

COVID-19 and related topics

O058

The impact of the COVID-19 pandemic on individuals with mental illness: A two-wave survey of 1180 patients

Y. Gil^{1*}, M. Speed¹, O. Jefsen², P. Kølbæk³ and S. Østergaard⁴

¹Department Of Affective Disorders, Aarhus University Hospital - Psychiatry, Aarhus N, Denmark; ²Institut For Klinisk Medicin - Transitional Neuropsychiatry, Aarhus University, Aarhus C, Denmark; ³Psychosis Research Unit, Aarhus University Hospital - Psychiatry, Aarhus N, Denmark and ⁴Department Of Clinical Medicine, Aarhus University, Aarhus, Denmark

*Corresponding author.

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Introduction: The crisis caused by the ongoing COVID-19 pandemic is affecting the lives of billions of people across the world. Individuals with mental illness are suspected to be particularly affected by the societal consequences of the pandemic, but there is very limited data on this important aspect.

Objectives: The aim of this study is to gauge the longitudinal impact of the COVID-19 pandemic on the psychological wellbeing and symptom levels of individuals receiving treatment for mental disorder in psychiatric hospital services.

Methods: We are in the process of conducting a two-wave, questionnaire-based survey among patients with mental disorders receiving treatment in the psychiatric hospital services of the Central Denmark Region. The first wave was conducted in July 2020 and had 1180 respondents representing all major diagnostic categories. The main finding was that the majority of the respondents reported that their mental health had deteriorated during the COVID-19 pandemic. We are currently planning the second wave of the survey, which will be fielded in the fall of 2020. Here, we will reassess the mental health of the respondents from wave 1.

Results: Will be presented at the meeting.

Conclusions: Longitudinal studies of the impact of the COVID-19 pandemic of mental health are lacking. We therefore expect that the findings of this study will be of significant interest to the field.

Disclosure: No significant relationships.

Keywords: pandemic; Survey; Mental illness; Benchmark

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Relationship quality in couples related to mental health of women and men during the COVID-19 pandemic and stay-at-home orders

L. Shaigerova^{1,2*}, O. Vakhantseva¹, O. Almazova¹, R. Shilko¹ and A. Dolgikh¹

¹Faculty Of Psychology, Lomonosov Moscow State University, Moscow, Russian Federation and ²Psychology, Lomonosov Moscow State University, Moscow, Russian Federation

*Corresponding author.

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Introduction: The data on gender differences in mental health make the investigation of the specific impact of the pandemic and of the stay-at-home orders on men and women relevant.

Objectives: The study focuses on the quality of the relationship in couples and mental health in men and women during the COVID-19 pandemic.

Methods: The study was conducted through an online survey a few weeks after the pandemic was declared and the stay-at-home order was introduced in Russia. 274 participants (50 men and 224 women) engaged in long-term relationships aged from 18 to 62 ($M=34.2$; $SD=9.1$) took part in the research. The instruments included the Warwick-Edinburgh Mental Well-Being Scale, the Perceived Relationship Quality Components, and the Depression Anxiety Stress Scales.

Results: Women show a considerably higher level of stress ($t=3.805$; $p<0.001$), depression ($t=3.76$; $p<0.001$) and anxiety ($t=2.959$; $p=0.003$). The quality of relationship for women is significantly connected with mental wellbeing ($r=0.423$; $p<0.001$) and negatively correlated with the stress level ($r=-0.60$; $p<0.001$), depression ($r=-0.381$; $p<0.001$) and anxiety ($r=-0.313$; $p<0.001$). Meanwhile for men, the quality of the relationship is connected to mental wellbeing ($r=0.280$; $p=0.049$), opposed to stress levels ($r=-0.316$; $p=0.025$) and is neither connected to depression ($r=-0.210$; $p=0.144$) nor to anxiety ($r=-0.126$; $p=0.383$).

Conclusions: During the pandemic, a favorable partnership has a positive effect on the mental health of both men and women. However, while the relationship quality affects all investigated indicators of mental health in women, in men the relationship quality is only connected to the level of mental wellbeing and stress. The reported study was funded by RFBR, project number 20-04-60174.

Disclosure: No significant relationships.

Keywords: mental health; COVID-19; Gender differences; relationship quality

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Suicidality measured by PHQ-9 in kosovo during the COVID-19 outbreak

N. Fanaj^{1*}, S. Mustafa¹, A. Ajradini¹, B. Kabashaj² and I. Poniku³

¹QshM, Mental Health Center Prizren, PRIZREN, Kosovo; ²Sociology, University of Prishtina, Prishtina, Kosovo and ³Psychiatry, Regional Hospital, PRIZREN, Kosovo

*Corresponding author.

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Introduction: As a consequence of the impact of COVID-19 there are suggestions and projections that suicide rates will rise, although this is not inevitable. It is intriguing what impact it will have on Kosovo as a country with the lowest suicide rate in Europe.

Objectives: The objective of this study was to understand the level of suicidal thinking as a result of the COVID-19 situation and possible associations with sociodemographic variables.

Methods: It's a comparative study. We examined data of two cross-sectional online surveys conducted during the one-month periods 20.03.20 until 23.04.20 and 27.04.2020 until 05.06.2020. The participants were online respondents, $N = 194$ (first period) and $N = 155$ (second period); who completed the Albanian version of PHQ-9. We used the statement number 9 of questionnaire indicative of suicide.

Results: Mean score of suicidal thinking resulted 0.58 ($SD = .98$) in the first period and 0.84 ($SD = 1.16$) in the second period. 10.1% of participants in March/April and 18.2% in May/June period scored that almost every day thoughts that would be better off dead, or of hurting yourself in some way. Significantly higher suicidal thinking