

Disclosure: No significant relationships.

Keywords: COVID-19; cardiac surgery patients; attitudes towards COVID-19; fatalistic ideas

EPV0183

The new role of telemedicine in child psychiatry in the period of pandemic caused by spreading of the COVID-19

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Introduction: In the period of Covid-19 both adults and children have a great number of the most varied negative social and psychological factors.

Objectives: The study of the necessity of telemedicine technologies for child and teenage psychiatric service.

Methods: During two month, parents of 128 children, aged 3-18, have applied for consultative help to the Department of Psychiatry, Psychotherapy and Narcology of the Ural State Medical University.

Results: In total, the number of consultations has grown by 23% compared to the same period of the previous year. The greatest number was connecting with emotional and behavioral disturbances that usually begin in childhood – 23.0%, neurotic connected with stress and somatoform disorder – 21.1%, and affective disorders – 14.1%. The least amount of cases were of children and teenagers with psychiatric diagnoses: disorders of a schizophrenic character – 7% and the mentally retarded – 6.2%. These data points that the limitation of the possibility of receiving a psychiatric consultation in person did not lessen the number of instances when parents of children and teenagers applied for help. On the contrary, this period showed a growth of the number of parents who applied for help, mainly due to the increase in the proportion of anxiety and phobia disturbances, plus behavioral disruptions. At this, the number of neurotic cases connected with stress and somatoform disturbances in children increased by 92.0%, whereas emotional and behavioral disturbances that usually begin in childhood increased by 45.0%.

Conclusions: Thus, telemedicine technologies in child psychiatry have proved to be an effective and necessary means.

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EPV0184

University entrance exam anxiety of adolescents during COVID-19 pandemic: Cognitive flexibility and self-regulation

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Introduction: After the first case of Covid-19 was emerged in Turkey on March 11, 2020, schools were closed distance education

began. On March 21, curfew was declared for people who under the age of 20. Subsequently, the date of the nationwide university exam was changed twice.

Objectives: This study has two aims. The first goal was to investigate the factors that affect the test anxiety of individuals who will enter the university exam during the Covid-19 outbreak. The second aim was to investigate whether the test anxiety levels of the participants vary according to the level of cognitive flexibility and self-regulation.

Methods: The study consists of 420 (284 women, 131 men and 5 others). The age range of the participants was between 18 and 21, with the mean of 18.33. Exam Anxiety Scale, Adolescent Self-Regulation Skills Scale and Cognitive Flexibility Scale were used to collect data.

Results: The findings indicated that women's level of test anxiety was higher than men. Those who do have concentration issues in distance education have high level of test anxiety. Test anxiety was higher for students whose household income decreased because of the pandemic. MANOVA results revealed that individuals with low test anxiety have higher 'self-regulation successful' scores and lower 'self-regulation unsuccessful' scores. Moreover, it was yielded that people with low test anxiety have higher level of cognitive flexibility.

Conclusions: Protective factors such as cognitive flexibility and self-regulation play an important role in individuals' management of test anxiety.

Disclosure: No significant relationships.

Keywords: test anxiety; COVID-19; self-regulation; cognitive flexibility

EPV0185

Isolation syndrome in children: Clinical and psychological aspects in the context of COVID-19

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Introduction: In connection with the COVID-19 pandemic, in order to prevent the spread of coronavirus infection, a lockdown was introduced everywhere in the Russian Federation, the main psychological feature of which is social deprivation - the deprivation or restriction of social habitual real interactions.

Objectives: Describe clinical and psychological manifestations in children in the context of COVID-19 pandemic lockdown.

Methods: During the period from June to September 2020, parents of 108 children of early, preschool and school age applied for advice. Children are divided into two groups: I - children with previously established mental disorders; II - children who have not previously been observed for developmental disorder by a psychiatrist.

Results: Parents of children applied for counselling with complaints of psychological, neurotic and psychosomatic symptoms that were present in children during the period of lockdown. It was found that the active use of electronic gadgets, an abundance of alarming information from the media, can cause disturbances in the family system and become an additional risk factor in the developmental

disorders and an increase in the existing psychopathological symptoms in children. However, in young children with normative development and in some children with autism spectrum disorder, the phenomenon of social isolation did not reveal any pronounced changes in the mental state towards deterioration; on the contrary, in a number of cases there is a weakening of previously manifested deviations, apparently associated with increased communication with the loved ones and increased parental attention.

Conclusions: Clinical and psychological services should offer preventive support to the entire family.

Disclosure: No significant relationships.

Keywords: COVID-19; pandemic; Deprivation; children

EPV0186

Protocol to maintain ECT in COVID-19 pandemic

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Introduction: Electroconvulsive therapy is a highly effective treatment for severe psychopharmacological resistant patients but it is also a procedure that involves open airway management and has been considered as an aerosol generating procedure. The COVID-19 pandemic, has resulted in reduction in ECT services internationally. The COVID-19 pandemic has dramatically and rapidly transformed hospitals in heavily affected areas, decreasing mental health services. The need to locate critical patients in spaces intended for anesthesia, where we usually administered ECT, has forced us to decrease the number of procedures and be highly selective. In the same way, continuation and maintenance ECT (m-ECT) have also been dramatically reduced. The risk of contagion urged us to develop a protocol involving other areas of the hospital



Objectives: To create a safe circuit from admission to the hospital to the ECT including emergency room and psychiatric Ward

Methods: Review of the literature and published protocols Workshops with Preventive Medicine, Anaesthesia and Emergency Service to elaborate a protocol Submission of the protocol to Management of the Hospital

Results: The protocol (Figure 1) began with the screening for COVID-19 in every patient. If the PCR was (+) the patient was not excluded. We moved treatment from the PACU into the OR and if a patient tested positive It was determined that the ECT was administered in the OR

That was provided with negative pressure. Circuits were established within the Psychiatric Ward and in the areas of the hospital involved to reduce risks and patients remained isolated until negative test was confirmed The number of persons present in the treatment room was kept to the absolute minimum required and appropriate personal protective equipment was used, as prescribed by the WHO

Conclusions: We must keep in mind treating the most vulnerable of our patients. ECT should be seen as an essential medical procedure and made available

Disclosure: No significant relationships.

Keywords: Affective disorders; ECT; COVID-19

EPV0187

Social medias in increasing anxiety around COVID-19 in Morocco

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Introduction: Discovered in December 2019, COVID has affected the entire planet, through direct exposure to its virus; SARS-COV-2, or indirectly through the media, Indeed, on January 20, 2020, the World Health Organization declared COVID-19 to be “a public health emergency of international concern.” Along with other public health crises and other collective trauma (terrorism, H1N1 epidemic or SARS-COV), exposure to publicized information on this virus generates psychiatric disorders, in particular anxiety and absence of well-being. Objective: To link exposure to information about this pandemic through social media and anxiety and lack of well-being.

Objectives: Explore the relationship between anxiety, well-being and exposure to social medias

Methods: Use of a questionnaire consisting of three sections, individual status and conditions, the French versions of the GAD-7 scale for anxiety (Generalized anxiety scale of 7items) and the WHO-5 (five well-being index). This questionnaire is dedicated to the general population who have not been in direct contact with the virus, but through the media.

Results: We were able to collect 209 participants, they were essentially females with a mean age of 28yo, 17,7% had psychiatric history of anxiety and depression, the median use of social medias was 5.7 hours per day. And they were essentially getting their information about the pandemic from Instagram, Facebook, the Moroccan ministry of health’s website and electronic newspapers. 31,1% of our participants had anxiety which was above a Chinese study, and had a poor well-being.