

Conclusions: In this study, Tunisian high school teachers in times of COVID-19 reported a high burnout rate. Thus, the protection of this vulnerable population must be an important component of public health measures.

Disclosure: No significant relationships.

Keywords: Covid-19 pandemic; high school teachers; burnout

EPV0464

Stress and sleep: impact of the main contributing factors to poor sleep experiences during the COVID-19 pandemic

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Introduction: The COVID-19 (Coronavirus Disease 2019) pandemic is associated with several stressful factors that can negatively affect peoples' sleep quality and mental health.

Objectives: The aim of the current study was to prospectively identify decreased sleep quality and associated risk factors in general population during COVID-19 pandemic.

Methods: We conducted a prospective, observational online study on a Romanian sample of 667 respondents aged >18 years. Sleep quality and quantity was evaluated with Athens Insomnia scale (AIS) and the main concerns associated with the pandemic context were evaluated through a multiple-choice question.

Results: The data collected identified important evidence regarding the prevalence and intensity of insomnia. The average score for AIS was 6.13 (cut-off point for was set at 8). However, it is worth noting that 179 respondents (26.8%) meet the criteria for insomnia. Of the 8 self-assessment items, daytime sleepiness was the criterion evaluated with the highest average score (1.01), all other items getting subunit values. A low quality of sleep was linearly related with fear of illness/death ($p=0.053$), fear of illness/death of close people ($p=0.032$), social isolation ($p<0.001$), economic impact ($p=0.003$), losing the job ($p<0.001$) and social stigma associated with COVID-19 infection ($p=0.009$).

Conclusions: More than a quarter of respondes scored above the threshold of 8 at the insomnia scale, while losing the job, social stigma associated with COVID-19 infection and social isolation are the main risk factors for a low quality and quantity of sleep.

Disclosure: No significant relationships.

Keywords: Sleep quality; Insomnia; Covid-19

EPV0465

Unique combination of herbal ingredients for everyday distress in medical workers (short-term pilot study)

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Introduction: Psychological distress is a phenomenon that often occurs not only in patients but in normal subjects under excessive psychological pressure. Health care workers are at particular risk of distress in a pandemic. It negatively affects the quality of life, social and physical functioning and can be a trigger of different diseases. The pharmaceutical drugs can be unnecessary active for healthy subjects. Nutraceuticals may be the adequate choice in this situation.

Objectives: Assessing the effectiveness of the unique antistress combination of the three herbal ingredients (standardized extracts of passionfruit, melissa and catnip) in medical workers with the signs of psychological distress

Methods: Twenty-four subjects-medical doctors from 30 to 55 years old (15 women; 9 men) were included into the one-week study. Antistress combination was administered 1 tablet tid. The first part of the State-Trait Anxiety Inventory (STAI "State anxiety") and/or a free self-report were done twice (before and at the end of the study)

Results: From 24 subjects 19 subjects filled out the STAI, free self-reports were received from 10 subjects (5 people provided information about their condition in two forms). STAI scores showed statistically significant decrease in anxiety at the end of the study. A positive effect the emotional condition and quality of sleep was noted in free self-reports. Adverse effects of nutraceuticals were rare, mild, and transient. No negative impact on quality of working condition was registered.

Conclusions: The pilot study showed the promising effect of antistress combination in medical workers in specific stressful situation.

Disclosure: No significant relationships.

Keywords: medical workers; herbal ingredients; Distress

EPV0466

Manic episode following SARS-COV-2 Infection

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Introduction: In December 2019, infection with the novel coronavirus (SARS-CoV-2) was first reported in the city of Wuhan, China. Although generally recognized for its often fatal respiratory problems, other neuropsychiatric complications are receiving increasing attention.

Objectives: We will try through a clinical case to explain the psychiatric disorders in the context of this infection, and to highlight the two main explanatory theories of psychiatric disorders, in relation with the SARS-Cov-2 infection.

Methods: We report here a case of SARS-CoV-2 infection in a 54-year-old female patient with no specific pathological history, including psychiatric, who presented a fever, anosmia, and asthenia in the absence of any respiratory signs. Her PCR came back positive and her chest CT scan was normal. The patient was treated with paracetamol with vitamin C, with good clinical improvement. She came 15 days later to the psychiatric emergency room with psychomotor excitement. The patient was motorically unstable, could not hold still, her mimicry was hypermobile, contact with her was

familiar, she was logorrheic with flight of ideas, she verbalized multiple projects, her mood was euphoric and her sleep was disturbed. Her blood tests were unremarkable.

Results: The diagnosis of manic episode was retained, and the patient was put on Olanzapine 10 mg, sodium Valproate 1g and Lorazepam 2.5 mg in depression with good clinical improvement.

Conclusions: Although the data in the literature remain scarce concerning the impact of this virus on mental health, we will try through this clinical case to explain the psychiatric disorders in the context of this viral epidemic, due to stress and inflammation.

Disclosure: No significant relationships.

Keywords: manic episode; Covid-19

EPV0468

Neuropsychiatric implications of covid-19 infection: A case report

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Introduction: During the COVID19 pandemic numerous cases of neuropsychiatric complications were reported as a result of COVID19.

Objectives: Presentation of a clinical case and literature review of new cases of neuropsychiatric complications after SARS-CoV2.

Methods: We present the case of a 43-year-old woman in follow-up for 15 years borderline personality disorder who was diagnosed with SARS-CoV2 pneumonia without signs of severity. Throughout the admission the patient, who had no history of epilepsy or other neurological affections, presented up to 5 generalized tonic-clonic seizures during 15 days.

Results: In the ECG was evidenced intercritical epileptiform activity predominantly right frontotemporal. No analytical alterations were observed, neither in the imaging tests (cranial MRI and CT). Lumbar puncture was normal. During the admission, he presents an affective deterioration, with generalized impoverishment, decreased functional autonomy and hearing voices without structured delusional ideation. No previous psychotic history. Her previous treatment with Sertraline 100mg was suspended and valproic acid was added (1300 mg/day) which, being insufficient in the control of seizures, was necessary to boost with Levetiracetam (1000 mg/12h). Risperidone 3 mg and Diazepam 5 mg/8h were added to control psychotic symptoms. In the subsequent follow-up, previous antipsychotic treatment was gradually discontinued. The patient evolved favorably without new psychotic symptoms and clinical stability was observed with euthymia.

Conclusions: Taking care of these complications it is necessary to avoid misdiagnosing. It is essential to expand the study of these entities in the context of COVID19 in order to increase knowledge and to be able to carry out an adequate approach and follow-up.

Disclosure: No significant relationships.

Keywords: NEUROPSYCHIATRIC IMPLICATIONS; COVID19; Seizures

EPV0469

Retrospective Memories of Parents about Behaviour of Their Children During Lockdown

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Introduction: The trace in the memory left by the COVID-19 pandemic is no less important than the immediate reaction on it.

Objectives: The objective was to study the parent-child relations during the strict lockdown (April 2020) on the material of parental memories focusing on emotional reactions and behaviour of children.

Methods: The material was collected in July-August 2020 in a small city in south Russia. The group included 88 parents (average age 34±5). 42 parents had an only child, 38 two children and 7 from 3 to 5 children. Methods used in the study included questionnaire, half-structured interview.

Results: 61% estimated the lockdown as “very stressful and difficult.” Vast majority (86 parents) said that the situation was constantly discussed in the family, 2 parents demonstrated the reaction of denial saying that the situation was never discussed at home. Respondents mentioned “increase of anxiety,” “insecurity,” “conflicts within the family,” etc. In most cases, parents did not succeed to provide a constructive and balancing explanation, which would answer the child’s wish to understand the situation. Describing the children’s reactions on the changes in the usual way of life, parents stressed anxious (15%) and explosive-angry reactions (10%), with prevalence of apathy, tendency to “stick to” the adult (45%). 30% of parents did not notice any changes in their children’s behaviour.

Conclusions: Results demonstrate the need in clinical-psychological solutions, which would be designed for wide use (“collective patient”) and aimed at explanation of the situation of pandemic to the children of different ages, belonging to different social groups.

Disclosure: No significant relationships.

Keywords: parental memories; children during lockdown; Covid-19

EPV0470

The double penalty of the coronavirus: Decidedly this virus has not yet revealed all its secrets!

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Introduction: The direct and indirect effects of the COVID-19 pandemic on the mental health of the population have become a concern in the field of research in psychiatry. First psychotic episodes following infection with SARS cov2 have been reported.

Objectives: Through a clinical case, we will illustrate the association of psychiatric symptoms with SARS cov2 infection.

Methods: We discussed, through a clinical case, the association of psychiatric symptoms with infection by the coronavirus 19.