

EPV0169

Internet addiction in times of COVID-19: Review of the situation

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Introduction: Covid-19 pandemic represents a sanitary crisis with social, economic and political negative impacts. Studies had well established the link between stress and the display or maintenance of addictive behaviour. Measures like social distancing and confinement imposed by governments during this pandemic, could explain an outbreak of internet addiction cases.

Objectives: Assess the prevalence of internet addiction in times of the covid-19 pandemic and to study its relationship with personal and family factors but also with the psychiatric comorbidities.

Methods: We conducted a cross sectional analytical study during the period of the covid-19 pandemic, using an internet survey exploring socio-demographic and clinical data: through Hamilton depression and anxiety rating scale and the Rosenberg self esteem scale. The assessment of internet addiction was carried out using Young's Internet Addiction test.

Results: Our study included 150 users, the average age was 36 years, mainly made up of women, married, having children, with a good socioeconomic level and of university education. The prevalence of depressive and anxious symptoms were respectively 7.3% and 18.7%. The prevalence of internet addiction in our study was 9.4% including 0.7% having severe repercussions. Being married ($p < 10^{-3}$) and having children ($p = 0.006$) were considered as protective factors against internet addiction. People having an internet addiction were at bigger risk of having low self esteem ($p = 0.023$), depressive ($p = 0.04$) and anxious symptoms ($p < 10^{-3}$).

Conclusions: Internet addiction is a new concept, though it's impact on the well being is well established and it's likely to worsen in times of pandemic. Therefore, it's necessary to take preventive measures to deal with it.

Disclosure: No significant relationships.

Keywords: Internet; Addiction; COVID-19

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Depressive symptoms and suicidal ideation during the COVID-19 pandemic in Russia

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Introduction: The COVID-19 pandemic may bear serious consequences for mental health, such as the increase in psychopathological symptoms.

Objectives: Analysis of changes in depressive suicidal ideation symptoms and during the COVID-19. Depressive symptoms and suicidality were considered separately.

Methods: Internet survey 22.03.20–22.06.20 (908 responses), included SCL-90R, COPE, question about suicidal ideation.

Results: The analysis showed a positive correlation between suicidal thoughts and depression (Spearman .45; $p < .001$), a growing trend in the depressive symptoms (Std.J-T=2.51, $p = .012$), and the increase in severity of suicidal thoughts (Fisher's Exact Test, 5.92, $p = .046$). Severity of depression positively correlates with the emergence of the virus in the city, contraction of disease among friends (Spearman .165; $p < .001$), sick and die fears, an also is linked to more expressed seeking «emotional, social and instrumental help» (COPE). The intensity of suicidal ideation was not associated with these factors, but negatively correlated with «acceptance» and «planning».

Conclusions: The increase in depressive symptoms and suicidal thoughts is determined by different factors. Depressive symptoms is associated with various fears and mediated by non-constructive ways of coping, but there are also constructive coping-strategies as the search for help. The intensity of suicidal thoughts is associated with higher levels of stress, which cannot be explained by the «objective» threat of contagion and fears, but is experienced as an «indefinite» anxiety, supposedly linked to the measures to counter the pandemic, such as restrictions on social interactions, loneliness and uncertainty. The increase in depressive symptoms is linked with an orientation to another person, but the suicidal ideation is not.

Disclosure: No significant relationships.

Keywords: COVID-19; Depression; coping; Suicidal ideation

EPV0171

Parental subjective wellbeing during the COVID-19 lockdown: Evidence from the epicenter of a pandemic crisis

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Introduction: The Coronavirus disease (COVID-19) health emergency has led national states to adopt severe actions forcing many people to cope with new and unexpected challenges. Those constraints risked to jeopardized the mental health and subjective wellbeing (SWB) of individuals.

Objectives: The present cross-sectional quantitative study explored whether and to what extent psychological and social aspects were determinants of parental SWB as outcome variable during the COVID-19 lockdown.

Methods: The sample was composed of 304 Italian parents (93% female, mean age 41.5, 91% from Lombardy). Data were gathered through Computer Assisted Web Interview (CAWI) four weeks after the beginning of the national lockdown. World Health Organization (WHO) wellbeing scale along with other self-reported measures of social support, feelings of abandonment, feeling of being equipped and adequacy of living spaces were administered. Data were analyzed by hierarchical regression models (Ethics Committee of Milano-Bicocca University approval N.0034537/20)