

EPP0354

Role of digital health in improving physical and mental well-being during COVID-19 pandemic

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Introduction: Due to the COVID-19 pandemic, there is a steep rise in the acceptance of telemedicine and digital health, including increased interest in pursuing mental health treatment through telepsychiatry. Digital health helps following social distancing measures and increases the health outcomes.

Objectives: To see the role of digital health in improving physical and mental well-being during COVID-19 Pandemic

Methods: This study is a part of a large global project where 240 people inquired advice on phone app during COVID-19-Pandemic. Later on, a short study was conducted on the same population through survey to evaluate the effectiveness of digital health/tele-mental health. We also searched PubMed, Google Scholar, PsychInfo, and Medline for words "Digital Health, Tele-mental health, COVID-19-Pandemic". Reviewed 40 articles and included 3 in this review^{1,4,5}.

Results: We received a total of 98 responses. 65.6% people reported that online health resources are helpful in relieving pandemic-induced anxiety/stress, 66.2% reported to continue online health services after pandemic, 37.7% noted that digital health saves times in waiting areas, 46% reported lack of physical interaction with doctor as a disadvantage of digital health, and 40.3% reported comfort in using tele-mental health. Our literature review has shown barriers like privacy concerns and technological issues¹. Provision of tele-psychiatry is safe and effective in continuity of mental health care.^{4,5}

Conclusions: There has been an increased inclination towards digital health during any disaster. During COVID-19-Pandemic, digital health has increased access to mental health care and reduced risk of infection. The drawbacks include poor patient-doctor relationship, reimbursement concerns, and lack of confidentiality.

Keywords: Digital Health; Tele-mental health; COVID-19; Pandemic

EPP0349

Personnel well-being and potentially traumatic COVID-19 pandemic related events (PTES) in the hus helsinki university hospital – baseline results

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Introduction: A majority of the Finnish COVID-19 pandemic patients have been cared for in the HUS Helsinki University Hospital since March 2020.

Objectives: June 2020 baseline results of an ongoing prospective cohort study are reported.

Methods: An electronic survey was created to assess potentially traumatic COVID-19 pandemic related events (PTEs) of the HUS personnel.

Results: The survey was sent to 25494 HUS employees, and 4804 (19%) answered. Out of the respondents, 62% were nursing staff, 9% medical doctors, and the rest special employees or other personnel. Mean age was 44 years, 88% were female. PTEs were more common in the personnel directly caring for COVID-19 patients than other personnel ($p < 0.001$). PTEs predicted psychological distress among all personnel (OR 5.05; 95%CI 4.26–6.00). Table. Potentially traumatic events (PTEs) among HUS personnel, June 2020. One respondent may have one or more PTEs.

In direct care of COVID-19 patients	PTE1 ¹	PTE2 ²	PTE3 ³	PTE4 ⁴	Respondents
Yes (N; %)	325 (26.6%)	358 (29.3%)	46 (3.8%)	9 (0.7%)	532
No (N; %)	281 (8.2%)	574 (16.6%)	88 (2.5%)	30 (0.9%)	760

¹Has your work with COVID-19 patients or suspected patients included exceptionally disturbing or distressing assignments? ²Have you had strong anxiety due to your own or close one's risk of contracting serious illness for your work with COVID-19 patients or suspected patients? ³Have you or your close one contracted a hospital care requiring serious COVID-19? ⁴Has a close one to you died of COVID-19?

Conclusions: Our data highlight the need to ensure psychosocial support services to HUS personnel with PTEs.

Conflict of interest: No significant relationships.

EPP0354

Impact of the COVID-19 pandemic on the mental health of health care workers in CYPRUS

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Introduction: The coronavirus disease 2019 (COVID-19) has a great impact on health care workers (HCWs) who are exposed to high levels of stress and trauma leading to negative mental health outcomes, including stress-related symptoms and depressive symptoms.

Objectives: The aim of this study was to investigate the prevalence of depressive symptoms, anxiety and post traumatic stress symptoms related to the COVID 19 pandemic in Cyprus.

Methods: In this cross-sectional study, we report on mental health outcomes among HCWs in Cyprus. Data were collected between May 3rd and May 27th, 2020, using an online questionnaire that included demographics, the 9-item Patient Health Questionnaire (PHQ-9), assessing depressive symptoms, the Impact of Events Scale Revised (IES-R) measuring PTSD symptoms and the 10 item Perceived Stress Scale (PSS) measuring stress.

Results: 424 Health Care Workers (HCWs) participated in the study. 79 HCWs (18,6%) scored in PHQ-9 above the cut-off for depression while 62 HCWs (14,6%) scored high enough in IES-R indicating a diagnosis of post-traumatic stress disorder. The prevalence of depression and PTSD symptoms were significantly higher among nurses compared to doctors and other HCWs. (20.7% versus 10.8%; adjusted prevalence ratio, 1.70 [95% CI, 1.06 to 2.73]), after adjustment for age and sex.

Conclusions: Even in countries like Cyprus with minimum impact of the COVID-19 pandemic, the impact on the mental health of HCWs is substantial with nurses being more vulnerable.

Keywords: ptsd; health care workers; covid 19; Depression

EPP0355

Prevalence of depression among college students living alone in pandemic 2020

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Introduction: The prevalence of depression differs between groups, such as race, gender, and age group. According to the World Health Organization (WHO), depression is one of the leading causes of death in the age group of 15-29 years-old. During the COVID-19 pandemic, some countries, including Indonesia, ordered a nationwide physical distancing and limited public activities. Indonesia also restricts the public mobilities, leaving the college students, studying in different regions, isolated and confined to their flats, boarding houses, and apartments.

Objectives: To find out the prevalence of Depression in College Students, living alone, in Pandemic 2020.

Methods: College students aged 18 to 28 years old, were assessed using Beck's Depression Inventory (BDI-II), through Google Form, and shared using social media. We also grouped the participants to age, gender, religion, and types of housing, and did the multivariate analysis using median comparison and multinomial logistic regression.

Results: A total of 84 college students, who are living alone during the Pandemic 2020, participated in this study. We found that 33.3% of the population suffered from depression. The median score for the group of females, prefer not to say their religion, and living in the owned house have a higher median. While multinomial logistic regression study does not have any significant odd risks in the variables.

Conclusions: The results indicate that in time of nationwide physical distancing and limited public activities due to COVID-19 Pandemic, the prevalence of depression among college students

living alone in Pandemic 2020 is 33%. One-fourth of them are with severe depression.

Keywords: Pandemic 2020; COVID-19; Depression; College Student

EPP0356

The mental health impact of the COVID-19 epidemic on hong kong youth: Preliminary results from the hong kong youth mental health epidemiological study (HKYES)

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Introduction: The 2019 coronavirus disease (COVID-19) is a global health crisis that originated in China. As an adjacent city to the origin of COVID-19, Hong Kong has been facing different public health challenges raised by the epidemic.

Objectives: This paper examined the prevalence of common physical symptoms, psychological symptoms, somatic symptoms, and health anxiety among the Hong Kong youth population.

Methods: HKYES is an on-going territory-wide epidemiological study collecting youth mental health data with randomly stratified sampling. Participants aged 15-24 years were to complete a physical symptom checklist, Depression, Anxiety and Stress Scale (DASS-21), Insomnia Severity Index (ISI), Patient Health Questionnaire-15 (PHQ-15), and Short Health Anxiety Inventory (SHAI).

Results: A total of 594 participants have completed the survey since April 2020. The three most common physical symptoms were headache (n=106, 17.8%), fever (n=94, 15.8%) and fatigue (n=78, 13.1%). The mean scores of DASS depression, anxiety and stress subscales were 7.98 (SD 8.14), 5.81 (SD 6.32), and 8.83 (SD 7.93) respectively. Among all, 135 (22.8%) participants reported moderate to severe levels of depressive symptoms, 133 (22.4%) reported moderate to severe levels of anxiety symptoms, and 71 (12%) reported moderate to severe levels of stress. There were 40 (6.7%) and 60 (10.1%) participants showing significant levels of insomnia and somatic symptoms, while around one-third of the participants reported a high level of health anxiety.

Conclusions: Youth is at risk of severe psychological impact during the coronavirus. Monitoring the mental health trajectory for youth should become routine practice during times of crisis.

Keywords: youth; mental health; health anxiety; COVID-19

EPP0357

Telecommunication and neuropsychiatric symptoms in long term care dementia patients during the COVID-19 lockdown ERA.

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