situation of confinement due to the pandemic. Throughout 2020 and 2021 they have suffered the consequences of multiple strict confinements given the differences in isolation protocols in hospitalized patients compared to the general population. This has repercussions on the increase in anxious symptomatology, which influences a more torpid and prolonged evolution of mental disorders in this subpopulation.

Objectives: The objective of this study is to study the anxiety levels of patients admitted to a sub-acute and long-stay mental health unit in a situation of confinement due to covid-19.

Methods: We have carried out a cross-sectional descriptive observational study in 25 patients admitted to the subacute and long-stay unit of the Barcelona Forum Center between December 8 and 23, 2021 in the context of confinement due to a covid-19 outbreak. Sociodemographic and clinical variables are collected. We have used the self-administered STAI scale to assess clinical anxiety.

Results: The mean age is 47.7 years; women 60%. 80% with single marital status. 90% of the patients presented active tobacco consumption, with an average of 21.2 cigarettes/day. The mean score on the STAI scale was 58.8 for state anxiety and 46.7 for trait anxiety, both levels above the 75th percentile for adults, both men (state anxiety 28, trait anxiety 25) and women (state anxiety 31, trait anxiety 32).

Conclusions: The state and trait anxiety scores of the STAI scale of hospitalized patients are higher than the average of the general population, which could be due to the situation of confinement due to the covid pandemic.

Disclosure of Interest: None Declared

EPP0030

Delayed mid-sleep time associated with weight gain while controlling for eating behaviors and ADHD symptoms during the COVID-19 pandemic

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Introduction: Society's sleep-wake cycle and eating behaviors have altered as the psychological outcomes of the COVID-19 pandemic.

Objectives: The aim is to examine the relationship between sleep-wake rhythms, eating behaviors (dieting, oral control, and bulimic behaviors) and ADHD symptoms with weight gain during the COVID-19 pandemic.

Methods: Participants were 578 female university students divided into three groups based on weight change during COVID-19 who lost weight (WL), those whose weight did not change (nWC), and who gained weight (WG). They completed an online survey including, a consent form regarding voluntary participation, the sociodemographic form in which requested information about weight change in the last year, the Pittsburg Sleep Quality Index (PSQI), Eating Attitudes Test, Adult ADHD Severity Rating Scale, Wender Utah Rating Scale. The study was approved by the Selçuk University Local Ethics Committee (Decision Number: 2021/369).

Results: The sleep-wake phase was more delayed in WGs compared to the other two groups. The bulimic behavior score was higher and the oral control behavior score was lower in the WG group than in the nWC group. In the first step of the hierarchical regression analysis to determine factors associated with weight change, childhood and current ADHD symptoms did not show an association with weight change. In the second step, sleep-wake parameters were added to the analysis, and mid-sleep time was a strong predictor of weight gain ($\beta = 4.71$, $t = 2.18$, $p = 0.03$). In the third step, in which disordered eating behaviors were added to the analysis, bulimic behaviors ($\beta = 0.20$, $t = 3.20$, $p = 0.001$) were associated with weight gain and oral control behaviors ($\beta = -0.11$, $t = -3.24$, $p = 0.001$) were associated with weight loss.

Conclusions: WGs had a delayed sleep phase more than nWCs and WLs in the one-year period during the COVID 19 outbreak. Chronotherapeutic approaches that regulate sleep-wake rhythm may facilitate weight control of individuals during stressful periods such as COVID-19 outbreak.

Disclosure of Interest: None Declared

EPP0031

Facing the COVID-19 pandemic – an assessment of students' mental health and major coping strategies during the COVID-19 pandemic – an international study

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Introduction: TDuring COVID-19 pandemic, it was noticed that it was students who were mostly affected by the changes that aroused because of the pandemic. The interesting part is whether students' well-being could be associated with their fields of study as well as coping strategies.

Objectives: In this study, we aimed to assess 1) the mental health of students from nine countries with a particular focus on depression, anxiety, and stress levels and their fields of study, 2) the major coping strategies of students after one year of the COVID-19 pandemic.

Methods: We conducted an anonymous online cross-sectional survey on 12th April – 1st June 2021 that was distributed among the students from Poland, Mexico, Egypt, India, Pakistan, China, Vietnam, Philippines, and Bangladesh. To measure the emotional distress, we used the Depression, Anxiety, and Stress Scale-21 (DASS-21), and to identify the major coping strategies of students - the Brief-COPE.

Results: We gathered 7219 responses from students studying five major studies: medical studies (N=2821), social sciences (N=1471), technical sciences (N=891), artistic/humanistic studies (N=1094), sciences (N=942). The greatest intensity of depression (M=18.29±13.83; moderate intensity), anxiety (M=13.13±11.37; moderate intensity), and stress (M=17.86±12.94; mild intensity) was observed among sciences students. Medical students presented the lowest intensity of all three components - depression (M=13.31±12.45; mild intensity), anxiety (M=10.37±10.57; moderate intensity), and stress (M=13.65±11.94; mild intensity). Students of all fields primarily used acceptance and self-distraction as their coping mechanisms, while the least commonly used were self-blame, denial, and substance use. The group of coping mechanisms the most frequently used was 'emotional focus'. Medical students statistically less often used avoidant coping strategies compared to other fields of study. Substance use was only one coping mechanism that did not statistically differ between students of different fields of study. Behavioral disengagement presented the highest correlation with depression (r=0.54), anxiety (r=0.48), and stress (r=0.47) while religion presented the lowest positive correlation with depression (r=0.07), anxiety (r=0.14), and stress (r=0.11).

Conclusions: 1) The greatest intensity of depression, anxiety, and stress was observed among sciences students, while the lowest intensity of those components was found among students studying medicine.
2) Not using avoidant coping strategies might be associated with lower intensity of all DASS components among students.
3) Behavioral disengagement might be strongly associated with greater intensity of depression, anxiety, and stress among students.
4) There was no coping mechanism that provided the alleviation of emotional distress in all the fields of studies of students.

Disclosure of Interest: None Declared

EPP0032

The analysis of risk factors for fear and aggression during global crisis – a study based on Polish students among the Covid-19 pandemic.

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Introduction: Although the Covid-19 pandemic ceased in the numbers of the affected patients, especially the ones with severe manifestation of the disease, its influence on health still remains, affecting not only the somatic but also mental wellbeing. This global crisis impacted almost every person, but not equitable – the mental distress consisted of many, often synergic, risk factors which are not easily identifiable. The analysis of causal elements for aggression and fear deriving from the pandemic was conducted among Polish students, enabling thorough examination.

Objectives: The aim of the study was to analyse the risk factors contributing to the deterioration of mental health, especially presented as elevated fear and aggression levels.

Methods: Examination of fear and aggression levels was conducted on the group of Polish students using Fear of Covid and STAXI-2 questionnaires. Initially, 906 participants took part in the first round of the study. Four rounds were conducted, finally extracting a group of 231 participants tested in the four different time points of the pandemic in Poland, during the second and the third waves of the pandemic.

Results: Among the studied factors that have impact on the decline in the state of the mental health, statistically significant were female sex, being overwhelmed by the amount of news found in various media – a phenomenon called "infodemic" - altogether with poor health condition, both of the participants' and their relatives. Obtaining vaccination was a factor that lowered aggression in participants, but only the ones that were primarily eager to get one.

Conclusions: The present deterioration of mental health in society was largely fuelled by the initial disturbance arising from global pandemic, general lockdown and financial crisis bound with it. The discrimination of risk factors for inefficient resilience was not possible on such a huge scale before. Unfortunately, as new challenges arise, the knowledge about the social groups most prone to mental crisis is necessary, as this is the only way to elaborate the proper procedures and guide a successful diagnostic process and treatment.

Disclosure of Interest: None Declared

Cultural Psychiatry 01

EPP0033

Development of a youth version of the Here and Now Aboriginal Assessment (HANAA-Y) tool

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Introduction: Assessment of social and emotional wellbeing (SEWB) of Aboriginal people is challenging. A The culturally appropriate screening instrument for SEWB in Aboriginal adults entitled Here and Now Aboriginal Assessment (HANAA), has been developed and evaluated. The HANAA explores ten key domains and adopts a yarning process to initiate a semi-structured interview that covers each domain. This is recorded in narrative form and each domain rated as 'problem' or 'no problem' and a 'recommended action' is determined. The HANAA is widely used by Aboriginal mental health service providers around Australia.

Objectives: There have been multiple requests by service providers for a similar instrument to be developed for young Aboriginal