

them women and 70 men. With a diagnosis at discharge of 48% of Psychotic Disorder, 17% of Bipolar Disorder, 11.1% of other affective disorders (T. depressive, adaptive, dysthymia) 14% of Personality Disorder, and 17% of others. Compared to the same period of the previous year, the number of admissions decreased by 98 patients (42%), including the severity of the clinic, with 36% of the total admissions being psychotic disorders.

**Conclusions:** It can be concluded that the number of hospitalizations has decreased due to the patients' fear of being admitted and therefore being subject to infection, and the higher percentage of psychotic and affective pathology because these patients are more serious, making home containment impossible.

**Disclosure of Interest:** None Declared

## EPP0176

### Social media influence on Eating Disorders since COVID-19 pandemic: a pilot study

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**Introduction:** Several studies show a negative impact of mass media contents on adolescents' mental health, especially on perceived body uneasiness. COVID-19 lockdown determined an increased use of social networks (SN). Psychiatrists highlighted an increase in Eating Disorders' (ED) diagnoses.

**Objectives:** The aim of this study is to assess the pattern of SN use in patients with ED using a self-administered questionnaire.

**Methods:** 30 patients with clinical diagnosis of ED (Anorexia nervosa, Bulimia nervosa or Binge eating disorder) admitted to the ED unit, underwent clinical assessment, and filed a questionnaire on SN use. The questionnaire assesses time spent on SN, weight-control apps use, exposure to fitness- or food-related contents and to ED-promoting contents, distractibility, weight changes and feeling of body uneasiness.

**Results:** Mean age was 20.63 (SD 4.71), mean BMI 20.24 (SD 5.27); 93.3% (28) of patients were females. Eating behaviours were divided into restrictive type (66.7%, 20) or binge/bulimic (33.3%, 10). 16.7% (5) of patients reported self-injury behaviours. In 46.7% (14) of cases, the onset of the ED occurred during COVID-19 pandemic; the remaining 53.3% (16) experienced a relapse of a previous ED during this period. 66.7% (20) of subjects reported an increased use of social media and fitness apps. 90% (27) experienced weight changes during the pandemic, with 76.7% (23) seeking nutritional or psychological interventions. 53.3% (16) perceived an increase in body- or food-related contents on their SN feeds, with 50% declaring of knowing the meaning of the terms pro-ana and pro-mia.

Table 1 displays reported answers to the questionnaire. Table 2 shows mean age of patients according to self-injury behaviours and to the onset time of ED.

**Table 1.**

Questionnaire subscales (n)	Rarely occurred % (n)	Often occurred % (n)
Increase of time spent on SNs (30)	33.3% (10)	66.7% (20)
Distractibility (30)	70% (21)	30% (9)
Self-injury contents (30)	96.7% (1)	3.3% (29)
Body uneasiness (30)	26.7% (8)	73.3% (22)
Pro-ana/pro-mia contents influence (15)	53.3% (8)	46.7% (7)
Body- and food-related contents influence (30)	20% (6)	80% (24)

**Table 2.**

Eating disorders features (n)	Mean age (SD)	
Self-injury – Yes (5)	18.20 (1.92)	p<0.05
Self-injury – No (25)	21.12 (4.97)	
Onset during Covid-19 pandemic (14)	18.29 (1.82)	p<0.01
Worsening during Covid-19 pandemic (16)	22.69 (5.51)	

**Conclusions:** ED onset during the COVID-19 pandemic and self-injury behaviours appear as pivotal characteristics of younger patients, displaying a greater severity of the disorder in our clinical experience. With a more consistent number of patients, it would be possible to correlate SN use and body- and food-related contents to the onset and the severity of ED, focusing on pandemic periods.

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## Depressive Disorders 02

### EPP0177

#### Association between depression and insulintherapy

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**Introduction:** Insulin is the basic medical therapy to manage type 1 diabetes and is also a cornerstone of treatment of type 2 diabetes as insulinopenia belongs to its natural history. However, insulintherapy is associated with many challenges especially psychological difficulties such as patient's acceptance and compliance, which may lead to metabolic and psychological disorders.

**Objectives:** The aim of our study was to determine the association between insulintherapy and depression.

**Methods:** A cross sectional analytic study was conducted from October 2019 to October 2020 among a group of diabetic patients followed in the Endocrinology Department of Tahar Sfar University Hospital in Mahdia, Tunisia. "DSM-V diagnosis criteria for