

EPP0452

Using developmental psychotechnics during COVID-19 pandemic: The case of children and adolescents failing to follow covid-related guidelines

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Introduction: The problem of COVID-19 is acute now in all the countries. Nevertheless, the techniques of applied clinical psychology are rarely implemented in this struggle.

Objectives: The aim was to examine the possibilities of the applied clinical psychology in instructing children and adolescents and in exerting psychological influence on them in order to decrease the incidence.

Methods: The following methods were used: thematic analysis of relevant information on TV and on Russian-speaking internet, interviews with adolescents refusing to wear masks (110 adolescents), observation.

Results: 87% of adolescents are sure that they are “fully informed about the COVID-19.” Moreover, 70% are certain they “will not be infected with COVID-19” and even if they do, they will “have a mild form of the disease.” Such information was widely reproduced in the Russian media and proved by medical statistics. It influenced negatively the attitude of adolescents toward masks, social distancing, etc.

Conclusions: 1) The information concerning COVID-19 requires introduction of the changes based on psychological data. 2) The ways of informing children and adolescents should be carefully analyzed using psychological data. In information for young people, their responsibility, solidarity and empathy toward others should be involved. 3) The situation of COVID-19 may become a space for potential development, this situation may shape respect toward the health of other people. 4) The “situation of test,” which is significant for the self-awareness of adolescents, should be employed as a way to persuade adolescents to follow the health restrictions.

Keywords: psychotechnics; applied clinical psychology; COVID-19

EPP0451

Shaping skills of mental hygiene and psychologically verified behavioral techniques under the situation of the pandemic

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Introduction: COVID-related situation has produced multiple challenges in the field of implementation of the restrictions.

Objectives: Russian media, NGOs and sociological institutions collected and processed data on following the COVID-related guidelines in Moscow and in other regions. According to these data, different social groups behave differently in respect to the restrictions.

Methods: The following methods were used: analysis of information in media, interviews with child psychologists and pedagogues, personal involved and non-involved observation.

Results: The COVID-related restrictions are often violated in all the Russian provinces. Observation and interviews demonstrate similar results. Young people aged 13–20 transgress the regulations most often. The reasons for that are not only the insufficient information, but also neurotic reactions and respective behavior: suppression, reaction formations, reactions of denial. Moreover, new behavioral norms (e.g. wearing masks) are insufficiently shaped yet, which makes following the new rules even more difficult. Furthermore, during the introduction of those regulations, their possible pathopsychological consequences were not taken into consideration, e.g. consequences of isolation, maintaining social distance, communication while wearing masks, fears, stress, paranoid reactions.

Conclusions: The pathopsychological consequences of introduced measures should be taken into consideration. Moreover, the phrasing of regulations needs reshaping and implementation of techniques of mental hygiene to prevent the development of mental disorders. Efficient shaping of respective skills might help to increase the percent of people following the guidelines too. However, all those issues require additional research.

Keywords: Mental Hygiene; COVID-19; Behavioral Techniques; Psychotechniques

EPP0452

Psychopathological symptoms among the russian population during the COVID-19 pandemic in the spring of 2020

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Introduction: The COVID-19 pandemic has affected the lifestyle and psychological well-being of millions of people.

Objectives: The aim of the study was to assess the prevalence of psychopathological symptoms in the Russian population in the COVID-19 pandemic context.

Methods: We used a socio-demographic questionnaire (20 questions) and a Short Scale for Psychopathological Symptom Checklist (SCL-32) (Derogatis 1977; Mitina, Gorbunova, 2011). 582 Russian residents (496 women and 86 men) aged 18–64 years participated in the online survey in May 2020.

Results: Women were significantly more likely than men to have somatic dysfunctions (5.6 ± 2.5 vs 4.8 ± 1.9 ; $p=0.001$), interpersonal problems (6.97 ± 2.9 vs 6.0 ± 2.8 ; $p=0.005$), depression signs (6.9 ± 3.2 vs 5.7 ± 2.9 ; $p=0.001$) and anxiety disorders (6.8 ± 2.8 vs 5.2 ± 2.1 ; $p=0.000$), as well as sleep disorders (6.4 ± 2.8 vs 5.9 ± 2.1 ; $p=0.049$) and suicidal thoughts (4.2 ± 1.8 vs 3.7 ± 1.8 ; $p=0.032$). In addition,