

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 guidance 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. Rothes², R. Gusmão¹ and H. Barros¹

¹Epidemiology Research Unit (epiunit), Institute of Public Health of the University of Porto, Porto, Portugal and ²Center For Psychology At University Of Porto, Portugal, Faculty of Psychology and Education Science, University of Porto, Portugal, Porto, Portugal

*Corresponding author.

doi: 10.1192/j.eurpsy.2021.689

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. Mami¹, M. Kacem¹, E. Ben Hriz¹, S. Ben Fraj² and R. Bouzid¹

¹Department Of Psychiatry, University hospital of Nabeul, Nabeul, Tunisia and ²Department Of Pedopsychiatry, University hospital of Nabeul, Nabeul, Tunisia

*Corresponding author.

doi: 10.1192/j.eurpsy.2021.690

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 presented considerable psychiatric symptoms such as anxiety, depression, PTSD, stress, insomnia, somatization, mental and physical exhaustion, addiction and obsessive 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

EPP0282

Brazilian researchers meet online to discuss social distancing: Results from the first symposium of the group of studies and research on psychology and cognition (GEPESPSI)

C. Varanda^{1*} and A. Macedo Filho²

¹Institute Of Human Sciences - Faculty Of Psychology, Universidade Paulista, SANTOS, Brazil and ²Human Sciences, Universidade Paulista, Santos, Brazil

*Corresponding author.

doi: 10.1192/j.eurpsy.2021.691

Introduction: The Group of Studies and Research on Psychology and Cognition (GEPESPSI) in Brazil has developed important academic and clinical actions on mental health in contexts of difficult psychological handling.

Objectives: GEPESPSI organized a symposium to discuss the psychological effects of isolation due to the strict measures of social distancing.

Methods: 11 psychologists and one speech language pathologist discussed possible contributions to face social distancing in their specific fields of expertise in a virtual symposium of two days. The themes were: university teaching; support to the development of social and emotional competencies among children; the threat of the death of dreams in a phenomenological perspective; resilience and self-esteem; the repercussions of the lack of the school space for socialization; psychological tools for facing isolation; the challenges and perspectives of women who are victims of violence; online therapy for children; the health of workers; suicidal behavior; formulation of educational policies for remote learning and family mental health.

Results: 1094 people were enrolled with an average of 400 people participating in each period. 91,1% of which were graduate students of a university. 55,7% were students of Psychology, 12,8% of Pedagogy, 6% of Physical Therapy among other courses. 39,8% of them were from the city of Santos, the others were from different regions of the country.

Conclusions: The feedback given by the participants was positive and involved gains such as sharing experience and knowledge but mainly creating connections to exchange psychological tools as a way of facing the difficulties of social distancing among researchers and graduate students.

Keywords: social distancing; virtual symposium; Psychology

EPP0283

Post-discharge depressive symptoms and health-related quality of life of critical COVID-19 survivors

S. Martins¹, A.R. Ferreira², J. Fernandes², T. Vieira², L. Fontes², I. Coimbra², J. Paiva^{2,3} and L. Fernandes⁴

¹Department Of Clinical Neuroscience And Mental Health And Center for health technology and services research (cintesis), Faculty of Medicine - University Porto, Porto, Portugal; ²Intensive Care Medicine Department, Centro Hospitalar Universitário São João (CHUSJ), Porto, Portugal; ³Department Of Medicine, Faculty of Medicine - University Porto, Porto, Portugal and ⁴Psychiatry Service, Centro Hospitalar Universitário São João (CHUSJ), Porto, Portugal
doi: 10.1192/j.eurpsy.2021.692

Introduction: Survivors of critical illness stay frequently experience long-term mental health morbidity, suggesting that many critically ill patients with COVID-19 may also show a high prevalence of psychiatric conditions.

Objectives: To describe depression in COVID-19 survivors 4-months post-hospital discharge and to examine its association with health-related quality of life (HRQoL).

Methods: This pilot study involved COVID-19 adult patients admitted in Intensive Care Medicine Service (ICMS) of a University Hospital. Exclusion criteria were: ICMS length of stay (LoS) ≤ 24h, terminal illness, major sensory loss and inability to communicate at the time of assessment. All participants were evaluated at ICMS scheduled telephone follow-up appointment, with Patient Health Questionnaire (PHQ-9) (depression) and EQ-5D-5L (HRQoL). Critical-illness severity was assessed with APACHE-II and SAPS-II.

Results: Twenty patients were included with a median age of 62 (range: 24-77) y.o., the majority male (75%) and married (70%). Median (range) APACHE-II and SAPS-II was 17 (5-34) and 32.5 (7-77), respectively, and LoS was 18 (4-58) days. Overall, 25% patients presented depression symptoms and most reported problems on EQ-5D-5L domains of pain/discomfort (65%), anxiety/depression (55%) and mobility (50%). Depression scores were higher in patients with problems in EQ-5D-5L domains of usual activities (median 4 vs 1.5; p=0.046), pain/discomfort (median 0 vs 4; p=0.004) and anxiety/depression (median 4 vs 0; p<0.001).

Conclusions: These preliminary findings show that depression is frequent in COVID-19 survivors and it is associated with worse HRQoL. This pilot study highlights the importance of psychological assessment and treatment of COVID-19 survivors, in order to minimize its negative impact on HRQoL, optimizing their recovery.

Keywords: COVID-19; ICU survivors; Depression; quality of life

EPP0285

The impact of the COVID-19 pandemic on the development of acute and transient psychotic disorders.

A. Pérez-Balaguer*, L.M. Solari-Heresmann, E. Gil-Benito, B. Sanz-Aranguez and L. Gayubo-Moreo

Psychiatry, Hospital Universitario Puerta de Hierro de Majadahonda, Madrid, Spain

*Corresponding author.

doi: 10.1192/j.eurpsy.2021.693

Introduction: Since the declaration of the COVID-19 pandemic, several studies have demonstrated its considerable psychological impact. The isolation and social distancing, the increased fear of being infected or infecting others and the insecurity generated by the economic impact, could contribute to an increase in the incidence of mental health issues, such as psychotic disorders.

Objectives: The aim is to discuss four clinical cases in order to provide further evidence on this matter.

Methods: We report on three females and one male with no personal psychiatric history who were admitted to a tertiary hospital during the first three months after the declaration of the pandemic. The average age was 44,25 ± 14,97 years.

Results: All patients met the International Statistical Classification of Diseases (ICD-10) criteria for acute and transient psychotic disorder. All of the episodes were triggered by the stress generated from the COVID-19. Complementary tests were unremarkable. They all tested negative for SARS-CoV-2. Rapid discharge with favorable response to