

Objectives: The central aim of our study was to investigate the prevalence of common mental disorders in populations during Covid-19 outbreak. The study was done in 3 different countries (Albania, India, Iran) which gave us the opportunity to compare our findings and to have a bigger view of the impact of COVID-19 in individuals.

Methods: A Cross-sectional online survey was done across countries. We used demographic questions and different scales: Corona Anxiety Scale (CAS), The Obsession with COVID-19 Scale (OCS), Insomnia Severity Index (ISI) to evaluate psycho-social impact during covid.

Results: We collected 469 responses in Albania, 442 responses in India and 402 responses in Iran. According to the data we found that symptoms of anxiety related with corona and obsession with corona were higher in Iran compared with the two other countries. Insomnia problems were also more frequent in Iran were only 16,66% of participants reported no insomnia, compared with 42,0% in Albania and 63,12% in India.

Conclusions: The emergence of mental health (MH) problems during a pandemic is extremely common, though difficult to address due to the complexities of pandemics.

Disclosure: No significant relationships.

Keywords: psycho-social impact; fear of covid; COVID-19; anxiety symptoms

EPV0167

Psychological burden and variables affected by living with a person of high risk for COVID-19 during the lockdown period in Greece

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doi: 10.1192/j.eurpsy.2021.1755

Introduction: On February 26, 2020 the Greek government established measures against the spread of COVID-19, which eventually escalated to the entire social and economic 'lockdown' of the state on March 23. The main message was staying home and protect the eldest who are more vulnerable to the virus.

Objectives: The aim of the present study was to test the effect of living with a vulnerable person to specific psychological factors in order to be able to create future interventions for psychological well-being of the population.

Methods: A convenient sample of 1,158 Greeks (280 males [24.2%]) participated electronically during the 'lockdown'. A battery of questionnaires for stress resilience, acute stress, and satisfaction with life, well-being and effect on psychosocial health was used for the study. Analysis was performed with SPSS 24.

Results: Individuals living in the same house with a vulnerable partner of parent were found to have statistically significant higher levels in acute stress disorder ($M=39,4\pm 15,4$) than those living without ($M=37,7\pm 15,5$) ($t_{1156}=2,125$ $p=0,03$) The same happened with the effect on psychological health with the first Group having

significantly higher score in the questionnaire ($M=76,6\pm 56,9$) than the second group ($M=69,1\pm 55,1$) ($t_{1156}=2,330$ $p=0,02$). Stress resilience, satisfaction with life and well-being were not affected.

Conclusions: According to our data individuals living in the same house with a vulnerable person for COVID-19 are more likely to develop acute stress and psychosocial impact. Stress reduction programs are needed in order to help this population with managing the results of the lockdown.

Disclosure: No significant relationships.

Keywords: COVID-19; stress; Psychological burden; stress resilience

EPV0168

Investigating the role of socio-demographic variables to psychosomatic symptoms of a greek sample between the two domestic COVID-19 lockdowns

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doi: 10.1192/j.eurpsy.2021.1756

Introduction: The COVID-19 outbreak resulted in two respective social and economic lockdowns in Greece. According to international findings pressure and instability may lead to the sense of losing control over the situation, and in retrospect to the escalation of psychosomatic symptoms for the general population.

Objectives: The present study examines whether five socio-demographic variables are significant to the variance of psychosomatic symptoms of the Greek population between the two domestic lockdowns.

Methods: 192 participants, of whom 141 were females(73.4%) and 51 males(26.6%), provided their answers between October 5 and November 18, 2020 to the research team of the Psychiatric Unit of the General Public Hospital of Nikaia, 'Ayios Panteleimon', in Athens, Greece. The participants were asked about their (i)'income', (ii)'occupation', (iii)'residence', (iv)'marital status' and (v)'education'. Psychosomatic symptoms were measured through the self-reported PSSQ-29 tool (Cronbach's $\alpha=.955$).

Results: Out of the five One-way Between-participants ANOVAs, none of the five socio-demographic variables showed any significant statistical difference in the level of psychosomatic symptoms.

Conclusions: The study provides some evidence against the protective and harmful role of the socio-demographic variables in psychosomatic health. It is noteworthy, that the conditions were not similar with previous studies. It might be possible that the COVID-19 worked as a phenomenon of mass panic for the Greek sample, and thus no socio-demographic background was either protective or harmful. In conclusion, the present study clearly highlights that none of them had any significant effect to the variance of psychosomatic symptoms for the general population.

Disclosure: No significant relationships.

Keywords: Psychological burden; demographic characteristics; COVID-19

EPV0169

Internet addiction in times of COVID-19: Review of the situation

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doi: 10.1192/j.eurpsy.2021.1757

Introduction: Covid-19 pandemic represents a sanitary crisis with social, economic and political negative impacts. Studies had well established the link between stress and the display or maintenance of addictive behaviour. Measures like social distancing and confinement imposed by governments during this pandemic, could explain an outbreak of internet addiction cases.

Objectives: Assess the prevalence of internet addiction in times of the covid-19 pandemic and to study its relationship with personal and family factors but also with the psychiatric comorbidities.

Methods: We conducted a cross sectional analytical study during the period of the covid-19 pandemic, using an internet survey exploring socio-demographic and clinical data: through Hamilton depression and anxiety rating scale and the Rosenberg self esteem scale. The assessment of internet addiction was carried out using Young's Internet Addiction test.

Results: Our study included 150 users, the average age was 36 years, mainly made up of women, married, having children, with a good socioeconomic level and of university education. The prevalence of depressive and anxious symptoms were respectively 7.3% and 18.7%. The prevalence of internet addiction in our study was 9.4% including 0.7% having severe repercussions. Being married ($p < 10^{-3}$) and having children ($p = 0.006$) were considered as protective factors against internet addiction. People having an internet addiction were at bigger risk of having low self esteem ($p = 0.023$), depressive ($p = 0.04$) and anxious symptoms ($p < 10^{-3}$).

Conclusions: Internet addiction is a new concept, though it's impact on the well being is well established and it's likely to worsen in times of pandemic. Therefore, it's necessary to take preventive measures to deal with it.

Disclosure: No significant relationships.

Keywords: Internet; Addiction; COVID-19

EPV0170

Depressive symptoms and suicidal ideation during the COVID-19 pandemic in Russia

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doi: 10.1192/j.eurpsy.2021.1758

Introduction: The COVID-19 pandemic may bear serious consequences for mental health, such as the increase in psychopathological symptoms.

Objectives: Analysis of changes in depressive suicidal ideation symptoms and during the COVID-19. Depressive symptoms and suicidality were considered separately.

Methods: Internet survey 22.03.20–22.06.20 (908 responses), included SCL-90R, COPE, question about suicidal ideation.

Results: The analysis showed a positive correlation between suicidal thoughts and depression (Spearman .45; $p < .001$), a growing trend in the depressive symptoms (Std.J-T=2.51, $p = .012$), and the increase in severity of suicidal thoughts (Fisher's Exact Test, 5.92, $p = .046$). Severity of depression positively correlates with the emergence of the virus in the city, contraction of disease among friends (Spearman .165; $p < .001$), sick and die fears, an also is linked to more expressed seeking «emotional, social and instrumental help» (COPE). The intensity of suicidal ideation was not associated with these factors, but negatively correlated with «acceptance» and «planning».

Conclusions: The increase in depressive symptoms and suicidal thoughts is determined by different factors. Depressive symptoms is associated with various fears and mediated by non-constructive ways of coping, but there are also constructive coping-strategies as the search for help. The intensity of suicidal thoughts is associated with higher levels of stress, which cannot be explained by the «objective» threat of contagion and fears, but is experienced as an «indefinite» anxiety, supposedly linked to the measures to counter the pandemic, such as restrictions on social interactions, loneliness and uncertainty. The increase in depressive symptoms is linked with an orientation to another person, but the suicidal ideation is not.

Disclosure: No significant relationships.

Keywords: COVID-19; Depression; coping; Suicidal ideation

EPV0171

Parental subjective wellbeing during the COVID-19 lockdown: Evidence from the epicenter of a pandemic crisis

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doi: 10.1192/j.eurpsy.2021.1759

Introduction: The Coronavirus disease (COVID-19) health emergency has led national states to adopt severe actions forcing many people to cope with new and unexpected challenges. Those constraints risked to jeopardized the mental health and subjective wellbeing (SWB) of individuals.

Objectives: The present cross-sectional quantitative study explored whether and to what extent psychological and social aspects were determinants of parental SWB as outcome variable during the COVID-19 lockdown.

Methods: The sample was composed of 304 Italian parents (93% female, mean age 41.5, 91% from Lombardy). Data were gathered through Computer Assisted Web Interview (CAWI) four weeks after the beginning of the national lockdown. World Health Organization (WHO) wellbeing scale along with other self-reported measures of social support, feelings of abandonment, feeling of being equipped and adequacy of living spaces were administered. Data were analyzed by hierarchical regression models (Ethics Committee of Milano-Bicocca University approval N.0034537/20)