

## EPV0389

**Impact of the COVID19 pandemic on patients followed in psychiatry**

K. Razki\*, Y. Zgueb, A. Aissa, U. Ouali and R. Jomli

Hôpital Razi, Service Psychiatrie A, La Manouba, Tunisia

\*Corresponding author.

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**Introduction:** In the literature, some studies consider psychiatric patients to be vulnerable to COVID-19, in contrast to other studies that find them rather protected.

**Objectives:** To determine the impact of the COVID 19 pandemic on patients undergoing psychiatric care.

**Methods:** This is a descriptive and cross-sectional study that took place in the psychiatry department A at Razi hospital in Tunisia. We conducted a comparison of patient follow-up between the period of March 2018-2019 and March 2020-2021. For this we used a form including socio demographic data, data concerning the COVID-19 situation, clinical data while comparing the follow-up of patients (hospitalizations, mode of relapses, consultations in the emergency room...)

**Results:** 100 patients were included, 60% were men, mean age 44 years (+/- 11 years) [19-65 years]. Ninety-seven percent of patients had no personal history of COVID-19 infection. Comparing the pre-pandemic year (2018-2019) and the pandemic year (2020-2021), we note an increase in the rate of emergency room visits of (17.5%) as well as a relapse rate requiring hospitalization in our department in 48%, this figure was 30% in 2019. A statistically significant increase was noted for depressive and anxiety relapses ( $p=0.04$ ;  $r=0.7$ ). Fear of catching the virus while attending hospital facilities (17.6%), geographical isolation (17.6%), unavailability of treatment (17%) and poor insight (41.2%) were the primary causes of poor adherence.

**Conclusions:** The patients followed in our department have presented during this COVID-19 pandemic several relapses of their psychiatric pathologies compared to the previous year.

**Disclosure:** No significant relationships.

**Keywords:** Covid-19 pandemic; Impact; mental disorder; psychiatric follow-up

## EPV0388

**Perceived social support as a factor in mental health during the COVID-19 pandemic**

L. Shaigerova, A. Dolgikh, O. Almazova\*, O. Vakhantseva and R. Shilko

Lomonosov Moscow State University, Psychology, Moscow, Russian Federation

\*Corresponding author.

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**Introduction:** Support from a different sources can have a critical impact on a person's mental health in a stressful situation. In situations of prolonged stress, it is necessary to identify the links between specific sources of support and mental health.

**Objectives:** To identify the connections between different sources of social support and mental health indicators in different periods during the COVID-19 pandemic.

**Methods:** DASS ( Lovibond, Lovibond, 1995) and MSPSS (Zimet et al., 1988) were applied. The study involved 855 people aged from 18 to 60 years ( $M=32.9$ ;  $SD=13.88$ ). The study was conducted online in the spring of 2020 ( $N=426$ ) and in the winter of 2021 ( $N=429$ ).

**Results:** Post Hoc Scheffe revealed that perceived peer support in spring 2020 was significantly lower than in winter 2021 ( $p<0.05$ ). With Pearson correlation coefficient, we tested the connections between perceived social support from family, friends, and significant others and the level of depression, anxiety, and stress. In spring 2020, all mental health indicators were associated with the perceived social support from all three sources (friends, family, and significant others). In the winter of 2021, depression levels were still associated with the perceived social support from all three sources, while the levels of anxiety and stress were associated only with perceived family support.

**Conclusions:** Thus, the study has revealed the dynamics in dependence of mental health indicators on the perceived social support from various sources at different stages of the COVID-19 pandemic. The reported study was funded by RFBR, project number 20-04-60174.

**Disclosure:** No significant relationships.

**Keywords:** perceived social support; Covid-19; mental health

## EPV0389

**The relationship of dysfunctional breathing with the ideas about the COVID-19 pandemic among the healthy population of Russia**J. Koniukhovskaia<sup>1,2\*</sup>, E. Pervichko<sup>1,2</sup>, O. Mitina<sup>2</sup>, O. Stepanova<sup>2</sup>, V. Petrenko<sup>2</sup>, I. Shishkova<sup>2,3</sup> and E. Dorokhov<sup>2</sup>

<sup>1</sup>Pirogov Russian National Research Medical University, Clinical Psychology Department, Moscow, Russian Federation; <sup>2</sup>Lomonosov Moscow State University, Psychology, Moscow, Russian Federation and <sup>3</sup>Ryazan State Medical University named after I.P. Pavlov, Faculty Of Clinical Psychology, Ryazan, Russian Federation

\*Corresponding author.

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**Introduction:** Dysfunctional breathing is experienced as a feeling of "difficulty in inhaling" and shortness of breath, which may be similar to the symptoms of coronavirus infection (Gavriatopoulou et al., 2020). The conditions of the COVID-19 pandemic create an increased level of anxiety and attention to respiratory sensations, which becomes a favorable ground for the occurrence of dysfunctional breathing.

**Objectives:** To examine the relationship of ideas about the pandemic with the occurrence of dysfunctional breathing in the Russian population during the COVID-19 pandemic.

**Methods:** The Naimigen Questionnaire (Van Dixhoorn, Duivenvoordent, 1985) and the author's socio-demographic questionnaire were used, which included questions about personal experience of the pandemic. The study was conducted online from April 27 to December 28, 2020. It was attended by 1,362 people from all regions of Russia, including 1,153 women and 209 men aged 15 to 88 years ( $38.3\pm 11.4$ ).

**Results:** It was found that respondents who are more confident in the danger of coronavirus have more respiratory difficulties ( $N=517$ ;  $NQ=19\pm 10.6$ ) compared to those who consider its danger exaggerated ( $N=454$ ;  $NQ=15.9\pm 9.2$ ,  $p=0.000$ ). Respondents who are completely convinced of the absence of a condemnation for COVID-19 disease have less pronounced dysfunctional breathing

( $N=331, NQ=15.26\pm 9.5$ ), compared to those who sure about it ( $N=88, NQ=19.16\pm 10.05, p=0.007$ ). Respondents who have relatives ill COVID-19 ( $N=430$ ) have a higher score on NQ ( $18.6\pm 10.5$ ), compared with those dont have ( $N=932, NQ=17.1\pm 9.7, p =0.011$ ).

**Conclusions:** The dysfunctional breathing is associated with the respondents' beliefs about the danger of coronavirus and the expectation of stigmatization in COVID-19 disease, as well as with the experience of COVID-19 disease among relatives.

**Disclosure:** Research is supported by the Russian Science Foundation, project No. 21-18-00624.

**Keywords:** Naimigen questionnaire; Covid-19 pandemic; dysfunctional breathing

### EPV0391

#### Socio-demographic predictors of the prevalence of dysfunctional breathing in a healthy population during the COVID-19 pandemic

J. Koniukhovskaia<sup>1,2\*</sup>, E. Pervichko<sup>2</sup>, V. Petrenko<sup>2</sup>, O. Mitina<sup>2</sup>, O. Stepanova<sup>2</sup>, I. Shishkova<sup>2,3</sup> and E. Dorokhov<sup>2</sup>

<sup>1</sup>Pirogov Russian National Research Medical University, Clinical Psychology Department, Moscow, Russian Federation; <sup>2</sup>Lomonosov Moscow State University, Psychology, Moscow, Russian Federation and <sup>3</sup>Ryazan State Medical University named after I.P. Pavlov, Faculty Of Clinical Psychology, Ryazan, Russian Federation

\*Corresponding author.

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**Introduction:** Dysfunctional breathing is a breathing patterns that do not correspond to the physiological needs of the body, provoke many poly-systemic symptoms. Dysfunctional breathing is experienced as a feeling of "difficulty in breathing", which in the conditions of the COVID-19 pandemic may be similar to the symptoms of coronavirus infection (Taverne et al., 2021).

**Objectives:** To examine the role of socio-demographic predictors in the prevalence of dysfunctional breathing in the Russian population during the COVID-19 pandemic.

**Methods:** The author's socio-demographic questionnaire, the Naimigen Questionnaire (Van Dixhoorn, Duivenvoordent, 1985), the STAI (Spielberger et al., 1983) and the "Perceived Stress Scale-10" (Cohen, Kamarck, Mermelstein, 1983) were used. The study was conducted online from April 27 to December 28, 2020. It was attended by 1,362 people from all regions of Russia ( $38.3 \pm 11.4$  y.o.).

**Results:** In men, the average values for NQ ( $11.19\pm 7.74$ ) are lower than among women ( $18.73\pm 9.96, p=0.000$ ). Persons with incomplete higher education have a higher score on NQ ( $N=103, NQ=20.44\pm 11.8$ ) than persons with higher education ( $N=1051, NQ= 17.40\pm 9.63, p=0.048$ ) and candidates/doctors of sciences ( $N=97, NQ= 15.34\pm 11.20, p=0.005$ ). There was also a connection between the severity of dysfunctional breathing and the level of income, which is associated with a negative correlation between income level and perception of stress ( $r=-0.215, p=0.000$ ), state ( $r=-0.165, p=0.000$ ) and trait anxiety ( $r=-0.127, p=0.000$ ).

**Conclusions:** The severity of dysfunctional breathing is associated with gender, income levels and education, what can be used to identify a group of people who are most susceptible to the occurrence of dysfunctional breathing during the pandemic COVID-19. The study was supported of the Russian Science Foundation, project No.21-18-00624.

**Disclosure:** The study was supported of the Russian Science Foundation, project No. 21-18-00624.

**Keywords:** Covid-19 pandemic; dysfunctional breathing

### EPV0392

#### Association between self-efficacy, social support, knowledge of COVID-19, COVID-19 perception and stress, anxiety, depression of healthcare providers: the role of news media exposure as moderator

A. Prouzou<sup>1</sup>, E. Aslani<sup>2</sup>, V. Spinaris<sup>3</sup> and G. Lyrakos<sup>1,3\*</sup>

<sup>1</sup>City Unity College, Psychology, Athens, Greece; <sup>2</sup>General Hospital Nikaia Ag. Panteleimon, 2nd Covid Clinic, Nikaia, Greece and

<sup>3</sup>General Hospital of Nikaia, Psychiatric, Nikaia, Greece

\*Corresponding author.

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**Introduction:** All pandemic outbreaks because of their rapid spread and high mortality rate cause to everyone considerable stress and anxiety.

**Objectives:** The aim of the present study is to investigate how news media exposure moderates the relationship between stress, anxiety, depression and self-efficacy, social support, knowledge of the coronavirus and coronavirus perception.

**Methods:** 223 healthcare providers, men 46 (20.6%) and women 177 (79.4%), working in hospitals in Greece participated in the study. independent t-test, one-way ANOVAs, Pearson's correlation, multiple-linear regression and moderator's analysis were analyzed with SPSS23.

**Results:** Organization support, friends support, covid-19 knowledge and covid-19 perception are most significant predictors to stress,  $F(4,218) = 11.47, p < .001$  and Adjusted R<sup>2</sup> .159. Friends support, covid-19 knowledge and self-efficacy, working with covid19 patients and gender are most significant predictors to anxiety,  $F(5,217) = 11.16, p < .001$  Adjusted R<sup>2</sup> .186. Friends support, covid-19 knowledge and self-efficacy and organization support are most significant predictors to depression,  $F(4,218) = 16.37, p < .001$  Adjusted R<sup>2</sup>-squared: .217. News media exposure did moderate the predictive power of almost all predictors for stress, anxiety and depression, at  $p < .05$ .

**Conclusions:** Therefore, the study verifies previous findings arguing that stress, anxiety and depression are strongly associated with numerous factors. These associations seem to be moderated by news media exposure. It is recommended to further explore the impact news media exposure has during crucial periods, such as covid-19 outbreak.

**Disclosure:** No significant relationships.

**Keywords:** Covid-19; media exposure; Stress; health care providers

### EPV0393

#### Changes in alcohol consumption in the Russian Federation during the first months of the COVID-19 pandemic

A. Gil<sup>1\*</sup>, K. Vyshinsky<sup>2</sup>, E. Fadeeva<sup>3</sup> and R. Khalfin<sup>1</sup>

<sup>1</sup>I.M. Sechenov First Moscow State Medical University (Sechenov University), Higher School Of Health Administration, Moscow,