

## EPV0298

## SUICIDE AND COVID-19: A TEMPORAL-SPATIAL ANALYSIS IN THE STATE OF PARANÁ AND THE 15th HEALTH REGIONAL FROM 2010 TO 2020

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**Introduction:** Suicide occurs throughout all the life course, but in 2019 it was the fourth leading cause of death among 15-29 years old worldwide.

In Brazil, between 2010 and 2019, 112,230 deaths from suicide were recorded, with a 43% increase in the annual number of deaths from the beginning to the end of that period in all age groups. (SAÚDE, 2021).

**Objectives:** To accomplish a space-time analysis of the rate of suicide deaths in the state of Paraná and in its 15th Health Regional, from 2010 to 2020, in the population aged 20 to 69 years, contrasting the pre-pandemic periods (2010 to 2019) and during the COVID-19 pandemic (2020).

**Methods:** This is an ecological, observational, cross-sectional, retrospective study, using spatial and temporal analysis tools, based on secondary data obtained from the Department of Informatics of the Unified Health System (DATASUS), in the period 2010 and 2020, referring to the 5568 Brazilian cities, with emphasis on the 399 of the state of Paraná and the 30 cities of its 15th Health Regional (HR).

Exploratory Spatial Data Analysis (AEDE) techniques were used through GeoDA (version 1.20.0.8) and QGIS (version 3.22.4) software to determine the existence of Spatial Autocorrelation (Moran's Global Index or Moran I) and to calculation and visualization of the Local Spatial Association Indicator (LISA).

Global (Moran I) and local (LISA) spatial autocorrelation coefficients were considered significant when  $p < 0.05$  at a 95% confidence level.

The Space Time Cube is a simultaneous spatial and temporal analysis methodology of ArcGIS Pro Software (ESRI, 2011) that evaluates the behavior of a value in space over a defined time interval.

**Results:** The arithmetic mean of the age at death by suicide, from 2010 to 2020, was 41.1 years, with a standard deviation of 13.3 years and a median of 40 years. Most deaths in the pre-pandemic period occurred among men aged 20 to 29, followed by women aged 30 to 39 years and men aged 40 to 49 years.

Regarding the most common causes and modes of suicide in the State, there was no significant difference between the periods from 2010 to 2019, pre-pandemic reference, and 2020 (pandemic) in a global perspective. The three main causes of death were: 1) Hanging, strangulation or suffocation (ICD-10 X70, T71) were the majority and accounted for more than half of all causes; 2) Self-harm by gunshot (ICD- 10 X74 and X72); 3) Self-poisoning by pesticides and drugs, respectively (ICD-10 X68 and X61).

**Conclusions:** This study showed an increase in suicide deaths in the state of Paraná, when analyzing the periods before and during the COVID-19 pandemic. The most affected population was men, aged 20 to 29 years.

**Disclosure of Interest:** None Declared

## EPV0299

## The impact of COVID-19 pandemic on inpatient admissions for bipolar disorder

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**Introduction:** In 2019, there were 39.5 million patients suffering from bipolar disorder worldwide, resulting in around 8.5 million disability-adjusted life years (DALYs) and in a significant economic burden. Bipolar disorder is known to be susceptible to factors that disrupt biological and social rhythms. The COVID-19 pandemic and the measures taken to control it, such as social distancing, home confinement and lockdowns, pose a risk to the stability of bipolar patients. Other factors, for example, reduced access to treatment and stress associated with the disease could also contribute to relapses. Studies have shown that, in 2020, more people with bipolar disorder were hospitalised compared to previous years, including patients without previous history of hospitalizations.

**Objectives:** This study aims to assess the impact of the COVID-19 pandemic on inpatient admissions for bipolar disorder.

**Methods:** Socio-demographic and clinical data were collected from electronic medical records. A retrospective observational study of patients who were admitted to a psychiatric ward between March 2019 and February 2021 was conducted. The characteristics of patients admitted before the pandemic (March 2019 to February 2020) and after (March 2020 to February 2021) were compared statistically.

**Results:** A total of 850 patient admissions were obtained, 15% of which had a main diagnosis of bipolar disorder. The authors will analyze all the variables in the population admitted. The authors expect to find differences between patients hospitalized before and after the beginning of the pandemic, both in clinical presentation (manic, depressive or mixed episode), psychiatric history, comorbidities, suicide attempts and socio-demographic factors.

**Conclusions:** The COVID-19 pandemic had a significant impact on mental health on a global level, plenty of which is still unknown. The findings of this study will likely show the effects of this crisis on bipolar disorder patients.

**Disclosure of Interest:** None Declared

## EPV0300

## COVID-19 pandemic and involuntary admitted patients in a Psychiatric Service

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**Introduction:** The COVID-19 pandemic had a major impact on mental health globally, resulting in a need for adaptation of mental health services. The psychosocial consequences of this crisis, such as psychological stress, reduction of community care and social support, are known factors that increase the risk of psychiatric decompensation. Compulsory admission is the last line of

intervention in individuals who suffer from severe mental disorders and refuse treatment, based on the principles of therapeutic need and social protection. In Portugal, the last law regulating the compulsory admission is in force since 2004 (Law 36/98 of 24 July), and configures this measure as a hospitalization by court order, happening the same in other European countries. The literature shows that in 2020 there was a significant increase in the proportion of involuntary inpatient admissions for all psychiatric diagnosis.

**Objectives:** This study aims to assess the impact of the COVID-19 pandemic on involuntary admissions to an acute psychiatric service.

**Methods:** Socio-demographic and clinical data were collected from electronic medical records. A retrospective observational study of patients who were admitted in a General Psychiatric Unit of Hospital Magalhães Lemos between March 2019 and February 2021 was conducted. The characteristics of patients admitted before the pandemic (March 2019 to February 2020) and after (March 2020 to February 2021) were compared statistically.

**Results:** A total of 850 patient admissions were obtained, of which 28% were involuntary. The authors expect to find differences between involuntary inpatient admissions before and after the COVID-19 pandemic in proportion of patients, socio-demographic and clinical factors.

**Conclusions:** The findings of this study will likely show an increase in involuntary admissions during the pandemic, in agreement with current knowledge. More studies are needed to assess the long-term impact of the pandemic on mental health.

**Disclosure of Interest:** None Declared

### EPV0301

#### Online pornography use during the COVID-19 pandemic: a review

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**Introduction:** The Coronavirus (COVID-19) pandemic and the regulations enforced to control it caused significant alterations in daily routines worldwide. Lockdowns, remote working and schooling favoured virtual interactions and increased “free-time”, with the internet posing as a preferential means of distraction. Statistics from pornographic websites have shown a rise in traffic during lockdown periods, with problematic use of pornography (POPU) emerging as a potential mental health concern.

**Objectives:** The authors aim to summarize current knowledge on the effects of the COVID-19 pandemic on online pornography use.

**Methods:** Narrative review of articles referenced on PubMed and Google Scholar.

**Results:** The increased exposure to the internet during the pandemic, combined with psychosocial factors such as social isolation, diminished physical contact and intimacy may have contributed to the reported surge in online pornography use. Other associated

factors include emotional distress and less availability of other addictive substances and behaviours during confinement periods. Besides the spike in pornography consumption, other aspects were also affected, such as time of usage, search keywords and type of content, with an increase in engagement in illegal pornography. In susceptible individuals, these circumstances may lead to the development of POPU, characterized by impaired control, excessive time spent and perceived negative consequences. Currently, there is a lack of consensual diagnostic criteria for POPU, hindering the detection of these patients and timely management.

**Conclusions:** Behavioural addictions are an emerging mental health problem, particularly the ones related to internet use. In the aftermath of the pandemic, considering the reported rise in online pornography use, an increase in POPU prevalence is expected. Therefore, more accurate and consensual diagnostic criteria are required, as well as a greater amount of evidence on the treatment of this disorder, in order to improve the approach to these patients.

**Disclosure of Interest:** None Declared

### EPV0302

#### A look at post-pandemic conjugality: a clinical case study

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**Introduction:** The co-construction of conjugality is influenced by the interactions established in the family as a whole. It manifests itself, therefore, as a relational model in the expression of affectivity and the management of conflicts.

**Objectives:** In this clinical case report, the couple assumes relational difficulties focused on the significant reduction of time in individual leisure activities and, on the other hand, a 24-hour coexistence in the same space, in a period of compulsory confinement due to the COVID-19 pandemic.

**Methods:** This study is exploratory-descriptive, using the case study as an empirical approach.

**Results:** The case described, reports to Couples Therapy, with the sessions taking place in 2022, in a total of seven. The couple, N, male, and J, female, have been married since 2020, shortly before the first confinement because of the COVID-19 pandemic. Regarding their marital relationship, they reported that it deteriorated due to the difficulty in expressing an adaptive reaction to the stressor confinement and the opposite position regarding their desire to become parents.

**Conclusions:** Integrative strategies were developed, with different theoretical and operative references. The couple took control of their relationship due to a greater empathic awareness and the establishment of a healthy and balanced communication system.

**Disclosure of Interest:** None Declared