

Conclusions: Our study indicated the evolving proportion of binge eating disorder among young doctors. Screening eating disorder is important in order to prevent related physical health problems.

Keywords: young doctors; binge eating disorder; COVID19; mental health

EPP0386

Mental health challenges faced by young medical residents fighting COVID-19 in tunisia

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Introduction: COVID-19 pandemic affected not only physical health of individuals, and communities but also their mental health worldwide. Young physicians, who were providing care for patients during the outbreak in a global atmosphere of stress, anxiety and depression, were not spared.

Objectives: To assess anxiety and depression among young medical resident exposed to COVID-19 in Tunisia and its associated factors

Methods: It was a cross-sectional, descriptive and analytical online-based survey, from April 19, 2020, to May 5, 2020 on 180 medical residents in training, via a Google-Form link. We used a self-administered anonymous questionnaire containing sociodemographic and clinical data. Hospital Anxiety and Depression Scale (HAD) validated in the Tunisian dialectal version was used to assess anxiety and depression.

Results: Among 180 young doctors included, 70.2% were female, 16% were married, 81.8% worked in a university Hospital and 51.1% were frontline caregivers involved in primary screening. Our study revealed that 66.1% of young medical residents were suffering from anxiety (severe anxiety: 28.9 %) and 61.7% of them from depression (severe depression: 29.1%). Anxiety disorder was correlated to female gender ($p=0.008$), being married (0.001), worse quality of sleep ($p<10^{-3}$) and increased consumption of tea and coffee ($p=0.012$). Depression was associated to worse quality of sleep ($p<10^{-3}$), lack of physical activity ($p<10^{-3}$), shortage of personal protective equipment ($p=0.027$) and anxiety disorder ($p<10^{-3}$).

Conclusions: Our study indicated a high proportion of anxiety and depression among young doctors in training, needing systematic screening in order to prevent them.

Keywords: young medical residents; Depression; Anxiety; COVID-19 outbreak

EPP0387

Comparison of psychiatric emergency service admission rates in an italian COVID-19 hospital during lockdown and last year

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Introduction: Italy has been one of the most affected countries by Covid-19 pandemic. Our University General Hospital, Policlinico of "Tor Vergata" (PTV) in Rome, has become a Covid Hub in order to manage the spread of the epidemic. Thus, our Psychiatric Emergency Service (PES)'s access has been partially limited. Direct indicators of PES activity, as admission rates, can be useful for evaluating the psychological impact of Covid epidemic.

Objectives: To assess psychiatric admittance rates to PES of PTV before and during Covid-19 global pandemic.

Methods: Data from our PES register have been obtained and analyzed. We compared all the psychiatric access during the trimester March – May 2019 and 2020. All patients have been characterized according to clinical features.

Results: A marked reduction of the number of patients presenting to PES has been observed (76 patients) in the 57-day period (March 11–May 04, 2020) of lockdown compared to the same period in 2019 (266 patients). The cutback was visible for all diagnostic groups, except for "Borderline Personality Disorder" diagnosis which have slightly increased. On the other hand, hospitalization rates in our psychiatric inpatients unit remained steady.

Conclusions: Although larger study are needed to understand the mental consequences of the lockdown experience, people's fear of potential infection might explain our results. Interestingly, personality disorder patients represent an exception to it, suggesting the importance of the clinical characteristics of fearless, engagement in dangerous behavior and detachment from reality. These findings might be helpful to improve psychosocial crisis interventions during the pandemic.

Keywords: COVID-19; psychological impact; Hospital Admission rates; Psychiatric Emergency Service

EPP0389

Perceived stress level among patients with chronic illness during covid pandemia.

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Introduction: The emergence of SARS-CoV-2 has enormously impacted healthcare systems around the world. Both patients and health care professionals have been subjected to a novel stressor which affects their everyday life and functioning. This issue is especially important to patients suffering from chronic diseases which had already been exposed to a psychological strain related to their primary diagnosis. As chronically ill patients are depending on the availability of a specific treatment i.e. in need of specific healthcare facilities and have more reasons to worry about their future and hence be more prone to suffer adverse psychological consequences than the general population.