

EPP0479

Experience of organization of mental health monitoring in university clinic of Kharkiv national medical university

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Introduction: The mental health care system in Ukraine is centralized and largely focuses on capacity for inpatient psychiatric treatment with 90% of funding allocated to inpatient psychiatric care at hospitals, much higher than countries who already have more decentralized care. Community-based mental health care options, including mental health provided at the primary health care level are currently limited or absent in the mental health system. Psychosocial support, as well as self-care and mental health promotion are also insufficiently developed. Covid-19 pandemic is serious challenge for health care system, especially for consultation liaison psychiatry.

Objectives: Mental health monitoring and psychological support in University Clinic of Kharkiv National Medical University, Ukraine during COVID-19 epidemic.

Methods: HADS, SCL-90, HDRS, HARS

Results: During COVID-19 epidemic, implemented combination of off-line and eye-to-eye methods of mental health monitoring and psychological counselling for patients and medical staff in University clinic of Kharkiv National Medical University. Model of early detection and management of mental disorders based on multidisciplinary teamwork principles, combination of off-line and eye-to-eye methods of screening, monitoring and psychological counselling for patients and medical staff. The online format proved beneficial because many patients of University clinic have trust issues and preferred not to deal with psychiatric services locally when it comes to mental health problems and it was accessible on epidemic conditions. An important part of the outreach work by the project was to destigmatize mental health problems.

Conclusions: Combined model (off-line and eye-to-eye services) of mental health care is preferred compare to traditional approach in modern conditions.

Keywords: telepsychiatry; university clinic; COVID-19; pandemy

EPP0479

Increase in the percentage of obsessive compulsive disorder (OCD) symptoms during the covid pandemic and quarantine at santiago, chile.

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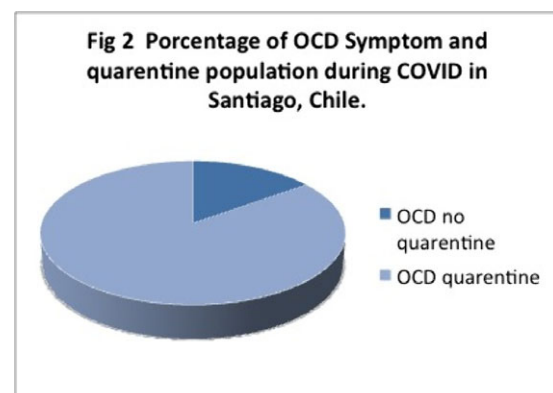
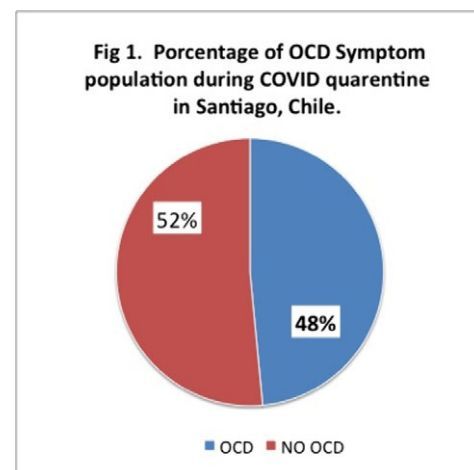
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Introduction: In pandemic conditions, obsessive rituals such as hygiene can be considered adaptive together with the extreme measures that must be followed to avoid contagion by Covid-19, we suggest that the stress the pandemic has caused may result in an increase in the percentage of OCD symptom and severity in the Chilean population at Santiago.

Objectives: Study OCD symptoms and their severity during a contamination pandemic such as COVID and quarantine, and compare them to national reports of OCD prevalence in Chile. We hypothesize that OCD symptoms would be higher in these stressful situations.

Methods: An online voluntary and anonymous survey was carried out asking about sociodemographic variables and the Y-BOCKS scale, an OCD symptom severity scale version already validated in Chile.

Results: 497 completed the survey and Y-BOCKS scale. 241 people which is equivalent to 48% of the sample presented scores that classified them as having OCD. Of these 30% had mild, 12% moderate and 7% severe symptoms. 85% of them were in quarantine for more than 2 months.



Conclusions: These results are above the 2% of OCD reported at the national level. These percentages may be due to a smaller sample size, but even so, the high percentages of people with symptoms during COVID and those who were in quarantine or lockdown for

2 months or more, stand out. Future analysis and research needs to be made. We ask ourselves whether is Covid, quarantine, or both and of so, how much each of these contribute to these high percentages of OCD symptoms observed.

Keywords: OCD; COVID; quarantine; Obsessive Compulsive Disorder; lockdown; Chilean experience

EPP0480

Has the frequency of violent behaviour increased during COVID-19 pandemic?

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Introduction: Covid-19 pandemic represents a very stressful period for many individuals. Intimate partner violence is typically experienced by women but can also be experienced by men. During quarantine due to the Covid-19 pandemic, the risk for domestic violence increased.

Objectives: The aim of this study was to compare domestic violence during two different periods - 14.03.2019-30.09.2019 and the same period of the year 2020.

Methods: We analyzed the data base of the Legal Institut from Cluj-Napoca and we selected the cases with domestic violence.

Results: The violent behaviour increased during 2020. Due to the feelings of frustration and agitation, aggression arises with possible transgenerational transmission of trauma and violence.

Conclusions: Taking into consideration that Covid-19 pandemic is a very stressful period for all individuals, a need of programmes aimed to prevent acts of domestic violence and to achieve accurate assessment of multiple domains of abuse (psychological, physical, sexual) provided by psychologists, psychiatrists, social and legal services emerged.

Keywords: interpersonal violence; crime; Covid-19 pandemic; psychiatric disturbances

Cultural psychiatry

EPP0481

Distinguishing cultural experiences from psychotic symptoms in indigenous settings: Maori and North American perspectives

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Introduction: Indigenous people think about mind and mental health differently from contemporary psychiatry, particularly in relation to the symptoms that comprise psychosis.

Objectives: We aim to present the Maori (New Zealand) and the North American indigenous (primarily Lakota, Cherokee, and Wabanaki) views of extraordinary experience and to explore opportunities for dialogue and understanding among these perspectives, leading to genuine, respectful collaboration.

Methods: Auto/ethnographic methodology was used to describe a process in which psychiatrists and traditional cultural healers came to understand each others' perspectives, dialogued, and forged a collaboration. We describe how this process unfolded in New Zealand and in North America, discussing similarities and differences among these two regions and cultures. We present cases to illustrate the level of cultural collaboration.

Results: The opportunity for cross-cultural dialogue arose when the psychiatrists observed that the traditional cultural healers were reaching and helping patients with whom they had been unsuccessful. This led to dialogue in the fashion of Two-Eyed Seeing, a North American indigenous concept of explanatory pluralism. We present the case of a young man whom the psychiatrist described as hallucinating and prescribed medication that did not help. The cultural healer assisted the young man to see how he had broken cultural taboos, helped him repair the damage, and the hallucinations disappeared. Other cases further illustrate the collaboration. Two-eyed seeing allows both perspectives to be correct and permits genuine dialogue.

Conclusions: Through cultivation of genuine listening without interpretation or judgment (see Jacques Lacan), cultures can begin to understand and collaborate together for the benefit of patients.

Keywords: Indigenous culture; Maori; psychosis; Indigenous spirituality

EPP0482

To be only human: Humanizing effect of lowering humanity

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Introduction: The derogation and violence associated with describing others as less than human is documented in a wide range of research (e.g., Bandura, 1992; Optow, 1990). However, this research has only explored one side of the social comparisons that humanity can evoke. Integrating dehumanization research and that of social comparison, which suggests the different effects of upward and downward targets, we explore social comparison which lowers human nature and therefore raises the target (Suls et al., 2002; Suls et al., 2018).

Objectives: While dehumanization places others below humanity, we explore hyper-humanization which places humanity below other comparison classes. When humanity is characterized as a low social comparison class, this should lead people to reintegrate transgressors, evoke forgiveness and reduce revenge motives.