

Introduction: Ippokrateio Therapeutirio in the city of Larissa, Thessaly, Greece is a private for-profit psychogeriatric hospital focusing on Long Term Care on patients with dementia. During the COVID-19 era lockdown visits by carers/relatives/friends were forbidden due to the preventive government measures. At that same time appearance and/or exaggeration of neuropsychiatric symptoms was observed. In order to restore communication issues we performed telecommunication sessions (videocalls) and measured, among other factors, neuropsychiatric symptoms before and after sessions.

Objectives: Primary objective was to check for relations between videocalls and changes in neuropsychiatric symptoms using NeuroPsychiatric Inventory (NPI). Secondary objective was to check for carers and patients satisfaction, mainly through qualitative information.

Methods: 120 patients with diagnosis of minor or major neurocognitive disorder of any type participated in the video call sessions. Two video calls per patient took place (1 per week) with a 10-inches tablet. Neuropsychiatric Inventory (NPI) was performed before the start of the video-calls. NPI had been performed again the week after both sessions were completed. Satisfaction of carers and patients was recorded, mostly as qualitative data.

Results: Neuropsychiatric symptoms improved in patients with mild or moderate neurocognitive decline. In more severe cases though anxiety, irritability and sleep problems worsened. Satisfaction reached almost 95% of the carers.

Conclusions: Video calls could be a very good way to surpass the communication burden during the pandemic restrictions for LTC dementia patients. Caution should be given to severely demented patients since clinical observations show that a cluster of symptoms worsens.

Keywords: Telepsychogeriatrics; Long Term Care; dementia; Neuropsychiatric symptoms

EPP0358

Mental health and wellness during COVID-19: Impact on healthy population

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Introduction: Pandemic outbreak brings multiple challenges into everyday life, with high potential to affect all aspects of health. It was previously demonstrated that epidemic is harmful to mental health (MH) of a whole population producing long-lasting and significant burden for the person and the society. However, such an impact was less investigated in COVID-19 pandemic.

Objectives: Investigate aspects of MH among healthy population during Spring 2020 lockdown due to COVID-19; detect factors affecting MH and their cumulative effect on health-related quality of life (QOL).

Methods: 571 healthy volunteers completed electronic survey distributed through social networks. The survey contained standard tools for evaluation of (1) levels of stress, anxiety and depression, (2) objective and subjective parameters of participation in daily-life activities, (3) daily routines, (5) loneliness, (6) social connectedness, (7) self-efficacy and (8) quality of life.

Results: We found high levels of stress, anxiety and depression among healthy population and low QOL in physical, psychological and social relationship domains. Employment, keeping daily routines, social connectedness, self-efficacy, enjoyment, satisfaction and

meaning in daily-life activities were associated with better MH. All the aforementioned factors contributed significantly to QOL.

Conclusions: COVID-19 outbreak rise multiple health issues, among them affected MH of the healthy, not infected population. Public health strategies should be implemented to mitigate impact of the COVID-19 pandemic on MH given its personal and social burden and its contribution to QOL. Addressing participation in daily life activities can be a useful tool to cope with impact of COVID-19 on MH.

Keywords: Psychological Distress; COVID-19 lockdown; participation in daily life; quality of life

EPP0360

Psychological and behavioral impact of the COVID-19 pandemic and containment among the general tunisian population.

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Introduction: Since COVID19 pandemic emergence, containment measure have been taken by the Tunisian government imposing a new lifestyle resulting in psychological repercussions and a change in behavior.

Objectives: Highlighting changes of behavior and lifestyle of the general public secondary to the COVID19 pandemic and to confinement and to assess their levels of psychological.

Methods: This is a qualitative, descriptive and analytical cross-sectional study realized between April and May 2020 with the general public using an anonymous online questionnaire covering: socio-demographic data; behavior during confinement; epidemic psychological impact; Mental health status was measured using Depression, Anxiety and Stress Scale (DASS-21). Anger level was assessed by STAXI-10 items.

Results: 132 responses were received: 68.2% were women; the average age 32.01(±11.10); half were single; 77.3% were at higher education level; 41.7% were healthcare professionals. Consumption increased by 26.5% in coffee, 8.3% tobacco and 1.5% alcohol. 33.3% of participants increased their religious practice. 56.1% experienced sleep disorder mostly women(p<0.05). 91.7% followed COVID19 evolution through media essentially Facebook. Partners relationship was deteriorated in 1.7% and improved in 25%. Child abuse increased by 13.7%. During confinement: 15.9%depression (0.8%severe depression), 12.9%anxiety (0.8%severe anxiety), 5.3% stress and 27.3%feelings of anger. Depression, anxiety and anger were related to younger age(p<0.05). Stress wasn't age related. Depression was observed in participants without children (p<0.05). No association founded between psychological impact and gender, profession and civil status.

Conclusions: The COVID19 pandemic and the containment had consequences on individuals behavior and mental health. A psychological listening unit was launched during the period of confinement to overcome psychological impact.

Keywords: General population; behavioral impact; psychological impact; covid 19 pandemic