

trait-anxiety was assessed using the “General Anxiety questionnaire of Spielberger” (STAI-Y-B). We used the “Social Support Questionnaire” to measure availability and satisfaction regarding perceived social support.

Results: Participants were 135 HCP, and aged from 24 to 61 years old (average age 31.98 years). The sex ratio was 1.1 (71 males and 64 females). Of HCP involved in the study, 61.5% were single, 36.3% were married and 2.2% were divorced. The average scores of availability and satisfaction regarding perceived social were 7.79 (SD=3.56) and 28.41 (SD=6.75), respectively. Seventy-two of the HCP had a trait-anxious. Analysis showed that social support satisfaction scores were significantly lower in trait-anxious HCP ($p < 0.001$). However, there was no significant difference in the score of availability according to trait-anxiety ($p = 0.49$).

Conclusions: Our study highlighted the existence of a deficit on perceived social support satisfaction among trait-anxious Tunisian HCP. Perceived social support as a determinant of trait anxiety should be the focus of social work in this period.

Disclosure: No significant relationships.

Keywords: Healthcare professionals; Trait-Anxiety; Social support; Covid-19 pandemic

EPV0201

Perceived characteristics of life situations during the COVID-19 pandemic

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Introduction: The COVID-19 pandemic situation is seen as an intense stressor. However, people process it differently.

Objectives: This study aims to examine the connection between life situation perception and the desirability of life changes the pandemic caused.

Methods: Adult participants (n=144; 01.04.2020–01.06.2020) answered open-ended questions about their current life situation experience and rated the desirability of life changes on a 10-point scale (see table 1). Content analysis and Pearson’s χ^2 criterion were used.

Results: We annotated the participants’ responses. The content of life situations was categorized into restrictions, losses, difficulties (negative responses), acquisitions (positive responses), neutral, and ambivalent responses. Life goals were categorized into an approach to the desired outcome, avoidance of hassles, preservation of status quo, self-development, and return to prepandemic life. χ^2 analysis confirms the differences between content-types and goal-types

categories in 4 groups of participants: $\chi^2(15)=43.62$; $p=0.002$ (content); $\chi^2(12)=27.23$; $p=0.01$ (goals). The desirability of changes was positively linked with the ambivalent responses and responses containing self-development goals or approach-to-desired-outcome goals; and was negatively linked with the responses containing restriction-type situations and avoidance goals. Only the respondents accepting changes reported acquisitions; only the respondents rejecting changes reported a return to prepandemic life goals.

Conclusions: Perceived characteristics of life situations are closely connected with the desirability of life changes during the pandemic. Funding: The reported study was funded by RFBR, project number 20-013-00838.

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Keywords: goal; COVID-19; perceived life situation; change

EPV0202

Measuring anxiety and depression in parents of hospitalized children during the COVID-19 pandemic in a pediatric Italian hospital

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Introduction: Parents of hospitalized children with chronic illness (HCCI) during the COVID-19 epidemic may face huge pressure and worry, leading to mental health issues. Parent’s depression and anxiety disorders increase the risk of mental health problems in the child and affect his/her recovery.

Objectives: The aim of this study was to assess the prevalence rate of depressive and anxiety symptoms among a pilot sample of parents of HCCI (in- and out-patients) with diagnosis of epilepsy (9), cystic fibrosis (8) and congenital heart anomalies (6) during COVID-19 pandemic. Pediatric patients were under a regular Children Hospital medical and psychological follow-up program.

Methods: We conducted a cross-sectional study among 23 Italian parents (15 F; 8 M) of HCCI during the COVID-19 epidemic period. We performed face-to face interviews and assessed depressive and anxiety symptoms with the Patient Health Questionnaire (PHQ-9) and the Generalized Anxiety Disorders (GAD-7) questionnaire during scheduled follow up visits.

Results: The anxiety score of parents of HCCI was 4.43 ± 3.17 , of which 39.1% of parents were anxious (≥ 5 points), while the depression score was 4.04 ± 2.67 , of which 30.4% of parents show depressive symptoms (≥ 5 points). The prevalence of comorbid depressive and anxiety symptoms was 26.1% among the entire sample.

Conclusions: Preliminary data of our pilot study showed a high prevalence of anxious depressive symptoms and comorbidity among parents of HCCI. Timely provision of psychologic interventions are needed during and after COVID-19 pandemic in order to empower parenting and promote children recovery and quality of life.

Disclosure: No significant relationships.

Keywords: COVID-19 pandemic; parents; Hospitalized children; anxiety and depression

Table 1

Changes' desirability									
-5	-4	-3	-2	-1	+1	+2	+3	+4	+5
Group 1			Group 2			Group 3		Group 4	
Rejecting changes					Accepting changes				

EPV0203

The role of Mediterranean Diet in mental health in pandemic times

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Introduction: In late 2019, an epidemic outbreak emerges in China caused by a new coronavirus with high transmission and human infection potential which in March 2020, was characterized by WHO as a pandemic. The lockdown has repercussions on the population's well-being, reflected in their food choices. There is a tendency to increase the consumption of energy dense food, rich in fat and carbohydrates, which are related to an increased risk of depression.

Objectives: The main goal of this non-systematic literature review was to understand the impact of the Mediterranean Diet on Mental Health promotion in SARSCoV-2 pandemic.

Methods: Literature from Pubmed database were searched, with the following keywords: COVID-19, Depression, Anxiety, Mental Health and Mediterranean Diet.

Results: Studies indicate that a diet based on the Mediterranean Diet is associated with a decreased risk of developing depressive symptoms, especially when there is moderate to high adherence to this dietary pattern. High consumption of plant and fish foods, reduced consumption of sugary products, processed and red meats and the use of olive oil as a fat source, are principles of the Mediterranean diet, associated with an improvement in endothelial function, increased levels of eicosanoids and serotonin synthesis and regulation of serotonin which seem to explain this protective effect.

Conclusions: In addition to decreasing the risk of obesity, diabetes, and hypertension, comorbidities associated with the most serious disease of COVID-19, the Mediterranean Diet seems to play an important role in promoting mental health, with a decreased risk of developing depressive symptoms.

Disclosure: No significant relationships.

Keywords: COVID-19; Depression; mental health; Mediterranean Diet

EPV0204

SARS – CoV 2 impact's on mental health. Case study, psychiatric hospitals “Ali Mihali”, Vlorë

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Introduction: The aim of this paper is to analyse the impact of SARS – CoV 2 on Mental Health. Based on the studies patients infected with COVID-19 manifest severe mental health problems during or after infection.

Objectives: How do different people face the acute phase of SARS-CoV-2 infection? How do mental health problems influence the disease's trajectory? What kind of the mental health disorder occur in people status post Covid?

Methods: We have used a regular, clinical strategy involving adults aged 21-61 years infected with SARS-CoV-2. The research was conducted over the period July-December 2020, in 5 patients (3 males and 2 females) hospitalized in the Psychiatric Hospital “Ali Mihali” Vlorë. The assessment on the diagnosis was made conforming to the diagnostic criteria of DSM-5 based on structured clinical interview (information from family, friends, etc.) and examination of mental status

Results: According to the studies SARS CoV2 affects with serious problems the Mental Health. Some of them are: Sleep disorder. Anxiety disorder. Major Depressive Disorder. Bipolar disorder Psychotic disorder

Conclusions: Patients infected with SARS-CoV-2 must be provided with a family physician psychological evaluation during the acute and post-COVID-19 phase. All individuals status post COVID-19 who have lost their daily functioning and pose a risk to themselves and others must be recommended to CMHC for multidisciplinary treatment All COVID hospitals and wards must be equipped with multidisciplinary teams (psychiatrist, psychologist, social worker, mental health nurse) and each clinical record must have current mental status assessment and follow-up in case dynamics.

Disclosure: No significant relationships.

Keywords: Mental Disorder; Mental Health; Patients; SARS CoV2

EPV0205

COVID-19 psychological impact in patients with depressive disorder: Differences based on their age

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Introduction: COVID-19 pandemic and lockdown have provoked a considerable psychological impact in Spain. Some studies have reported greater psychological impact in the younger population. To date, no previous study has focused on depressive disorder (DD) patients based on their age.

Objectives: To describe the psychological impact on DD according to age.

Methods: Cross-sectional study of an online survey available from 19 to 26 March 2020. Out of a total of 21207 respondents, 608 (2.9%) reported suffering from DD (mean age \pm SD = 41.2 years \pm 14.07 [18-82], 80.6% women). The subsample (608) was divided according to age, “youngsters” <45 (57.4%)/ “elders” \geq 45. DASS-21 and IES scales were employed. Statistical analyses: Chi-square, t-Student test.