and emotion dysregulation may play a crucial role as possible salutogenic or pathogenic factors on the onset of psychiatric symptoms during the three waves of the COVID-19 pandemic.

**Objectives:** 1) To examine the relationship between emotion dysregulation assessed at the end of the first wave of COVID-19, mentalizing assessed during the second wave, and psychiatric symptoms levels assessed during the third wave. 2) To examine the moderation role of mentalizing within the relation between emotion dysregulation and psychiatric symptoms.

**Methods:** Participants were 83 non-clinical emerging adults ($M_{age}$=22.18, SD=4.36; 57.8% females). Measures applied were Difficulties in Emotion Regulation Scale (DERS) to examine emotion dysregulation, Reflective Functioning Questionnaire to examine mentalizing (RFQ_uncertainty; RFQ_certainty) and Symptom Checklist-90-Revised (SCL-90) to examine psychiatric symptoms (Global Severity Index, GSI).

**Results:** DERS_total score (r=.31, p=.03) and both RFQ_uncertainty (r=.41, p<.01) and RFQ_certainty (r=-.33, p=.02) are associated with GSI. Secondly, a significant moderation role by RFQ_u emerged within the relation between DERS_total score and GSI ($\Delta R^2$=.067, β=.001, SE=.00, CI[.000, .002]).

**Conclusions:** These results suggest that mentalizing and emotion dysregulation may play a pivotal role in the onset of psychiatric symptoms during the COVID-19 pandemic. Clinical implications are discussed.

**Disclosure:** No significant relationships.
**Keywords:** Covid-19; Emotion dysregulation; mentalizing; emerging adults

### EPP0795

### Phonemic fluency in post-ICU patients after severe COVID-19 infection: The role of cognitive reserve.

X. Segú*, M. Primé Tous, M. Sanchez, F. Valdesoiro, A. Rodriguez, I. Martín and A. Costas

Hospital Clínic de Barcelona, Department Of Psychiatry And Psychology, Barcelona, Spain
*Corresponding author.
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**Introduction:** Cognitive function may be impaired in COVID-19 patients, especially in executive functions such as phonemic fluency. Among risk factors, inflammation during hospitalization is related with worse cognitive performance in the long term. On the other side, it has been shown that cognitive reserve (CR) protects against cognitive impairment associated with brain damage, psychiatric disorders and neurodegenerative diseases.

**Objectives:** Our aim is to study the protective role of cognitive reserve in phonemic fluency to inflammation after SARS-CoV-2 infection.

**Methods:** We enrolled a cohort of 102 severe SARS-CoV-2 survivors after Intensive Care Unit (ICU) discharge and 58 agreed to participate in this 6-month follow-up study. Patients with previously known cognitive impairment were excluded. Demographic, clinical and laboratory data were collected. To assess the phonemic fluency, we used the Controlled Oral Word Association Test (COWAT) controlling the effects of age and education. Inflammation was recorded according to the number of days with high CRP.

ANCOVA analyses were used to test the effect of interaction between medical variables and cognitive reserve on phonemic fluency.

**Results:** The COVID-19 inflammation interacted with CR in phonemic fluency (F= 6.47, p= 0.01), with worse performance in patients with low CR (mean 16.7 (10.2-23.3)) than those with high CR (mean 37.7 (34.3-41.2)) in function of number of days with high PCR during ICU stay.

**Conclusions:** The role of the cognitive reserve is important to reduce the cognitive impairment related with COVID-19 inflammation in post-ICU patients.

**Disclosure:** No significant relationships.
**Keywords:** cognitive impairment; Neurological manifestations; Covid-19; Cognitive reserve

### EPP0796

### Mental Health in Individuals with a History of Mental Disorder during COVID-19-Pandemic - Preliminary Results of the National Cohort Study in Germany

S.G. Riedel-Heller[1]*, A. Pabst[1], J. Stein[1], H. Grabe[2], M. Rietschel[3] and K. Berger[4]

[1]University of Leipzig, Faculty of Medicine, Institute Of Social Medicine, Occupational Health And Public Health (isap), Leipzig, Germany; [2]University Medicine Greifswald, Department Of Psychiatry And Psychotherapy,, Greifswald, Germany; [3]Medical Faculty Mannheim, Central Institute Of Mental Health, Department Of Genetic Epidemiology In Psychiatry, Mannheim, Germany and [4]University of Münster, Institute Of Epidemiology And Social Medicine, Münster, Germany
*Corresponding author.
doi: 10.1192/j.eurpsy.2022.955

**Introduction:** Research of COVID-19-Pandemic mental health impact focus on three groups: the general population, (2) so called vulnerable groups (e.g. individuals with mental disorders) and (3) individuals suffering COVID-19 including Long-COVID syndromes.

**Objectives:** We investigate whether individuals with a history of depression in the past, react to the COVID-19 pandemic with increased depressive symptoms.

**Methods:** Longitudinal Data stem from the NAKO-Baseline-Assessment (2014-2019, 18 study centers in Germany, representative sampled individuals from 20 to 74 years) and the subsequent NAKO-COVID-Assessment (5-11/2020). The sample for analysis comprises 115.519 individuals. History of psychiatric disorder was operationalized as lifetime self-report for physician-diagnosed depression. Depressive symptoms were measured with the PHQ 9.

**Results:** Mean age of the sample at baseline was 49.95 (SD 12.53). It comprised 51.70 women; 14 % of the individuals had a history of physician-diagnosed depression. Considering a PHQ-Score with cut-off 10 as a clinical relevant depression, 3.65 % of the individuals without history of depression and 24.19 % of those with a history of depression were depressed at baseline. The NAKO-COVID-Assessment revealed 6.53 % depressed individuals without any history of depression and a similar rate of 23.29 % in those with history of depression.

**Conclusions:** In contrast to that what we expected, individuals with a history of a physician-diagnosed depression, did not react with

increasing depressiveness during the first phase of the pandemic in Germany. Several reasons could be discussed. Whether there medium and long-term impact remains open.

## EPP0797

### Depression and health-related quality of life in critical COVID-19 survivors

J. Silva[1]*, S. Martins[2], A.R. Ferreira[2], J. Fernandes[3], T. Vieira[3], L. Fontes[3], N. Reis[3], A. Braga[3], I. Coimbra[3], J.A. Paiva[3,4] and L. Fernandes[2,5]

[1]Faculty of Medicine University of Porto (FMUP), Fmup, Porto, Portugal; [2]Faculty of Medicine - University Porto, Department Of Clinical Neuroscience And Mental Health And Center for health technology and services research (cintesis), Porto, Portugal; [3]Centro Hospitalar Universitário São João (CHUSJ), Intensive Care Medicine Department, Porto, Portugal; [4]Faculty of Medicine - University Porto, Department Of Medicine, Porto, Portugal and [5]Psychiatry Service, Centro Hospitalar Universitário De São João, Porto, Portugal
*Corresponding author.
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**Introduction:** Long-term neuropsychiatric consequences of critical illness are well known. Therefore, it is expected that critical COVID-19 patients might also present several psychiatric symptoms such as depression, with inevitable negative effect on health-related quality of life (HRQoL), commonly used as an indicator of illness and treatment impact.

**Objectives:** To identify depressive symptoms in critical COVID-19 survivors and to examine its association with HRQoL domains.

**Methods:** This preliminary study involved critical COVID-19 patients admitted into the Intensive Care Medicine Department (ICMD) of a University Hospital, between October and December of 2020. Patients with an ICMD length of stay (LoS)≤24h, terminal illness, major auditory loss, or inability to communicate at the follow-up time were excluded. From 1-2 months after discharge, all participants were evaluated by telephone at follow-up appointment, with Patient Health Questionnaire (PHQ-9) (depression) and EuroQol 5-dimension 5-level EQ-5D-5L (HRQoL). This study is part of the longitudinal MAPA project.

**Results:** Eighty-three patients were included with a median age of 63 years (range: 31-86) and the majority were male (63%). The most reported problems on EQ-5D-5L domains were usual activities (82%) and mobility (76%). About 27% presented depressive symptoms, and with more problems of self-care (68%vs41%; p=0.029), pain/discomfort (86%vs49%; p=0.002), and anxiety/depression (96%vs54%; p<0.001).

**Conclusions:** These preliminary results are in line in previous studies in critical COVID-19 survivors, with depression being associated with worse HRQoL. Bearing this in mind, follow-up approaches with an early screening and treatment of these psychiatric symptoms will be fundamental to optimize the recovery of these patients.

## EPP0798

### The Impact of COVID-19 Pandemic on Quality of Life among General Population at Argolida regional unit

A. Gamvroula*, S. Antonopoulos, E. Stratou, C. Toutouni, S. Aggelaina, G. Lampou and M. Saridi

General hospital Argolidas, General Hospital Argolidas, Argos, Greece
*Corresponding author.
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**Introduction:** The impact of the Covid-19 on the quality of life (QOL) have been reported and highlighted by several research studies worldwide.

**Objectives:** The primary objective of this study is to evaluate the impact of the COVID-19 pandemic on quality of life among Greek general population of Argolida, taking into consideration the socio-demographic characteristics.

**Methods:** Information on the socio-demographic characteristics and Covid related data of the respondents was collected by a questionnaire including age, gender, education level, marital status, health status, smoking history, sedentary lifestyle, job status. A 5-point Likert scale (MVQOLI) was used to examine the QOL. Comparisons on the variables were performed using Kruskal-Wallis H Test and x2 test, using SPSS Statistics (version 20).

**Results:** A total of 620 Greek adults (Females n =381) were requested to answer by filling the questionnaire or Google Form. The results showed statistically significant differences in higher level QOL depending on a number of variables that are presented in the table. Table Demographic characteristics of the study with higher level QOL

| Sample Characteristics | p Value |
| --- | --- |
| Gender : Female | 0,003 |
| Marital status: Married /cohabitation | 0,011 |
| Level of education : High | 0,000 |
| Health status: Non psychiatric disease | 0,022 |
| Smoking status: Never smoked & ex-smoker | 0,043 |
| Sedentary life style | 0,002 |
| Non covid-19 affected | 0,001 |
| Confidence in the health system | 0,001 |
| Confidence in health workers | 0,001 |

**Conclusions:** The results showed that female sex, married, higher educated respondents, non smokers were significantly associated with higher QOL. The findings can certainly offer guidelines in developing programs and interventions for all domains of QOL.