

generalized anxiety disorder (GAD), mixed anxiety and depressive disorder (MADD), and further, especially subsyndromal psychiatric manifestations including depression, sleep disturbances, restlessness, fatigue and pain.

**Objectives:** Since the abovementioned clinical phenotypes were repeatedly observed in the course of the so-called post coronavirus-19 disease (COVID-19) syndrome, which were, importantly, of subsyndromal severity in the most cases, we were confident that Silexan will be efficacious also in this indication.

**Methods:** We report on three adult outpatients treated with Silexan due to psychiatric conditions that occurred in the context of a mild and short-lasting COVID-19 infection.

**Results:** A 38-years old female experienced fatigue, brain fog, inner tension, restlessness and sad mood with weepiness after recovery of her respiratory COVID-19 infection. Since she did not remit under ongoing psychotherapy (PT), Silexan 80 mg p.o.q.d. was additionally employed and very well tolerated. She achieved full remission of her subthreshold symptoms within one month. A 27-years old male developed GAD including anxiety, inner tension, restlessness, irritability, muscle aches, difficulties in concentrating and in controlling feelings of worry after he recovered from respiratory COVID-19. Following his preference, PT and Silexan 80 mg p.o.q.d. were initiated and very well tolerated. Because of partial response, Silexan was increased to 80 mg twice daily after three weeks. After additional two weeks, he was able to enjoy everyday activities and to comply with working demands without relevant difficulties. A 38-years old female developed a post COVID-19 syndrome with fatigue, anxiety, depression, inner tension, tachycardia, hopelessness and rumination. Due to the current MADD Bupropion 150 mg and subsequently 300 mg p.o.q.d. and Hydroxyzine 25 mg on demand were administered. Although clinical improvement was achieved, the patient discontinued the treatment due to subjective exacerbation of tachycardia and refused any further treatment optimization. Once she agreed to phyto-psychotherapeutic therapy, Silexan 80 mg p.o.q.d. was employed and, while well tolerated, increased to 80 mg twice daily after two weeks. The patient was increasingly able to participate at her working and social activities again and stayed stable for four months.

**Conclusions:** To our knowledge, this is the first report on administering Silexan in subsyndromal and full-blown anxiety and depression with cognitive and psychosomatic symptoms that occurred in the context of COVID-19. While substantial clinical improvements were achieved, no relevant adverse effects occurred.

**Disclosure of Interest:** None Declared

### EPV0343

#### Suicides in Crete: frequency and gender/ seasonal distribution before and during the Covid-19 pandemic

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**Introduction:** Covid pandemic-related psychological problems mainly include anxiety, depression and sleep disturbances, while evidence regarding suicidality is conflicting between studies. Crete has the highest suicide rate in Greece.

**Objectives:** To examine suicides' rate, gender and seasonal distribution pre-covid, compared to Covid-19 pandemic (2020-2021). Seasonality was studied by quarter of the year.

**Methods:** Data on the number of suicides, demographics, and seasonal distribution by quarter throughout Crete, were collected from the records of the Department of Forensic Medicine/University Hospital of Heraklion Crete, as well as from the Forensic Agency of Crete

**Results:** We found that in the years 2020 and 2021, number of suicides in Crete are 41 and 40 respectively and do not differ from those of the previous years (Mean<sub>1999-2019</sub> = 43.5/year). Also, the distribution of suicides by gender remained stable (Mean men/women<sub>1999-2019</sub>=4.6 vs. Mean men/women<sub>2020-2021</sub>=4.3). The analysis of the seasonal distribution of suicides showed a reversal of the seasonal distribution in 2020 compared to the previous 5-years, which tends to return to pre-pandemic characteristics in 2021.

**Conclusions:** The overall rate and gender distribution of suicides in Crete remained stable during the Covid pandemic compared to the previous twenty years. The clear change in the seasonal distribution of suicides in 2020 compared to the distribution of previous years tends to return to previous levels in 2021. Possibly, the change in seasonality in 2020 is related to the fear of death/stress and the short/medium term economic consequences due to the pandemic.

**Disclosure of Interest:** None Declared

### EPV0344

#### IMPACT OF QUARANTINE AND INFODEMIC DUE TO THE COVID-19 PANDEMIC ON MENTAL HEALTH: EXPERIENCE OF UKRAINE

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**Introduction:** Today the psycho-traumatic impact of quarantine due to the COVID-19 pandemic and the infodemic, as a separate psycho-traumatic factor, on mental health remain unclear

**Objectives:** To study the impact of quarantine and infodemic due to the COVID-19 pandemic on the mental health of the population of Ukraine

**Methods:** During quarantine 902 Ukrainian people voluntarily completed the questionnaire in Google format a questionnaire containing psychodiagnostic tools for assessing the level of stress L. Reeder, anxiety response GAD-7, depression PHQ-9, strategies for stress-coping behavior E. Heim, vitality S. Maddy and developed by us based on the AUDIT Test for the detection of disorders related to the obsession with news associated with the COVID-19 pandemic