

situation of confinement due to the pandemic. Throughout 2020 and 2021 they have suffered the consequences of multiple strict confinements given the differences in isolation protocols in hospitalized patients compared to the general population. This has repercussions on the increase in anxious symptomatology, which influences a more torpid and prolonged evolution of mental disorders in this subpopulation.

Objectives: The objective of this study is to study the anxiety levels of patients admitted to a sub-acute and long-stay mental health unit in a situation of confinement due to covid-19.

Methods: We have carried out a cross-sectional descriptive observational study in 25 patients admitted to the subacute and long-stay unit of the Barcelona Forum Center between December 8 and 23, 2021 in the context of confinement due to a covid-19 outbreak. Sociodemographic and clinical variables are collected. We have used the self-administered STAI scale to assess clinical anxiety.

Results: The mean age is 47.7 years; women 60%. 80% with single marital status. 90% of the patients presented active tobacco consumption, with an average of 21.2 cigarettes/day. The mean score on the STAI scale was 58.8 for state anxiety and 46.7 for trait anxiety, both levels above the 75th percentile for adults, both men (state anxiety 28, trait anxiety 25) and women (state anxiety 31, trait anxiety 32).

Conclusions: The state and trait anxiety scores of the STAI scale of hospitalized patients are higher than the average of the general population, which could be due to the situation of confinement due to the covid pandemic.

Disclosure of Interest: None Declared

EPP0030

Delayed mid-sleep time associated with weight gain while controlling for eating behaviors and ADHD symptoms during the COVID-19 pandemic

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Introduction: Society's sleep-wake cycle and eating behaviors have altered as the psychological outcomes of the COVID-19 pandemic.

Objectives: The aim is to examine the relationship between sleep-wake rhythms, eating behaviors (dieting, oral control, and bulimic behaviors) and ADHD symptoms with weight gain during the COVID-19 pandemic.

Methods: Participants were 578 female university students divided into three groups based on weight change during COVID-19 who lost weight (WL), those whose weight did not change (nWC), and who gained weight (WG). They completed an online survey including, a consent form regarding voluntary participation, the socio-demographic form in which requested information about weight change in the last year, the Pittsburg Sleep Quality Index (PSQI), Eating Attitudes Test, Adult ADHD Severity Rating Scale, Wender Utah Rating Scale. The study was approved by the Selçuk University Local Ethics Committee (Decision Number: 2021/369).

Results: The sleep-wake phase was more delayed in WGs compared to the other two groups. The bulimic behavior score was higher and the oral control behavior score was lower in the WG group than in

the nWC group. In the first step of the hierarchical regression analysis to determine factors associated with weight change, childhood and current ADHD symptoms did not show an association with weight change. In the second step, sleep-wake parameters were added to the analysis, and mid-sleep time was a strong predictor of weight gain ($\beta = 4.71$, $t = 2.18$, $p = 0.03$). In the third step, in which disordered eating behaviors were added to the analysis, bulimic behaviors ($\beta = 0.20$, $t = 3.20$, $p = 0.001$) were associated with weight gain and oral control behaviors ($\beta = -0.11$, $t = -3.24$, $p = 0.001$) were associated with weight loss.

Conclusions: WGs had a delayed sleep phase more than nWCs and WLs in the one-year period during the COVID 19 outbreak. Chronotherapeutic approaches that regulate sleep-wake rhythm may facilitate weight control of individuals during stressful periods such as COVID-19 outbreak.

Disclosure of Interest: None Declared

EPP0031

Facing the COVID-19 pandemic – an assessment of students' mental health and major coping strategies during the COVID-19 pandemic – an international study

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Introduction: During COVID-19 pandemic, it was noticed that it was students who were mostly affected by the changes that aroused because of the pandemic. The interesting part is whether students' well-being could be associated with their fields of study as well as coping strategies.