

Disclosure: No significant relationships.

Keywords: NSSI; PIU; psychiatric disorder; adolescent

EPP0379

Socio-psychological characteristics of persons who had attempted suicide (Minsk, Belarus)

P. Lapanau^{1*} and S. Davidovsky²

¹Belarusian State Pedagogical University, Institute Of Psychology, Minsk, Belarus and ²Belarusian Medical Academy for Postgraduate Training, Psychotherapy, Minsk, Belarus

*Corresponding author.

doi: 10.1192/j.eurpsy.2022.651

Introduction: Mortality from intentional self-harm is an urgent medical and social problem in most countries of the world. According to the World Health Organization, suicide mortality is the second leading cause of death among young people aged 15-29 years globally. In the Republic of Belarus, this is one of the main causes of death from external causes.

Objectives: To identify statistically significant social factors and individual characteristics of people who had attempted suicide.

Methods: Three patient groups were formed: persons who had suicidal attempt with high probability of death (mainly hanging) (GSAD), persons who had suicidal attempt in other ways (GSAO), and persons who had diagnosed adjustment disorder and did not have suicidal attempts (comparison group CG). The groups consisted of 40, 80 and 40 people, respectively. Socio-demographic data were determined, the level of stress was assessed according to the Holmes and Rahe Stress Scale, depressive symptoms on the Montgomery-Åsberg Depression Rating Scale, individual features were determined using the Eysenck personality questionnaire and the Leonhard-Shmishek personality characteristics questionnaire. The obtained data were analyzed using the Spearman linear correlation coefficient.

Results: Statistical analysis revealed one significant factor interconnected with a high level of motivation for committing suicide - the method of suicide ($r_s = -0.68$) and 2 factors were at the significance boundary: the presence of a diagnosis of mental disorder ($r_s = 0.28$), and the education factor ($r_s = -0.28$).

Conclusions: The method of suicide, the presence of a mental disorder and the level of education are the most significant factors interrelated with a pronounced motivation for committing suicide.

Disclosure: No significant relationships.

Keywords: suicidal and self-harming behavior; suicidal intentions; borderline personality disorder

EPP0380

Mentalization deficits and entrapment moderate the association between complicated grief and suicide ideation among suicide-loss

L. Lev-Ari^{1*} and Y. Levi-Belz²

¹Ruppin Academic Center, Clinical Psychology, Emek Hefer, Israel and

²Ruppin Academic Center, Behavioral Sciences, hadera, Israel

*Corresponding author.

doi: 10.1192/j.eurpsy.2022.652

Introduction: Suicide-loss survivors (SLSs) are recognized as an at-risk population for several psychiatric complications, including complicated grief (CG) and suicide ideation (SI). However, limited data are available concerning the contribution of CG to SI among suicide survivors. Moreover, knowledge about possible psychological processes which may increase SI levels following CG is rare.

Objectives: In this study, we aim to examine the role of two important emotion regulation variables--mentalization deficits and entrapment--as possible moderators of the association between CG and SI in the aftermath of suicide loss.

Methods: Participants were 152 suicide-loss survivors, aged 18-70, who completed questionnaires tapping CG, SI, mentalization deficits, and entrapment.

Results: The findings revealed SI to have high and positive associations with CG, entrapment, and mentalization deficits. Regression analysis showed mentalization deficits and entrapment contributing to SI beyond the contribution of CG. Notably, a significant interaction was found, indicating that CG and SI became more strongly associated at higher levels of mentalization deficits.

Conclusions: The study's findings highlight the critical link between complicated grief and suicide ideation among SLSs and the role of mentalization deficits as a possible facilitator of this link. Practical implications relating to suicide risk among SLSs are discussed, as well as focused clinical recommendations. The importance of mentalization-based interventions for decreasing SI levels in the aftermath of suicide loss is highlighted.

Disclosure: No significant relationships.

Keywords: suicide-loss survivors; complicated grief; mentalization; suicide ideation

COVID-19 and Related Topics 04

EPP0381

Psychosocial risks among the healthcare workforce working in COVID services: findings from a cross-sectional study on psychosocial risks

P.A. Gouveia^{1*}, D. Lopes², A.R. Henriques², P. Moura¹ and A. Pires¹

¹Local health Unit of Lower Alentejo, Psychiatry, Beja, Portugal and ²Comprehensive Health Research Centre; & EpiDoC Unit, CEDOC, Nova Medical School, Universidade Nova De Lisboa, LISBOA, Portugal

*Corresponding author.

doi: 10.1192/j.eurpsy.2022.653

Introduction: Poor management in healthcare can have significant consequences in the workers' health, performance, and quality of care. Several risks worsened during the COVID-19 pandemic, namely among the workforce caring for patients with suspected/confirmed COVID-19 infection.

Objectives: We aimed to assess psychosocial risks among a sample of 235 healthcare workers deployed in COVID-19-related services in Portugal's Lower Alentejo.

Methods: Participants filled out with ten sociodemographic questions and the Euro-Portuguese medium version of the COPSOQ II questionnaire. Data collection occurred February 2021. Tertiles were used to render a traffic light risk categorization. Results were processed with qualitative and quantitative descriptive statistical analysis. To compare groups relative to each outcome, t-tests were used for variables with two categories. Whenever data was not normally distributed, Mann-Whitney tests were used. For variables with more than two groups non-parametric Kruskal-Wallis was applied. Bonferroni correction was also applied, testing each individual hypothesis at the level of significance of $\alpha_i=0.05/29$. A statistically significant difference between two groups did not necessarily yield a different risk colour.

Results: Overall, cognitive demands, emotional demands and influence at work showed the highest risk, while 19 domains showed intermediate risk. The burnout domain showed to be highest among nurses and operational assistants working in the Intensive Care Unit. Several associations between COPSOQ domains and sociodemographic variables are also discussed.

Conclusions: Assessment of psychosocial stressors in healthcare units is needed to promote risk reduction policies and workplace reforms. Accessible occupational services, therapeutic and rehabilitative strategies should play a role in improving health hazards in unhealthy workplaces.

Disclosure: No significant relationships.

Keywords: covid; occupational psychiatry; healthcare workers; psychosocial risks

EPP0383

Psychotic-like Experiences during COVID-19 Outbreak: A survey from Pakistan

I. Ullah¹, F. Arain^{2*}, A. Tohid³, A. Ahmad⁴, M. Jawad⁵, A. Awan⁶ and A. Javaid⁷

¹Kabir Medical College Gandhara University, Psychiatry, Peshawar, Pakistan; ²BronxCare Health System Icahn School of Medicine at Mount Sinai, Child & Adolescent Psychiatry, Bronx, United States of America; ³University of Southern California, Psychiatry, Los Angeles, United States of America; ⁴Nishtar Medical University, Psychiatry, Multan, Pakistan; ⁵King Edward Medical University, Psychiatry, Lahore, Pakistan; ⁶Services Institute of Medical Sciences, Psychiatry, Lahore, Pakistan and ⁷Allama Iqbal Medical College, Psychiatry, Lahore, Pakistan

*Corresponding author.

doi: 10.1192/j.eurpsy.2022.654

Introduction: Despite the fact that adolescents have been at higher risk of distress during the COVID-19 pandemic, the effect of pandemic on psychotic-like experiences (PLEs) is not well described.

Objectives: The study's objective is to evaluate if PLEs are induced in young individuals aged 18-24 during the pandemic.

Methods: A total of 201 college students from Pakistan (ages 18-24) were recruited for a cross-sectional research. We investigated the

incidence of PLEs in Pakistan during the pandemic, their links to socio-demographic factors, COVID-19-related characteristics, depression, anxiety, and sleep difficulties. Community Assessment of Psychic Experience's positive symptom component (CAPE), Patient Health Questionnaire, Generalized Anxiety Disorder Scale, and IBM SPSS 25 were used.

Results: CAPE-Frequency and CAPE-stress were positively associated with PHQ total ($p<0.0010$); GAD total ($p<0.001$); time spent indoors due to COVID-19 ($p<0.001$). Psychiatric disorder other than bipolar disorder or psychosis ($p<0.001$ for CAPE-frequency and stress), family history of psychiatric disorders ($p<0.001$ for CAPE-frequency and stress), chronic medical disease ($p=0.021$ CAPE-frequency and $p=0.026$ CAPE-stress), illegal drug usage ($p<0.001$ for CAPE-frequency and stress) were associated with CAPE-Frequency and CAPE-stress. In linear stepwise regression analysis, the best model predicted CAPE-Frequency explained 77.4% of variance with the following variables: PHQ total ($B=0.552$, $SE=0.08$, $t=6.909$, $p<0.001$), GAD total ($p<0.001$), duration at home ($p<0.001$), and psychiatric disorder in family ($p<0.001$).

Conclusions: PLEs have been linked with anxiety and depression during the pandemic. Individuals with a mental condition, family history of psychiatric disorder, chronic medical illness, illicit drug use, and increased time spent at home experienced more PLEs and stress.

Disclosure: No significant relationships.

Keywords: COVID-19; Psychosis; adolescents; psychotic-like experiences

EPP0384

The relationship between anxiety and dysfunctional breathing among the Russian population during the COVID-19 pandemic

J. Koniukhovskaia^{1,2*}, E. Pervichko^{1,2}, O. Mitina², O. Stepanova², V. Petrenko², I. Shishkova^{2,3} and E. Dorokhov²

¹Pirogov Russian National Research Medical University, Clinical Psychology Department, Moscow, Russian Federation; ²Lomonosov Moscow State University, Psychology, Moscow, Russian Federation and ³Ryazan State Medical University named after I.P. Pavlov, Faculty Of Clinical Psychology, Ryazan, Russian Federation

*Corresponding author.

doi: 10.1192/j.eurpsy.2022.655

Introduction: Dysfunctional breathing is a pattern of respiratory movements that do not correspond to the physiological needs of the body and can lead to a series of respiratory, cardiovascular, digestive, sensory and neurological symptoms (Vidotto et al., 2019). The causes of dysfunctional breathing are a combination of biological, psychological and social factors.

Objectives: To examine the relationship between anxiety and occurrence of dysfunctional breathing in the Russian population under the conditions of the COVID-19 pandemic.

Methods: We used a socio-demographic questionnaire, the Naimigen questionnaire (Van Dixhorn, Duivenvoordt, 1985), the State-Trait Anxiety Inventory (Spielberger et al., 1983). The study was conducted online from April 27 to December 28, 2020. It was