy} = -0.310, p < 0.05$ ).

**Conclusions:** Life quality is related to intrapersonal, interpersonal, and supra-personal dimensions of death fear during the second wave of the pandemic among patients living with HIV. Such fact may indicate possible psychotherapeutic targets when working with this group of patients.

**Disclosure of Interest:** None Declared

## EPV0375

**Relationship between life quality and emotional status among patients living with HIV during the second wave of the COVID-19 pandemic in Russia**

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**Introduction:** Different areas of life quality are associated with emotional status. In pandemic conditions, the index of life quality may contribute to emotional stability. However, HIV-infected patients are at risk for affective disorders and are often characterized by a low life rate.

**Objectives:** The study aimed to examine the relationship between life quality and emotional status among HIV-infected patients during the second wave of the pandemic.

**Methods:** Data were collected between February and July 2021 using a Google form we developed. Fifty-nine HIV-positive patients participated in the study. We used the WHOQOL-BREF to examine the quality of life and the DASS-21 to determine depression, anxiety, and stress levels. Both questionnaires were adapted for use in Russia.

**Results:** We found that 64 % of the respondents had no symptoms of depression, 61 % of the patients reported no anxiety, and 71 % had no detectable stress. We found that physical and psychological well-being was associated with depression ( $r_{xy} = -0.318, p < 0.05$ )

and anxiety ( $r_{xy} = -0.308$ ,  $p < 0.05$ ), microsocial support was associated with depression ( $r_{xy} = -0.430$ ,  $p < 0.01$ ) and anxiety ( $r_{xy} = -0.330$ ,  $p < 0.05$ ), social well-being with depression ( $r_{xy} = -0.375$ ,  $p < 0.01$ ), anxiety ( $r_{xy} = -0.448$ ,  $p < 0.01$ ) and stress ( $r_{xy} = -0.362$ ,  $p < 0.01$ ).

**Conclusions:** During the second pandemic wave, the social well-being was most strongly associated with emotional well-being among patients living with HIV. This indicates that different types of social support are essential for this group of patients. Therefore, state authorities should pay special attention to the social welfare of this group of patients.

**Disclosure of Interest:** None Declared

### EPV0376

#### Emotional reactions and baseline beliefs among people living with HIV during the second wave of the COVID-19 pandemic

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**Introduction:** People living with HIV are at risk to develop depression, anxiety, and stress. During the pandemic, their access to medical and social care has decreased. Baseline beliefs affect the experience of mental trauma.

**Objectives:** The study aimed to determine the levels of depression, anxiety, and stress and assess the baseline beliefs among people living with HIV. In addition, the relationship of emotional reactions to baseline beliefs was analysed.

**Methods:** Data were collected from February 28 to July 11, 2021, using a Google form that we developed. Fifty-nine HIV-positive patients participated in the study. The DASS-21 was used to determine depression, anxiety, and stress levels, and the WAS-37 was used to examine baseline beliefs. Both questionnaires were adapted for use in Russia.

**Results:** We found that 64 % of the respondents had no symptoms of depression, 61 % of patients reported no anxiety, and 71 % had no stress. Mean values on the scales of "Benevolence in the World" ( $M = 30.4 \pm 7.1$ ) and "Justice" ( $M = 20.5 \pm 4.6$ ) were below the mean normative values for the Russian population. In contrast, the scales of "Self-Image" ( $M = 30.1 \pm 5.4$ ), "Luck" ( $M = 29.5 \pm 7.3$ ), and "Controlling beliefs" ( $M = 27.1 \pm 4.4$ ) were above the mean. Depression was associated with all types of baseline beliefs, anxiety was associated only with benevolence in the world ( $r_{xy} = -0.309$ ,  $p < 0.05$ ), and stress was associated with benevolence ( $r_{xy} = -0.281$ ,  $p < 0.05$ ) and luck ( $r_{xy} = -0.258$ ,  $p < 0.05$ ).

**Conclusions:** During the COVID-19, beliefs about the world's benevolence are associated with emotional well-being among people living with HIV.

**Disclosure of Interest:** None Declared

### EPV0377

#### Relationship of life-meaning orientations, depression, anxiety and stress among patients living with HIV during the second wave of the COVID-19 pandemic

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**Introduction:** The pandemic is an undeniably stressful factor on a planetary scale. Life meaning, specific meaning-life orientations, and aspects of locus of control mediate one's relationship to one's life circumstances. Thus, the noetic part of human existence can relate to the perception of the pandemic.

**Objectives:** The study aimed to examine the relationship between life-meaning orientations and nonspecific emotional reactions in HIV-infected patients during the second wave of the pandemic.

**Methods:** The data were collected from February to July 2021 using a Google form we developed. Fifty-nine HIV-positive patients participated in the study. We used the Purpose-in-Life Test to examine life-meaning orientations and the DASS-21 to diagnose depression, anxiety, and stress. Both questionnaires were adapted for use in Russia.

**Results:** We obtained the following mean values on the PiLT scales: "general index of life meaningfulness" —  $M = 94.39 \pm 19.71$ ; "goals in life" —  $M = 30.80 \pm 7.75$ ; "life process" —  $M = 26.93 \pm 6.66$ ; "life performance" —  $M = 23.69 \pm 6.66$ ; "locus of control — Me" —  $M = 19.61 \pm 5.05$ ; "locus of control — life" —  $M = 25.90 \pm 7.43$ . All PiLT scales had statistically significant negative correlations with depression, anxiety, and stress, except "life process," which was not associated with anxiety ( $r_{xy} = -0.215$ ,  $p > 0.05$ ).

**Conclusions:** In the COVID-19 pandemic, life meaningfulness, ability to manage life, and freedom of choice may be considered as predictors of emotional well-being among patients living with HIV. The method of the existential psychotherapy can be effective apply among this group of patients.

**Disclosure of Interest:** None Declared

### EPV0378

#### Individual behaviour self-regulation and emotional reactions among patients living with HIV during the second wave of the new coronavirus pandemic in Russia

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**Introduction:** During the COVID-19 pandemic, the need to adapt to rapidly changing external conditions has increased dramatically.