

**Conclusions:** Combining different sources and forms of evidence was efficient and valuable in creating a novel decision-making tool for persons with dementia and their families within the context of COVID-19. The decision-aid covered care planning, caregiver support systems, access to information and contingency considerations. Upon publication, the tool was adopted by NHS England and other leading healthcare organisations.

**Disclosure:** No significant relationships.

**Keywords:** COVID-19; Decision-making; Place of Care / Place of Death; Advance Care Planning

## O065

### Perinatal depression and developmental risk of the infant: Analysis of a clinical sample and assessment of the impact of the COVID-19 pandemic

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**Introduction:** Studies on large samples agree on the negative impact of maternal perinatal depression (PD) on child's cognitive development. Early experience with insensitive maternal interactions appears to be predictive of poorer cognitive functioning. These children present a higher risk for the onset of socioemotional development, nutrition, growth and sleep disorders. Research on Covid-19 pandemic suggests that families, particularly mothers, may be at increased risk of psychological distress.

**Objectives:** This study evaluates the effect of perinatal depression on child development and the impact of distress caused by the Covid-19 pandemic.

**Methods:** We designed a case-control study comparing, during Covid-19 pandemic, a group-A of children of mothers with PD (n=19), with a group-B of children of healthy mothers (n=21). The age of the children recruited was 4-35 months. Participating mothers underwent DP3-Interview and the socioemotional and adaptive-behavior Bayley's scales by telephone and completed an online survey (IES-R).

**Results:** We found significantly lower scores on the Bayley socio-emotional scale and in all the DP3-scales, in group-A. There is an inversely proportional correlation between the age of these children and overall development score of the DP3. On the IES-R scale, the medium scores in both groups show no psychological distress as a consequence of the Covid-19 pandemic, although mothers with PD show borderline total scores and higher hyper-arousal scale values.

**Conclusions:** This study confirms that PD is a risk factor for the onset of disorders in all areas of the child's development. Mothers with PD are less likely to manage psychological distress secondary to the pandemic.

**Disclosure:** No significant relationships.

**Keywords:** Mother-child interaction; Child development; COVID-19; Perinatal depression

## O066

### The impact of COVID-19 pandemic on suicides in portugal during the emergency state

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**Introduction:** The mental health impact of the COVID-19 pandemic is well documented. Portugal entered the emergency state on 19<sup>th</sup> march due to rising numbers of infected patients. The emergency state introduced regulatory measures that restricted people's movements, applied a curfew, and closed most non-essential spaces and activities, such as shops and religious celebrations.

**Objectives:** To evaluate the rates of suicides during the emergency state in Portugal.

**Methods:** We obtained the number of probable suicides during 19<sup>th</sup> march and 2<sup>nd</sup> may 2020, 2019 and 2018 from SICO/eVM (Real Time Mortality Electronic Surveillance). This system is used for health planning in Portugal and provides provisory data which is updated every 10 minutes. Excel<sup>®</sup> was used for the statistical analysis.

**Results:** During the Emergency State in Portugal there were 57 probable suicides. Comparing to the same period in 2018 and 2019, there were 62 and 70 probable suicides, respectively. Social isolation, anxiety, fear of contagion, chronic stress, and economic difficulties may lead to the development or exacerbation of depressive, anxiety, substance use, and other psychiatric disorders. Literature on suicides due to COVID-19 mention not only fear of infection, but also social isolation and distancing and economic recession as causes for suicide attempts and completions.

**Conclusions:** During the emergency state there was not an increase of probable suicides, compared to previous years. The greater vigilance of people's movements may have deterred many attempts. However, policymakers and health care providers must be alert as the current psychosocial predispose to an increase in suicide rates.

**Disclosure:** No significant relationships.

**Keywords:** Suicide; COVID-19

## O067

### In this study: Adapting to the new normal in COVID-19 pandemic; a global survey & literature review

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