

(NA), positive affect (PA) and binge eating frequency of patients with bulimia nervosa (BN).

Methods: The data of 15 female patients with BN from an ongoing experience sampling method study were analyzed. Mixed effects models compared surroundings, social context, NA, PA and binge eating before and after the implementation of the lockdown measures.

Results: After the implementation of the lockdown measures, significant changes in surroundings and social context were found as well as an increase in NA ($p < 0.001$) and decrease in PA ($p = 0.015$). Patients who experienced an increase in binge eating frequency also experienced a stronger increase in NA ($p = 0.012$) and decrease in PA ($p = 0.026$) after the lockdown measures were implemented.

Conclusions: Future research should also look at changes in surroundings, social context, affect and how these interact with factors such as personality traits and coping styles when investigating why some patients are more susceptible to the negative effects of lockdown measures than others.

Keywords: Experience Sampling Method; COVID-19; Bulimia Nervosa

EPP0365

Perception of stress by medical staff during the first wave of the COVID-19 pandemic in Russia

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doi: 10.1192/j.eurpsy.2021.751

Introduction: Assessment of mental health in medical staff during the COVID-19 pandemic helps to prevent the delayed negative consequences of work under high risk.

Objectives: The study compares the perceived stress and coping ability in medical staff caring for patients diagnosed with COVID-19 and in professionals, working with other patients.

Methods: Online survey involved 249 doctors and medical staff of a Moscow hospital aged 19 to 60 (80 men and 169 women). 135 people worked directly with COVID-19 patients and 114 specialists did not. The study was conducted with the Perceived Stress Scale (10-items) amidst the first wave of COVID-19 in Russia, in May 2020.

Results: No significant differences were found in the stress levels between the two groups of healthcare providers. On average, the sample revealed an increased level of stress (15.4 with standard values of 12-13). The general indicator of perceived stress ($F = 13.471$; $p < 0.001$), stress level ($F = 12.333$; $p = 0.001$) and stress resistance ($F = 6.003$; $p = 0.015$) in women is significantly higher than in men. In addition, women working with COVID-19 patients have a higher level of stress resistance than women working with other patients ($F = 3.432$; $p = 0.045$).

Conclusions: The perception of stress by healthcare staff during the COVID-19 pandemic increases independently on whether or not they work with infected patients. Although stress is higher in women, they are better at coping, especially in extreme situations. The reported study was funded by RFBR, project number 20-04-60174.

Keywords: mental health; stress level; COVID-19; health care workers

EPP0366

Innovations in the provision of psychiatric treatment and rehabilitation assistance to the population in the context of the COVID-19 pandemic and their preliminary results

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doi: 10.1192/j.eurpsy.2021.752

Introduction: Numerous publications highlight the need to modify mental health services in the stressful environment of the COVID-19 pandemic. The psychiatric service of the city of Moscow undertook some reforms in this regard.

Objectives: The measures taken are aimed at reducing the risk of infection of mentally ill patients undergoing treatment in dispensaries and day hospitals, as well as at preventing the exacerbation of psychopathological disorders in patients under the prevailing conditions.

Methods: The frequency of visits to the dispensary by patients in stable condition has been reduced to 1 time per week. At the same time, the frequency of telephone consultations with patients and their relatives increased up to 3 times a week. Face-to-face psychotherapy sessions have been replaced by remote (online) sessions. During the study period, medical documents of 60 patients were studied. The number of hospitalizations of outpatients to the hospital was recorded due to the deterioration of the mental state, as well as in connection with the infection with COVID in the period from 04/15/2020 to 06/09/2020.

Results: There were no hospitalizations due to mental deterioration. According to this indicator, the situation in 2020 turned out to be better than last year for the same period. There were also no cases of hospitalization of outpatients in connection with Covid-19.

Conclusions: The presented results indicate the effectiveness of organizational innovations introduced in Moscow in the provision of outpatient psychiatric care. However, these data need clarification and objective scientific interpretation.

Conflict of interest: No significant relationships.

EPP0368

Depression in quarantined patients during the COVID-19 pandemic

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