with severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), the virus responsible for the development of COVID-19. Given absence of a vaccine or treatment, prevention is the fundamental aspect of COVID-19 control. This requires early identification of contagious people with COVID-19 and isolation keeping them apart from non infected group of people. Early identification of infection in elderly with dementia or functional psychiatric condition is often difficult, due to difficulty in obtaining history or evaluating medical symptoms.

**Objectives:** 1) To establish the current standards of interventions provided at the unit to control COVID-19, with current recommendation by Government guidance. 2) To address difficulties in early identification of people of COVID-19 in Old Age Psychiatry wards. 3) To introduce sustainable interventions aimed at controlling COVID-19 risk, targeted to this group.

**Methods:** Trust guidance for COVID-19 testing on the ward and guidance of isolation were reviewed. Literature review of currently available scientific evidence for testing for controlling COVID-19 was conducted.

**Results:** We have created a bi-weekly mass testing guidance for Old Age Psychiatry inpatient wards with clear guidane of when to start isolation and when to stop isolation.

**Conclusions:** There is no specific interventions to target older adult within our service currently and it was felt that it is necessary to develop a sustainable mass testing programme for this group of people for control of COVID-19.

**Keywords:** COVID-19; Mass testing; old age psychiatry; SARS-CoV-2

### EPP0279

### Depression and anxiety consequences of the COVID-19 pandemic: A longitudinal cohort study with university students

V. Conceição[1]*, I. Rothes[2], R. Gusmão[1] and H. Barros[1]

[1]Epidemiology Research Unit (epiunit), Institute of Public Health of the University of Porto, Porto, Portugal and [2]Center For Psychology At University Of Porto, Portugal, Faculty of Psychology and Education Science, University of Porto, Portugal, Porto, Portugal
*Corresponding author.
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**Introduction:** For young people, just as in the general population, COVID-19 caused many changes in their lives. The literature review has shown an increased risk for mental illness symptoms as a consequence of the pandemic.

**Objectives:** With this study, we aimed to evaluate the impact of COVID-19 pandemic in university students' anxiety and depression symptoms.

**Methods:** This study is part of a larger longitudinal research on university students' mental health with the Portuguese version of The Patient Health Questionnaire (PHQ-9) and the Portuguese version of the Generalised Anxiety Disorder (GAD-7) data with evaluations on January, May and October 2019 and June 2020, as well as socio-demographic information.

**Results:** 341 university students (257 females and 84 males) were included in this study, with a mean age of 19.91 (SD=1.58). In June 2020, the mean for perceived well-being loss was 60.47% (SD=26.56) and 59.54% (SD=28.95) for mental health loss. In the PHQ-9, the proportion of students with scores equal or above 15 ranged between 22.6% and 25.5% in 2019, however, in June 2020, the proportion was significantly higher (37.0%). The proportion of GAD-7 scores above the cut-off 10 ranged between 46.0% and 47.8% in 2019, and, in 2020, 64.5% of the students scored 10 or above. Compared with preceding trends, PHQ-9 scores were 3.11 (CI=2.40-3.83) higher than expected, and GAD-7 scores were 3.56 (CI=2.75-5.37) higher.

**Conclusions:** COVID-19 had a negative impact on depressive and anxiety symptoms in university students, in line with the literature and confirming the vulnerability of young people in such uncertain times.

**Keywords:** COVID-19; Depression; Anxiety; mental health

### EPP0280

### The impact of the COVID-19 pandemic on the mental health of healthcare professionals and associated factors: A review of literature

S. Sellami[1]*, H. Mami[1], M. Kacem[1], E. Ben Hriz[1], S. Ben Fraj[2] and R. Bouzid[1]

[1]Department Of Psychiatry, University hospital of Nabeul, Nabeul, Tunisia and [2]Department Of Pedopsychiatry, University hospital of Nabeul, Nabeul, Tunisia
*Corresponding author.
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**Introduction:** The COVID-19 pandemic represents a stressful event for humanity. The spread of this disease mainly affects health professionals and interests them closely.

**Objectives:** Identify the impact of the COVID-19 pandemic on the mental health of healthcare personnels and associated factors exposing them to increased psychological fragility.

**Methods:** The current article is a narrative review of the existing literature. A search on electronic database like PubMed was undertaken using the search terms "coronavirus mental health healthcare workers". 20 articles were included in this review.

**Results:** Studies revealed that health care workers have prensented considerable psychiatric symptoms such as anxiety, depression, PTSD, stress, insomnia, somatization, mental and physical exhaustion, addiction and obssessive compulsive symptoms. The prevalence of these symptoms varies from study to another with almost a more notable prevalence of anxiety and depressive symptoms. The following factors that predispose to developing mental distress were noted: being a frontline health worker, having direct contact with infected patients, working in a city with a high infection rate, female sex, isolation, being a suspected case, stigmatization, change of organization, lack of materials, lack of information, lack of communication, lack of support, fear of contamination or of contaminating loved ones, having an organic pathology.

**Conclusions:** This notable impact of the pandemic on the mental health of healthcare workers alerts us as colleagues and civil society to the ultimate need for an urgent adequate and up-to-date intervention to alleviate this distress.

**Keywords:** healthcare workers; mental health; coronavirus; factors