

**Conclusions:** This health crisis had a major impact on the mental health of our heroes. So, we should provide for them with the necessary support.

**Keywords:** COVID-19; health professionals; Post traumatic Stress Disorder; Anxiety

### EPP0395

#### Evaluation of anxiety symptoms among caregivers of children that take therapy in the national center for children rehabilitation and treatment during COVID-19 pandemic

F. Dobi\*, B. Zenelaj, E. Kabili, A. Shtylla, D. Malaj and A. Demaj  
Child And Adolescent Psychiatry, National Center for Children Rehabilitation and Treatment, Tirana, Albania

\*Corresponding author.

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**Introduction:** Compared to the parents of kids with “typical” development the stress level and exhaustion in these parents is higher and more frequent. Furthermore COVID-19 pandemic can increase stress levels especially among people that suffer from mental health disorders. Studies show that these difficult, challenging times have had a negative impact on most families, which have a child with neurodevelopmental disorders.

**Objectives:** Evaluation of different aspects of emotional dimension among caregivers of children that take therapy in the National Center for Children Rehabilitation and Treatment (NCCRT) during COVID-19 pandemic

**Methods:** The study was conducted during a two-month period March-April 2020. The sample involved 110 relatives of children that were taking educative and rehabilitation therapy in NCCRT during last year, ambulatory or inpatients. Data were collected by clinical records and phone interviews. Instrument we used were: Demographic inventory and Hamilton Anxiety Rating Scale for anxiety symptom evaluation. All data were statistically analyzed through excel.

**Results:** Most of individual interviewed, whom are responsible for children wellbeing and pass most of the time with them were their parents, 69% of them. 56% of individuals were among 31-45 years old and 92% of them were women. Physical distancing seemed to risen anxiety levels in caregivers whom hadn't have these problems before.

**Conclusions:** It is necessary the dynamic support with special attention for caregivers whom have emotional distress. Yet has to be evaluated the connection, if it's present, between parents with emotional distress and children progress, for ones that are being supported with development therapy.

**Keywords:** COVID-19; caregivers; developmental disorder; Anxiety

### EPP0396

#### Facing the COVID-19: A qualitative research on the impact of the pandemic on autism spectrum disorder (ASD)

T. Pretel Luque\*, A. Vilaregut Puigdesens, N. Farriols Hernando, M. Roca Santos and C. Andrés Gárriz

Facultat De Psicologia, Ciències De L'educació I L'esport Blanquerna, Universitat Ramon Llull, Barcelona, Spain

\*Corresponding author.

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**Introduction:** Lockdown resulting from the experienced pandemic has had a great influence on the emotional and social well-being of the general population. Specifically, it is known that those with an Autism Spectrum Disorder (ASD) and their caregivers had to overcome several challenges during this period. Moreover, this situation has influenced the professionals who work in this field.

**Objectives:** The aim of this study is to describe the impact, the learnings and the challenges that have arisen for the patients with ASD, their families and professionals during the coronavirus outbreak through progenitors' and professionals' perceptions.

**Methods:** A qualitative research design using focus groups was selected to identify and discuss participants' experiences, beliefs, perceptions and attitudes. The target population consisted on parents with children with ASD and professionals who work with them. Data was collected via two focus groups. A content was made using the program Atlas.ti to determinate the principal categories and themes that describe the COVID-19 impact.

**Results:** Findings widely describe the problems faced and difficulties experienced by this population during lockdown and after it. As well as the challenges, opportunities and learning that this situation has offered.

**Conclusions:** Reflections derived from the study manifest the need of thinking about new models of intervention with children with ASD and their families. Greater attention must be paid to parents' experiences in order to attend to the actual demands of patients and their caregivers contextualized within our current changing situation.

**Keywords:** autism spectrum disorder; family; professionals; COVID-19

### EPP0397

#### Washing COVID-19 away: COVID-19 and obsessive compulsive disorder

R. André<sup>1,2,\*</sup>, M.J. Gonçalves<sup>1</sup>, C. Sereijo<sup>3</sup> and M. Abreu<sup>3</sup>

<sup>1</sup>Psychiatry, Centro Hospital Lisboa Norte, Lisboa, Portugal;

<sup>2</sup>Psiquiatria, Centro Hospitalar Universitario Lisboa Norte, oeilas,

Portugal and <sup>3</sup>Psiquiatria, Centro Hospitalar Universitario Lisboa Norte, Lisboa, Portugal

\*Corresponding author.

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**Introduction:** We are facing a crisis caused by an extremely infectious disease, Covid-19. The mechanisms of infection and transmission of this coronavirus are largely unknown but some of the clearer recommendations are washing hands and surfaces. Obsessive-Compulsive Disorder has a lifetime prevalence of 2-3%, among the multiple symptoms, fear of dirt or being contaminated, and excessive washing are the most common affecting about 50% of patients.

**Objectives:** We reviewed the available information to understand if there are changes in OCD symptoms during the pandemic.

**Methods:** Non-systematic review of the literature with selection of scientific articles published in the past 6 months; by searching Pubmed and Medscape databases using the combination of MeSH

descriptors. The following MeSH terms were used: Covid-19; SARS-Cov2; pandemic; obsessive compulsive disorder; OCD.

**Results:** From a theoretical point of view, the increased frequency of hand washing and the importance of following hand-washing steps can add to a ritualistic pattern, also cleaning hands every time a person comes from outside or contacts with others can be justified as a preventive action rather than considered a problem and it can be “normalized” by others as a pandemic response.

**Conclusions:** In conclusion, there is evidence that during quarantine an overall increase in obsession and compulsion severity emerged with contamination symptoms associated with worse outcomes. There is data on an increase in relapses with patients not asking for help in a timely manner. The current situation is unpredictable and rapidly changing. It is likely that more information about this topic will arise in the next months.

**Keywords:** obsessive compulsive disorder; ocd; COVID19; pandemic

### EPP0398

#### Binge eating disorder and coronavirus outbreak among health care workers in tunisia

M. Dhemaïd\*, W. Abbes, M. Tffih, K. Medhaffer, M. Abbes and L. Ghanmi

Psychiatry, regional hospital of Gabes, Gabes, Tunisia

\*Corresponding author.

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**Introduction:** COVID19 outbreak had affected physical and mental health of individuals. Different adverse health behaviors had worsened and eating disorders had evolved. Health care workers were not spared.

**Objectives:** To screen binge eating disorder among health care workers of regional hospital of Gabes (south of Tunisia) and its associated factors.

**Methods:** We conducted a cross-sectional, descriptive and analytical study, from April 19, 2020, to May 5, 2020 on 289 in Gabes regional Hospital. All healthcare workers were included (n=620). Workers who were on sick leave during the study were excluded. During this period, the total confirmed cases of COVID-19 exceeded 900 cases in Tunisia and around 20 cases in Gabes. We used a self-administered anonymous questionnaire containing sociodemographic and clinical data. DSM-5 diagnostic criteria were used to assess Binge-Eating Disorder.

**Results:** Of the 289 responding participants, 85 were physicians (29%), 166 nurses (57.4%), 8 ambulance drivers (2.8%) and 30 health-related administrators (10.3%). A total of 100 participants (34.6%) were frontline health care workers directly engaged in diagnosing, treating or caring for patients with coronavirus disease. Nine percent of participants experienced binge eating disorder during the outbreak. Binge eating disorders were associated to past psychiatric history of eating disorder (p=0.001), social isolation (p=0.001), increased consumption of tea and coffee (p=0.02) and the fact of being a frontline care giver (p=0.009).

**Conclusions:** Binge eating disorders are usually associated with health problems: obesity and consequently severe form of coronavirus disease. Screening those disorders is important to alleviate its physical impact.

**Keywords:** mental health; Binge eating; COVID-19; health care workers

### EPP0399

#### Evaluation of sleeping problems among caregivers of children that take therapy in the national center for children rehabilitation and treatment during COVID-19 pandemic

F. Dobi\*, B. Zenelaj, E. Kabili, E. Ruci and E. Dokle

Child And Adolescent Psychiatry, National Center for Children Rehabilitation and Treatment, Tirana, Albania

\*Corresponding author.

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**Introduction:** Compared to the parents of kids with “typical” development the stress level and exhaustion in these parents is higher and more frequent. Furthermore COVID-19 pandemic can increase stress levels especially among people that suffer from mental health disorders. Studies show that these difficult, challenging times have had a negative impact on most families, which have a child with neurodevelopmental disorders.

**Objectives:** Evaluation of sleeping problems among caregivers of children that take therapy in the National Center for Children Rehabilitation and Treatment (NCCRT) during COVID-19 pandemic

**Methods:** The study was conducted during a two-month period March-April 2020. The sample involved 110 individuals, relatives, of children that were taking educative and rehabilitation therapy in NCCRT during last year, ambulatory or inpatients. Data were collected by clinical records and phone interviews with children’s caregiver. Instrument we used were: Demographic inventory and Hamilton Anxiety Rating Scale for anxiety symptom evaluation. All data were statistically analyzed through excel.

**Results:** Most of individual interviewed were parents, 69% of them. 56% of individuals were among 31-45 years old. 28,2% of individuals developed sleeping difficulties and they weren’t able to sleep within 30 minutes after going to bed. 12,7% of them reported to have had difficulties staying awake during driving, eating or other daily activities.

**Conclusions:** It is necessary the dynamic support with special attention for caregivers whom have sleeping problems. Yet has to be evaluated the connection, if it’s present, between parents with sleeping problems and children progress, for ones that are being supported with development therapy

**Keywords:** COVID-19; developmental disorder; caregivers; sleeping disorder

### EPP0401

#### Exercise addiction, body dysmorphic disorder, and use of enhancement drugs during the COVID-19 pandemic confinement period: A transcultural study

A.R. Dores<sup>1,2\*</sup>, I. Carvalho<sup>3</sup>, J. Burkauskas<sup>4</sup>, V. Beretta<sup>1</sup>, K. Ioannidis<sup>5</sup>, P. Simonato<sup>6</sup>, A. Gomez<sup>7</sup>, Z. Demetrovics<sup>8</sup>, H. Fujiwara<sup>9</sup>, S. Chamberlain<sup>10</sup>, N. Fineberg<sup>5</sup>, F. Barbosa<sup>11</sup> and O. Corazza<sup>12</sup>

<sup>1</sup>Center For Rehabilitation Research (ess-p.porto), School of Health, Polytechnic of Porto, Porto, Portugal; <sup>2</sup>Laboratory Of Neuropsychophysiology (fpceup); Center For Rehabilitation Research (ess-p.porto), Faculty of Psychology and Education Sciences; School of Health, Polytechnic of Porto, Porto, Portugal; <sup>3</sup>Clinical Neurosciences And Mental Health And Cintesis, School of Medicine, University of