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Introduction: The COVID-19 pandemic situation creates specific conditions for increased anxiety and increased attention to respiratory sensations. This can become a favorable ground for the occurrence of dysfunctional breathing. Dysfunctional breathing is a pattern of breathing that does not meet physiological needs and can lead to respiratory, cardiovascular, digestive disorders and neurological dysfunctions (Chaitow et al., 2014)

Objectives: The aim of the study is to identify “personality predictors” for the occurrence of dysfunctional breathing in the Russian population during the COVID-19 pandemic.

Methods: The author’s socio-demographic questionnaire, the Naimigen Questionnaire (VanDixhoorn, Duivenvoordt, 1984), HEXACO-PI-R (Ashton, Lee, 2017; Egorova, Prshnikova, Mitina, 2019), and The State-Trait Anxiety Inventory (Spielberger, 1983; Leonova, 2013) were used. The study was conducted online from April 27 to May 27. 582 people from all regions of Russia attended it, including 496 women and 86 men aged 18 to 64 years.

Results: Dysfunctional breathing has a direct correlation with personal anxiety ($r=0.543$, $p=0.000$) and emotionality ($r=0.370$, $p=0.000$), as well as a negative correlation with the personality traits of Honesty/ Humility ($r=-0.153$, $p=0.000$), Extraversion ($r=-0.247$, $p=0.000$), Agreeableness ($r=-0.226$, $p=0.000$), and Conscientiousness ($r=-0.128$, $p=0.002$).

Conclusions: Thus, in the COVID-19 pandemic context, dysfunctional breathing was detected in people with increased trait anxiety and pronounced emotionality, as well as in people with hostility and low conscientiousness/organization, as well as in introverts and those who are inclined to demonstrate social status. The occurrence of dysfunctional breathing during a pandemic can be interpreted as a sign of coronavirus disease by those people, which can motivate them to seek medical help, and thus increase the burden on the healthcare system.

Keywords: personality traits; HEXACO; dysfunctional breathing; COVID-19 pandemic

EPP0456

Portuguese version of the COVID-19 perceived risk scale – psychometric study

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Introduction: Risk perception of COVID-19 is potentially a significant determinant of the pandemic evolution and the public’s

response to it. Acceptable levels of risk perception can be considered good for people to effectively fight the pandemic and adopt preventive health behaviors while high levels of risk perception may be damaging. Recently, Yıldırım&Güler (2020) developed the Covid-19 Perceived Risk Scale (C19PRS) to measure this construct.

Objectives: To analyze the psychometric properties of the C19PRS Portuguese version, namely construct validity, internal consistency and convergent validity.

Methods: A community sample of 234 adults (75.6% women; mean age= 29.53±12.51; range:16-71) completed an on-line survey with the Portuguese versions of the CPRS and the Fear of Covid-19 Scale (FCV-19S; Cabaços et al. 2020). The total sample was randomly divided in two sub-samples: sample A (n=117) was used to perform an exploratory factor analysis/EFA; sample B (n=117) to make a confirmatory factor analysis/CFA.

Results: EFA resulted in three components. CFA revealed that the second-order model with three factors presented good fit indexes ($X^2/df=1.471$; CFI=.959; GFI=.948; TLI=.932; $p[RMSEA\leq.01]=.065$). CPRS Cronbach alphas was $\alpha=.687$; for F1 Worry, F2 Susceptibility to Covid-19 and F3 Susceptibility to Overall Morbimortality were $\alpha=.747$, $\alpha=.813$ and $\alpha=.543$, respectively. The total and dimensional scores significantly correlated with FCV-19S ($r>.30$, $p<.01$).

Conclusions: This study provides evidence for the validity and reliability of the Portuguese version of CPRS, which will be used in an ongoing research project on the relationship between Covid-19 perceived risk, perfectionism, cognitive processes and adherence to public health measures to contain the pandemic.

Keywords: CFA; COVID-19; Perceived Risk Scale; EFA

EPP0457

Distress and burnout among psychiatrists during the COVID-19 pandemic

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Introduction: COVID-19 is an infectious disease caused by SARS-CoV-2. The WHO on March 11, 2020, has declared the novel coronavirus outbreak a global pandemic. Several studies found an association between the COVID-19 pandemic and psychiatric symptoms, such as distress, anxiety, fear of infection, depression and insomnia in the general population. Therefore, psychiatrists have been professionally overloaded, trying to manage the psychosocial impact of the pandemic and suffering its effects in person.

Objectives: To evaluate the disease perceptions, distress and burnout among psychiatrists from the Department of Mental Health and Addictions of Pavia in three different times, which correspond to the three main phases of the pandemic management in Italy: T0 is the first peak of the infections and the lock-down, from March to June; T1 is the reduction of the infections and the reopening, from June to October; T2 is the second wave of infections with a new progressive closure, the current one.

Methods: We used three questionnaires: the BIPQ (Brief Illness Perception Questionnaire), the PSS-10 (Perceived Stress Scale-10), the PED (Profile of emotional distress). We also used a survey

(6 items) in T0, T1 and T2 to evaluate exposure, perception, quality of life and burnout.

Results:

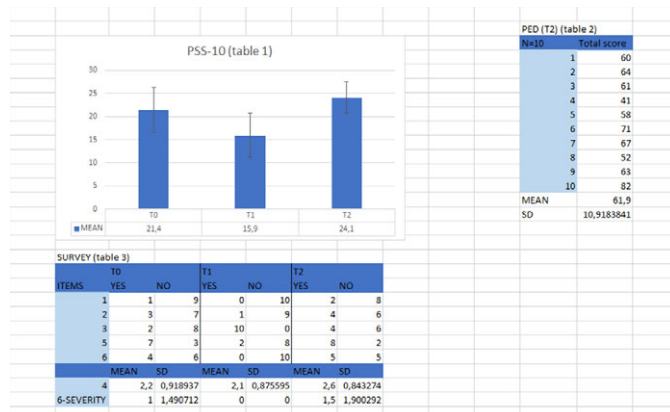


table 1,2,3. BIPQ: no one was exposed.

Conclusions: The increase of individual, who seeking help for mental health, impact on the perception of stress and on the emotional distress, even though psychiatrists have an adequate perception of COVID-19.

Keywords: COVID-19; distress; psychiatrists; burnout

EPP0458

Relationship between COVID-19 perceived risk and perfectionism – a preliminary study

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Introduction: Research following the Covid-19 pandemics has shown that psychological reactions to the pandemic and its constraints can vary significantly depending on personality. One of the traits that has not been studied yet, but can play a harmful role in the COVID-19 psychological impact is perfectionism. This trait, characterized by setting excessively high standards of performance and striving for flawlessness, has increased in recent years and is considered a transdiagnostic process involved in several (mental) health problems (Curran & Hill 2019).

Objectives: To analyze the role of Perfectionism in the levels of fear of COVID19 and of perception of infection risk by COVID-19.

Methods: 234 adults (75.6% women; mean age=29.53±12.51) completed an on-line survey with the Portuguese validated versions of Covid-19 Perceived Risk Scale (C19PRS; Pereira et al. 2020), Fear of COVID-19 Scale (FC19S; Cabaços et al. 2020) and Big Three Perfectionism Scale (BTPS; Garrido et al. 2020). SPSS was used to perform correlation and regression analysis.

Results: Perceived Risk and Fear of COVID-19 were significantly correlated with perfectionism (.243, .228, respectively) (both, $p < .01$). Perfectionism explains 5.5% (Adjusted R²) of the FC19S variance (Beta=.243, $p < .001$) and 4.8% of the C19PRS variance (Beta=.228, $p = .01$).

Conclusions: This study provides preliminary, but completely innovative evidence that perfectionism contribute to the psychological impact of Covid-19 pandemics. In the near future we will test the hypothesis that the nature of unpredictability and the limitations imposed by the global crisis may be exacerbating the already high levels of psychological distress that affect negative perfectionists.

Keywords: COVID-19; Covid-19 Perceived Risk; Perfectionism; psychological impact

EPP0459

Inpatient psychiatry care during coronavirus 2019 pandemic lockdown: Results from a department of psychiatry in northern Portugal

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Introduction: COVID-19 pandemic and the consequent containment measures have a negative impact on mental health. Simultaneously, the fear of infection can discourage patients from seeking necessary care.

Objectives: We aim to compare sociodemographic and clinical characteristics of inpatients admitted during the COVID-19 confinement period in Portugal vs. inpatients admitted in the same period the previous year.

Methods: Retrospective observational study of inpatients admitted between March 19th 2020 and May 1st 2020 and the analog period of 2019 in a psychiatry inpatient unit of a tertiary hospital. Descriptive analysis of the results was performed using the SPSS software, version 26.0.

Results: During the lockdown period, there were 30 admissions to the psychiatry inpatient unit, 55.2% less than the same period last year (n=67). The proportion of compulsory admissions and the average length of stay did not differ between the two periods. Regarding sociodemographic characteristics, in the confinement period inpatients were similar to the ones in the same period of 2019. In both periods, the majority of patients had previous psychiatric history (lockdown vs. same period last year: 95.5% and 90.0%) and a similar proportion of readmissions rate (previous year) was similar in the two groups (49.9% vs 47.6%). At discharge, the most frequent diagnostic groups were mood disorders (33.3% (n=10) and 34.3% (n=23)) and schizophrenia, schizotypal and delusional disorders (26,7% (n=8) and 31.3% (n=21)).

Conclusions: Although there was an expressive reduction of admissions to the psychiatry inpatient unit during lockdown, the clinical characteristics of these patients were analogous to the same period in the previous year.

Keywords: COVID-19; inpatient care