

## EPP0414

### Stigmatization attitudes of medical staff toward people with respiratory syndromes during COVID-19 pandemic

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**Introduction:** The health care workers have extremely high risks of adverse psychological reactions from COVID-19 pandemic. On the other hand, patients with respiratory syndromes face stigmatization due to their possible contagiousness of SARS-Cov-2.

**Objectives:** To study the association of behavior, psychological distress in health care workers, and their stigmatization attitudes to the patients.

**Methods:** The online-survey of 1800 health care workers performed during different lockdown periods in Russia: the first week and the last (30/Mar-5/Apr/20 and 4-10/May/20). The Psychological stress scale (PSM-25), modified Perceived devaluation-discrimination scale (Cronbach's  $\alpha=0.74$ ) were used. Dispersion analysis with  $p$ -value=0.05 and Cohen's  $d$ , Cramer's  $V$  calculation (ES) performed.

**Results:** In the 2nd phase medical staff more often wore masks (64% vs. 89%;  $\chi^2=98.7$ ,  $p=0.000$ ,  $df=1$ ; ES=0.23) and gloves (30% vs. 57%;  $\chi^2=57.6$ ,  $p=0.000$ ,  $df=1$ ; ES=0.18), continued perform hand hygiene (94-95%) and physical distancing (73-74%), but was restricted in most effective protective measure: self-isolation (49% vs. 36%;  $\chi^2=16.0$ ,  $p=0.000$ ,  $df=1$ ; ES=1.0). The psychological stress levels decreased in the 2nd phase (ES=0.13), while the stigma levels (ES=0.33) increased. Physicians experienced more stress compared with nurses and paramedical personnel (ES=0.34; 0.64) but were less likely to stigmatize SARS-CoV-2 infected individuals (ES=0.43; 0.41). The highest rates of contacts with COVID-19 patients (83%) were reported by physicians ( $\chi^2=123.0$ ;  $p=0.00$ ,  $df=4$ ; ES=0.28).

**Conclusions:** Direct contact with SARS-Cov-2 is associated with a significant increase in stress among medical personnel. However, the stigmatizing reactions are not directly associated with the risks of infection and are most prevalent among nurses and paramedical personnel.

**Keywords:** distress; COVID-19; stress; Stigma

## EPP0413

### "I am the coronavirus": A case report and review

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**Introduction:** As disorders of thought, delusions are modified by patients' background, and so their content varies widely according

to location and throughout the ages. The COVID-19 pandemic has shown its global impact on society and mental health of the population, thus becoming a new delusional topic.

**Objectives:** We report a case where the COVID-19 pandemic has been integrated into a patient's delusion in an attempt to raise professional awareness for this new psychotic presentation.

**Methods:** Review of clinical notes and literature review.

**Results:** A 38-year-old female patient with no prior psychiatric history presented with psychotic symptoms characterized by self-referential ideas, feelings of guilt and delusions of ruin, with a sudden onset of less than 24 hours prior to observation. The patient claimed that she was the coronavirus and, as such, she was a common topic of conversation in both television and social media, and the reported deaths caused by COVID-19 were her own doing. As a result of this, the patient was asking doctors to kill her in order to save everyone else affected by the virus. After evaluation, a diagnosis of Acute and Transient Psychotic Disorder was considered. The patient was initially treated with paliperidone, but due to hyperprolactinemia and menstrual changes this was switched to aripiprazole. Symptoms remitted fully after 21 days of treatment, and six months later no recurrences have been described.

**Conclusions:** This case illustrates the potential of the coronavirus pandemic outbreak as a new delusional topic. Possible side effects of treatment are also discussed.

**Keywords:** COVID-19; coronavirus; psychotic disorder; aripiprazole

## EPP0414

### Mood disorders and suicides during coronavirus pandemic

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**Introduction:** The outbreak of COVID-19 has disrupted the lives of countless people worldwide. The pandemic has imposed a sense of uncertainty and anxiety, as the world could not predict or prepare for this crisis. It is important to study risk factors, including employment, marital status, and pre-existing medical or psychiatric conditions to effectively handle this pandemic's mental health impact.

**Objectives:** We aim to evaluate factors contributing to the suicides and mood disorders during the coronavirus pandemic.

**Methods:** We examined MeSH terms "COVID-19" in the context of "Mood Disorders," "Suicide," "Suicidal Ideation," "Assisted or Suicide, Attempted or Suicide," "Risk Factors." We identified eight case studies for the qualitative synthesis per the PRISMA guidelines, searching Medline, PubMed, PubMed Central, and PsychInfo databases until August 2020.

**Results:** We identified that the population of all age groups and sex are at risk of stress and mental illness due to the pandemic. Several factors are attributed to the increased risk of mood disorders and suicide. Not having pre-existing psychiatric or medical condition is not a protective factor, since suicide was attempted or committed due to external factors such as economic and social.