

**Results:** One-hundred and eighty-two people met inclusion criteria. Follow-up data were available on up to 134 people for individual outcomes. Mean number of sessions attended was 11.1 (SD=7.3). Weight and waist changes were limited to 1.5kg (SD=5.3,  $t(133)=3.2$ ,  $p=0.002$ ) and 0.7cm (SD=5.8,  $t(109)=1.2$ ,  $p=0.23$ ). Nineteen percent experienced clinically significant weight gain. There were no changes to blood pressure or metabolic biochemistry.

**Conclusions:** The positive outcomes for weight and waist circumference found in the initial pilot study were maintained with implementation as routine care.

**Disclosure:** No significant relationships.

**Keywords:** First-episode psychosis; Antipsychotics; weight-gain; Metabolic

## EPP0021

### Alert plan-application “MySolutions” - lived experiences of users with a serious mental illness

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**Introduction:** In daily life an alert or relaps prevention plan can be a helpful tool in preventing patients with severe mental illness (SMI) from relapse. However, patients often find it hard to keep the paper version close by. A smartphone version could be a solution. “MySolutions” is a webapplication providing the possibility to add e.g. pictures or music to the alert plan, which could be helping in time of need.

**Objectives:** To describe the lived experiences of patients with (SMI) with the webapplication ‘MySolutions’ and get insight in the helping and hindering characteristics of the application.

**Methods:** Qualitative research in a phenomenological framework. Eight interviews were held with outpatients with SMI. All interviews were methodically analyzed using the steps of Colaizzi (1978).

**Results:** In general, users were enthusiastic about the look and feel of the application. Using the application was considered easy. Lived experiences of participants displayed the following themes: Autonomy, Acceptance, Frustration, Self confidence, and Reassurance. By practicing and adding photos and music, they perceived the webapplication to be a personal aid tool for experienced problems related to mental vulnerability in daily life. Participants also reported more difficulties in using the application in times of dysregulation.

**Conclusions:** The webapplication can be a valuable addition to the alert plan for people with SMI due to the possibility of personalization and the fact it is always available on a mobile phone. The application seems particularly suiting for people in a stable phase. Future research should focus on phase of recovery in relation to use of the application.

**Disclosure:** No significant relationships.

**Keywords:** users experience; Serious mental illness; relapse prevention plan; alert plan

## COVID-19 and Related Topics 01

### EPP0023

#### Symptoms of anxiety/depression during the COVID-19 pandemic and associated lockdown in the community: longitudinal data from the TEMPO cohort in France

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**Introduction:** The COVID-19 pandemic and associated preventive measures have an impact on the persons’ mental health, including increasing risk of symptoms of anxiety and depression in particular. Individual experiencing mental health difficulties in the past could be especially vulnerable during lockdown, however, few studies have tested this empirically considering preexisting mental health difficulties using longitudinal data.

**Objectives:** The objective of this study is to examine the longitudinal association between preexisting symptoms of anxiety/depression and symptoms of anxiety/depression during lockdown due to the COVID-19 pandemic in a community sample.

**Methods:** Seven waves of data collection were implemented from March-May 2020. Generalized estimation equations models were used to estimate the association between preexisting symptoms of anxiety/depression and symptoms of anxiety/depression during lockdown among 662 mid-aged individuals from the French TEMPO cohort.

**Results:** We found an elevated odds ratio of symptoms of anxiety/depression (OR=6.73 95% [CI=4.45–10.17]) among individuals experiencing such symptoms prior lockdown. Furthermore, the odds of symptoms of anxiety/depression during lockdown was elevated among women (OR=2.07 [95% CI=1.32–3.25]), subjects with low household income (OR=2.28 [1.29–4.01]) and persons who reported loneliness (OR=3.94 [2.47–6.28]).

**Conclusions:** This study demonstrates a strong relationship between preexisting symptoms of anxiety/depression and anxiety/depression during the COVID-19 outbreak among mid-aged French adults. The findings underline the role of preexisting symptoms of anxiety/depression as a vulnerability factor of anxiety/depression during lockdown. Furthermore, the study shows that loneliness is independently associated with symptoms of anxious/depression, when controlling for prior anxiety/depression symptoms.

**Disclosure:** No significant relationships.

**Keywords:** Symptoms of anxiety/depression; Longitudinal study; lockdown; Covid-19

## EPP0024

**Child abuse during COVID-19 pandemic: what we can see**F. Reina<sup>1\*</sup> and F. Vitrano<sup>2</sup><sup>1</sup>Università degli studi di Palermo, U. O. Child Neuropsychiatry Unit, Policlinico Paolo Giaccone, Palermo, Italy and <sup>2</sup>ASP 6, Eiam, Palermo, Italy

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**Introduction:** COVID-19 caused an ongoing health emergency that rapidly spread worldwide, so all countries adopted exceptional health measures to reduce disease's transmission. The stress caused by pandemic presents increasing risks for family violence and for child abuses. Interinstitutional Equips of Abusive and Maltreatment (IEAM) deals with the management of abusive families in Palermo's territory. IEAM starts evaluations after the interventions of the court solicited by a complaint filed by teachers, law enforcements or members of the family. IEAM is formed by consultations in maternity ward, child welfare service and school educational psychologists.

**Objectives:** The purpose of this research was to evaluate the variations of child abuse and maltreatment reported during local and National lockdown due to pandemic. Reported cases were compared with the previous year.

**Methods:** The authors collected data of IEAM's advisory from January 2019 until August 2021. The number of cases was evaluated monthly.

**Results:** We observed 124 cases in 2019, 145 in 2020 and 94 until August 2021. Advisory reductions coincided with the service activity reduction in August of every year and in March 2020 when Italy declared national lockdown. Social isolation represents a risk factor for child abuse. Although the increase of cases was quite stable, there are reasons to speculate that the reporting of child abuse and maltreatment decreased since home isolation hampered the access to responsible services.

**Conclusions:** School closure together with the strong reduction of social care and monitoring during and after lockdown might have increased the domestic violence. Lastly, the child abuse may be underreported despite the effective increase.

**Disclosure:** No significant relationships.

**Keywords:** child welfare service; home isolation; Child abuse; Covid-19

## EPP0025

**Cognitive Trajectory of COVID-19 and Long COVID in Adult Survivors**K. Vakani<sup>1\*</sup>, M. Ratto<sup>2</sup>, A. Sandford-James<sup>2</sup>, E. Antonova<sup>1</sup> and V. Kumari<sup>1</sup><sup>1</sup>Brunel University London, Centre For Cognitive Neuroscience, London, United Kingdom and <sup>2</sup>Beingwell, Thinkingwell, Sheffield, United Kingdom

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**Introduction:** Cognitive functioning and psychological well-being are considered negatively affected by COVID-19. An estimated

15%-40% of COVID-19 patients report disrupted cognitive performance. Higher rates of anxiety, depression and sleep disturbances are also reported post infection.

**Objectives:** We examined the profile of cognitive changes in a group of adults with a confirmed COVID-19 diagnosis, compared to those without a COVID-19 diagnosis (cross-sectional between-subjects investigation); and for a subgroup, compared to their pre-COVID-19 cognitive function (longitudinal within-subjects investigation).

**Methods:** One hundred and twenty-one adults (57 with no known history of COVID-19; 64 with confirmed COVID-19; 17/64 with long COVID symptoms) were assessed online for psychological well-being and cognitive function (attention, processing speed, working memory, episodic memory and executive function). Pre-COVID-19 cognitive data were available for 56 of 121 adults (24 adults with a confirmed diagnosis of COVID-19; 22 with no known history of COVID-19) through the MyCognition database.

**Results:** The COVID-19 group showed reduced processing speed in both cross-sectional and longitudinal investigations, and also showed significant attentional impairment when examined cross-sectionally. Five long COVID symptoms (abdominal pain, chest pain, sore eyes/conjunctivitis, sore throat and vomiting/nausea) were associated with reduced performance in multiple cognitive domains. Higher levels of depression and anxiety were also present in the COVID-19 group but these symptoms were mostly unrelated to cognitive performance.

**Conclusions:** COVID-19 survivors, especially those with long COVID symptoms, are very likely to experience cognitive disruption. Measures need to be implemented to support their cognitive recovery in addition to the physical recovery.

**Disclosure:** No significant relationships.

**Keywords:** cognitive function; Covid-19; Long COVID

## EPP0026

**COVID-MENTA: an integrated mental health protection system for pandemic frontline healthcare workers**I. Szendi Md Habil<sup>1\*</sup>, O. Bóna<sup>1</sup>, T. Jenei<sup>1</sup>, C. Kovács<sup>1</sup>, Á. Nagy<sup>1</sup>, K. Németh-Rácz<sup>1</sup>, I.A. Török<sup>1</sup>, E. Rudics<sup>2</sup>, V. Dalos<sup>2</sup>, V. Bilicki<sup>3</sup>, M. Bácsfalvi<sup>3</sup>, K. Téglás<sup>3</sup>, Z. Szabó<sup>3</sup> and E. Kelemen<sup>1</sup><sup>1</sup>Kiskunhalas Semmelweis Hospital, University Teaching Hospital, Psychiatry Unit, Kiskunhalas, Hungary; <sup>2</sup>University of Szeged, Department Of Psychiatry, Szeged, Hungary and <sup>3</sup>University of Szeged, Department Of Software Development, Szeged, Hungary

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**Introduction:** At Kiskunhalas Semmelweis Hospital, a special mobile container hospital was set up to care for patients infected with SARS-CoV-2 during the first wave of the pandemic.

**Objectives:** We aimed to create a proactive integrated mental health protection system for the frontline healthcare workers that provides an opportunity for psychophysiological monitoring of stress and crisis during shifts, as well as providing staff with more lasting methods of coping with difficulties.

**Methods:** From the ascending branch of the second wave, every two weeks on the workers' rest day, mental helpers initiated a phone call