

## EPP0364

**The prevalence of psychopathological symptoms in population during the COVID-19 pandemic**

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**Introduction:** The COVID-19 pandemic has caused significant lifestyle changes for the world's population. The infection poses a threat to mental health due to direct invasion of the central nervous system of SARS-CoV-2, as well as as a source of mental stress associated, in particular, with the deformation of the structure of interpersonal communications under quarantine conditions.

**Objectives:** The study was conducted to comparatively study the phenomenology and severity of psychopathological manifestations in quarantined and non-quarantined people during the COVID-19 pandemic.

**Methods:** From April 18 to June 15, 2020, an online questionnaire "Symptom List 90" (SCL-90) was conducted among 837 adults in Russia, Kazakhstan, Belarus and other countries. 426 respondents were in strict home quarantine; 302 observed social distancing, but could go to work; 109 were not socially isolated.

**Results:** There was a significant difference in the overall severity index (GSI) between strictly quarantine and non-quarantine groups with GSI values of 0.51 (0.24; 0.99) and 0.33 (0.16; 0.75), respectively ( $p = 0.001$ ). Indicators of anxiety, depression, somatization, obsessive-compulsive symptoms, phobic anxiety, hostility and psychoticism were also significantly higher in quarantined individuals than in non-quarantined individuals ( $p < 0.05$ ).

**Conclusions:** The results of the analysis indicate that in a pandemic, the most susceptible to psychopathological disorders are those living in the most severe quarantine, while the contingent whose lifestyle changes little under these conditions shows the best indicators of mental health. These data indicate the need to optimize the system of psychiatric preventive and curative care for the population in a pandemic.

**Conflict of interest:** No significant relationships.

## EPP0363

**Integrated efforts to promote mental health care during the SARS-CoV-2 pandemic: Reflecting on the experience of a university helpline**

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**Introduction:** The SARS-CoV-2 pandemic is affecting numerous dimensions of our society since the beginning of the outbreak. A significant increase in emotional distress was expected in the general population, particularly among the high-risk groups such as the oldest, chronic patients, healthcare professionals, and psychopathology vulnerable people. There was an urgent need to adapt and create solutions to promote mental health. Given the recommendations to minimize face-to-face interactions, several helplines were widely developed.

**Objectives:** In this work, we aim to reflect on the experience of a university helpline, that integrated efforts with the regional mental health care services.

**Methods:** A University helpline was created to give support to the regional community outside academia. The team was created on an online teamwork platform, to communicate through the chat, carry videoconference meetings, and store useful files. A Manchester screening decision tree was adopted, to define a set of guidelines to provide support to the callers, based mainly on the guidelines defined by the Order of Portuguese Psychologists. Liaison with the mental health care services, including other specific helplines, was established.

**Results:** Notwithstanding all the efforts, the number of received calls was scarce, similarly to helplines created by other national universities and by other entities.

**Conclusions:** A new approach to psychological intervention in crisis is needed, maintaining integrated efforts, and taking advantage of the opportunity to foster personalized mental health care in the digital era. It is important to continuously assess the value of integrated efforts in patient care and to the healthcare system.

**Keywords:** university helpline; psychological intervention in crisis; SARS-CoV-2; integrated mental health care

## EPP0364

**How COVID-19 lockdown measures could impact patients with bulimia nervosa: Exploratory results from an ongoing experience sampling method study.**

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**Introduction:** Preliminary results indicate that COVID-19 lockdown measures could lead to an increase in eating disorder pathology. However, some patients could be more vulnerable to experience such an increase than others. The reason why some patients are more susceptible to the impact of lockdown measures is still not known.

**Objectives:** To analyze the impact of the Belgian COVID-19 lockdown measures on the surroundings, social context, negative affect