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Introduction: The Coronavirus pandemic has originated unprecedented sanitary control measures that have conditioned people's lifestyles and habits. Little is known about the impact of such measures, especially the most restrictive, on recent and growing phenomena such as exercise addiction, use of enhancement drugs, and Body Dysmorphic Disorder (BDD).

Objectives: The objective was to investigate the above-mentioned phenomena during COVID-19 pandemic and how they relate.

Methods: The sample consisted of 3161 participants (65% women), from Portugal (11%), Italy (41%), Spain (16%), the UK (12%), Lithuania (12%), Japan (6%), and Hungary (4%). Mean age was 35.05 (SD = 12.10). Participants responded online to the Exercise Addiction Inventory (EAI), the Appearance Anxiety Inventory (AAI), and questions about use of enhancement drugs.

Results: 4.3% of the participants scored above the cut-off point of the EAI, with higher values registered in the UK and Spain. Exercise addiction was higher among men. Appearance anxiety and body satisfaction problems were found in participants of all participating countries, with 15.2% scoring over the cut-off point for BDD. Higher numbers of those at risk of BDD were found in Italy, Japan, and Portugal. About 29% reported the use of fitness supplements to make them look better, with 6.4% starting a new use during the lockdown. Change in supplements use and exercise are predicted by EAI scores. Change in mental health is predicted by AAI scores.

Conclusions: This study helps to shed light on how COVID-19 lockdown induced behavioral changes and how they affect physical and mental health-related aspects in different countries.

Keywords: COVID-19; Exercise Addiction; body dysmorphic disorder; Use of Enhancement Drugs

EPP0403

Dysfunctional anxiety in pandemic: Relationship to infodemic and behavior

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Introduction: Anxiety are among the most common (Huang, Zhao, 2020, Rajkumar, 2020, Roy et al., 2020) and stable (Wang et al., 2020) mental complaints in a pandemic situation. Based on

cognitive approach (Beck, Emery, Greenberg, 2005) one should differentiate unrealistic (dysfunctional) anxiety as well as different types of anxiety (Roy et al., 2020).

Objectives: The aim was to reveal relationship of different types of anxiety with the search for information about coronavirus and protective behavior.

Methods: In April 2020 (2-3 weeks of self-isolation regimen) 409 respondents not infected by coronavirus (186 men, 223 women) aged 18 to 64 years appraised their anxiety of infection and pandemic consequences (Cronbach's alphas .77-.82), the degree to which anxiety disturbs their usual activities, the frequency of tracking information about the coronavirus (.75) and various protective actions against the coronavirus (.76).

Results: 17.1% reported that anxiety disturbed their activities. Anxiety of pandemic negative consequences was more prominent than anxiety of infection and was unrelated to age and gender. Anxiety of infection was higher in females ($t=-5.48$, $p<.01$, $\eta=.26$) and elder people ($r=.20$, $p<.01$). Both anxiety of infection and of pandemic consequences was equally related to information tracking and protective behavior ($r=.25-.36$, $p<.01$). Dysfunctional anxiety was unrelated to adherence to self-isolation ($r=.08$) but was related to information tracking ($r=.21$, $p<.01$).

Conclusions: Dysfunctional anxiety is unrelated to self-isolation and should be differentiated from realistic anxiety in studies of pandemic. Research is supported by the Russian Foundation for Basic Research, project No. 20-04-60072.

Keywords: infodemic; Dysfunctional anxiety

EPP0405

Tracking emotions and emotion regulation strategies used in a hospital staff cohort during the COVID-19 pandemic.

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Introduction: In response to collective life events, many people regulate their emotional states through social interactions to reduce cognitive tolls. During pandemics, physical distancing renders the social support strategy less viable, increasing mental health risks.

Objectives: The current work aims to understand the range of emotions and strategies used in a population of Mental Health staff.

Methods: We conducted an anonymous survey on staff from OMH facilities ($n=211$) to assess the impact of Covid-19. The current survey captures a host of social, affective, and demographic variables. Accompanied by scales on emotions, emotion regulation, risk, and perception.

Results: Work, family, and health-concerns were the primary contributors to mood. The most common strategy was “situation-avoidance,” then “exercising.” When comparing depression scores against whether or not specific kinds of regulation strategies were utilized, only differences in the strategy of “emotion-suppression” and “authority-seeking” were substantially related to the CES-D

scores. Specifically, participants who kept feelings to themselves tended to have higher CES-D scores than those who let their feelings show, while those who sought out authority scored lower on the CES-D, on average than those that did not seek authority.

Conclusions: Healthcare staff are under greater stress and pressure during national emergencies, and to regulate emotions during consistent high-stress, our preliminary data suggest that suppression and distraction strategies are dominant. Suggesting that staff prefer or have little choice but to focus on work. Alternatively, perhaps they are overwhelmed to the extent that avoidance and distraction are more accessible strategies. Further analysis of our data may help us understand more.

Keywords: stress; emotion regulation

EPP0406

The digital era and the psychiatric follow up during COVID-19 pandemic– are we ready?

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Introduction: The pandemic caused by the SARS CoV-2 virus (COVID-19) has a profound effect in the health care system (HCS). The therapeutic effect of communication skills is well known. Psychiatric patients are a vulnerable population and remote care via telephone was one of the first implemented measures during the lockdown.

Objectives: The aim is to highlight the potential benefits and risks of remote follow up, according to the scientific evidence currently available.

Methods: Non-systematic review of the literature with the selection of scientific articles published in the last year. The search was performed in Pubmed database with the following Mesh terms: “COVID-19”, “psychiatry”, and “health communication”. Complementary references were also included.

Results: For those with a stable psychiatric condition, remote appointments may guarantee the adequate follow up in a safe way throughout the COVID-19 pandemic. However, telephonic appointments are associated with a limited ability to perform psychopathological examination. A better assessment can be achieved if video call is used. Also, data protection and the ability of giving informed consent by psychiatric patients should be addressed. Additional training should be considered. A subgroup of patients with severe mental illness may require face-to-face visits.

Conclusions: COVID-19 pandemic is an unprecedented crisis and telemedicine is now emerging as an alternative. Remote consultation has advantages and, in some situations, it may replace or complement the in-person visits. Since social isolation is one of the most effective measures, digital means constitute a window of opportunity for the HCS.

Keywords: COVID-19; psychiatry; health communication

EPP0407

Impact of the COVID-19 pandemic and the lockdown period on the number of hospitalizations for acute mania

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Introduction: COVID-19 pandemic has affected social interaction and healthcare worldwide especially during the period of lockdown. As a result of this pandemic in Tunisia, the activity of hospital services and all non-emergency acts, in several specialties have been reduced. In psychiatry, such measures have not been taken. In the social zeitgeber hypothesis social rhythm disrupting life events such as eating, activity, and social patterns, may lead to the onset of manic episodes.

Objectives: The objective of this study was to evaluate the impact of the COVID-19 pandemic on the frequency of acute mania in the context of bipolar disorder during the lockdown and post lockdown period compared to the same period during last year in a psychiatric department in Tunisia.

Methods: We assessed the number of hospitalizations in our department for acute mania in the context of bipolar disorder during the lockdown period in our country, (from March 1st and May 30, 2020) and during the two months following it. We compared this frequency to that of the previous year during the same periods.

Results: During the lockdown period, 17 patients were hospitalized for acute mania in the context of bipolar disorder. Sixty-seven patients were hospitalized in 2019 during the same period for acute mania. Nine hospitalizations for acute mania in the post lockdown period (between June and July 2020), were noted compared to 16 hospitalizations in the same period in 2019.

Conclusions: Lockdown seemed to have a protective effect from affective episodes in bipolar disorder. Perceiving increased connectedness among families may explain these findings.

Keywords: protective factors; covid 19; acute mania

EPP0408

COVID-19 pandemic: Regarding alcohol consumption

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Introduction: On March, 2020, the World Health Organization (WHO) declared the COVID-19 outbreak a global pandemic. Social isolation, unemployment and financial difficulties can have