

cyberchondria compulsion was associated with higher general anxiety in the individual whereas partner cyberchondria excessiveness was associated with higher COVID-19 danger/contamination fears in the individual (partner effects).

Conclusions: Findings suggest that excessive and uncontrollable searching of information about COVID-19 on the internet during lockdown may contribute to distress in both the individual engaging in the cyberchondria behavior, and in their romantic partner. Moreover, different aspects of cyberchondria in the partner (compulsion vs. excessiveness) appears to contribute to general vs. COVID-19-specific anxiety/fears in the partner, respectively. Future research should examine mechanisms underlying the observed partner effects (e.g., co-rumination, social contagion) and reasons for the differential partner effects of cyberchondria components.

Keywords: cyberchondria; covid-19 fear; Anxiety; romantic couples

EPP0418

Practical observations - the COVID-19 influence on latvian early intervention work with first episode psychosis (FEP) patients.

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Introduction: COVID-19 is a very stressful experience for people with FEP and changed the work routine of the mental health services they have used.

Objectives: In this work, we aim to explore how the restrictions influenced the out-patient visits and rehospitalization rates.

Methods: The Latvian Early intervention programme (Berze et al.,2019) for patients with FEP had started on 1st January, 2019. The 1st group of patients (n=28) finished the programme on 31st December, 2019. The 2nd group of patients were enrolled in programme on 1st January, 2020 (n=12). When on 12th of March in Latvia health care restriction started due the COVID-19 situation, we were forced to change our structure of LAT-EIP.

Results: The average patient age of patients was 29.9 (SD±7.1) years in the 1st group, in 2nd group average age is 26.2 (SD±5.9) accordingly in years. In the 1st group 60.7% of patients visited the psychiatrist 6-10 times vs 8.33% in 2nd group, in the 1st group 32.1 % of patients had 2-5 visits with psychiatrist vs 75% in 2nd group. There were 72 family sessions in 1st group, whereas in 2nd group the family sessions were excluded. During the programme 7% (n=2) of patients in the 1st group were rehospitalized vs 25% (n=3).

Conclusions: The structure of LAT-EIP had change at the time of COVID-19 restrictions, unfortunately our work lack the statistical power. From the descriptive statistics, we can speculate that the rehospitalization rate is higher because of the lack of regular contact with psychiatrist and the lack of psychoeducation with families.

Keywords: intervention; COVID-19; psychosis; rehospitalization

EPP0419

The impact of COVID-19 on young people's mental health in latvia

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Introduction: There is an ongoing debate about the impact on mental health associated with Covid-19 pandemics. Some studies have shown an increase in depressive and anxious symptomatology in general population. It has been noted that young people might be among the highest risk populations due to various environmental and developmental influences.

Objectives: To estimate the impact of Covid-19 related restrictions on mental health measures among Latvian adolescents and young adults (14-24).

Methods: We conduct a survey on social media, recruiting 500 participants among the 14-24 age group. The survey consists of three parts: 1) sociodemographics; 2) quantitative mental health self-evaluation form; 3) open ended questionnaire about the needs and expectations. For statistical analysis we use Excel software and use a regression analysis.

Results: 483 participants participated in our survey. The average age was 17.2, 62% was female, 36% male, 2% identified as trans. 52.3% reported decline in their mental functioning and wellbeing in one or several mental health domains (depression, anxiety, addictive behaviours) out of which 13.4% reported significant impairment in a major life area. The support and needs defined by respondents can be divided in three clusters: socialising outside immediate family, psychosocial services, recreational needs.

Conclusions: Confirming to findings in other EU countries, majority of adolescents and young people in Latvia have experienced clinically significant mental health decline during the Covid-19 pandemic. These results can help policy makers in establishing appropriate, needs oriented support in tackling this problem.

Keywords: COVID-19; adolescent; young adult; mental health

EPP0423

Denial attitude towards COVID-19 among general population in Saudi Arabia

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Introduction: During the current crisis of COVID 19, recent studies evident that it has a huge impact on public mental health and individuals' behavior.

Objectives: Our study aimed to estimate the prevalence of high denial attitude towards the emerging pandemic of COVID 19 among the general population of Saudi Arabia.

Methods: A cross-sectional online survey was conducted from April 3, 2020 to May 5, 2020. All participants (N= 1817) were asked to complete an online questionnaire survey that included socio-

demographic and other variables, and Denial Attitude Questionnaire towards COVID-19 pandemic (DAQ-COVID-19).

Results: High denial attitude was prevalent among 728 (40.1 %) of the participants. It was associated with old age, being married, having low educational level, working in a non-medical professions, do not have a past history of infectious diseases, spending less than one hour following COVID-19 news, satisfied with the government procedures for COVID-19, and highly depressed and anxious respondents, where p-values were 0.001, 0.019, <0.001, 0.027, <0.001, <0.001, 0.004, 0.008, and 0.026; respectively.

Conclusions: About two out of five participants had high denial attitude. To our knowledge, the current study is the first study that tries to evaluate a high denial attitude during the initial COVID 19 outbreaks, especially in Saudi Arabia. However, further exploration in this field is needed. We suggest conducting such a study at the end of the current pandemic or in the second wave of the outbreak

Keywords: COVID-19; Denial attitude; public health; Saudi Arabia

EPP0424

Sharing own story telling during COVID-19's italian lockdown: An experience with schizophrenic outpatients

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Introduction: Affective flattening is one of the main symptoms in Schizophrenia, several studies highlighted the importance of social skills training in improving negative symptoms. However, Covid-19 pandemic is changing our life with limitations in social contacts and in psychosocial rehabilitation; pre COVID-19 strategies should be implemented with new ones.

Objectives: To evaluate the practicability of a narrative method in improving affective flattening, general social skills in stable outpatients with a diagnosis for schizophrenia during Italian lockdown in March – April 2020

Methods: Outpatients with a stable psychopathology have been involved in a narrative project during lockdown. We asked to patients to write daily a story telling about their experience and emotions and send us their diary. Every week the diary has been used to discuss their story telling in group in a web conference. At end of the experience we administered a survey about the enjoyment and the subjective benefits.

Results: From ten people with a known psychopathology we recruited six patients. All participants completed the project and all of them referred for a subjective benefit as to feel more reassured by the contact with their psychiatrist. Four patients explicated initial discomfort about share their experiences in group. One patient started to share his own thoughts about mental disease on social media.

Conclusions: Narrative Psychiatry might be a pragmatic opportunity to implement conventional strategies to contrast affective flattening and negative symptoms in Schizophrenia. Sharing digital story telling is a useful method in lockdown and general social restriction condition.

Keywords: COVID-19; Narrative Psychiatry

EPP0425

“Covid madness”

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Introduction: We present the case of a man who, after receiving treatment for Covid-19 pneumonia, suffers a manic episode induced by medication.

Objectives: This case is chosen to present as an example of a psychiatric illness derived from Covid-19, in this case secondary to its treatment.

Methods: We present a manic episode induced by covid medication.

Results: Complementary examinations are carried out in which organic pathology is ruled out, being diagnosed of a manifest episode in probable relation to the treatments used and hospital admission is decided due to the impossibility of home management. Neuroleptic and anxiolytic treatment was started at low doses with a good response, and he was discharged with complete recovery and critiqued of the episode.

Conclusions: It is estimated that between 20-40% of patients with COVID infection have presented neuropsychiatric symptoms. Mania secondary to treatment was reported in 13 (0.7%) of 1744 patients with coronavirus included in a study (1). The Spanish Pharmacovigilance System of Medicines for Human Use (SEFV-H) closely monitors the suspected adverse reactions reported with drugs considered potential therapeutic strategies for SARS-CoV-2 infection. 327 cases of adverse reactions have been reported, of which 18 cases include 28 thermal cases of suspected psychiatric adverse reactions. The interest of this case lies in the fact that it illustrates a psychiatric disorder derived from Covid-19, in this case secondary to the treatment used, which causes a manifest episode with a typical evolution in this type of case with rapid improvement at low doses of antipsychotics.

Keywords: covid 19; SECONDARY EFFECT; Induced Mania

EPP0427

How are the portuguese coping with the mandatory confinement by COVID-19? Association between mental health and coping strategies

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Introduction: The global COVID-19 pandemic has had an unprecedented effect on human behaviour and wellbeing. However,