

their child doesn't spend its preferable time on the internet, get anxious, irritable, and sad. Often the child hides the time of internet use. Children from families with low socioeconomic, educational level, family income are more vulnerable to develop internet problematic use.

**Conclusions:** Social isolation, school closures, distance education, cancellation of after school activities and the facile internet access increased problematic internet use. This use is associated with behavioural, emotional and psychosocial problems. It is important to give information and implement educational programs for parents about how to control internet use of their children.

**Disclosure:** No significant relationships.

**Keywords:** Covid-19; elementary students; internet; problematic use

### EPP0195

#### How can resilience moderate the effects of the COVID-19 pandemic on mental health?

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**Introduction:** The COVID-19 pandemic represents a new form of trauma, which is impacting on the mental health of the general population. However, the effects of this new trauma are variable, being mediated by individual factors such as the levels of resilience and the coping strategies.

**Objectives:** The aims of the present study are: 1) describe the levels of resilience and the type of coping strategies adopted by the Italian general adult population during the first wave of the pandemic; 2) evaluate the protective role of coping strategies and resilience on the levels of depressive, anxiety and stress symptoms.

**Methods:** An online survey has been developed, which includes several validated self-reported questionnaires for the evaluation of participants' mental health condition, coping strategies and levels of resilience. The main outcome measure is the Depression Anxiety and Stress Scale-21 (DASS-21).

**Results:** The finale sample consists of 20,720 participants, more than half reported low levels of resilience, which were not associated with age or gender. The levels of resilience did not differ among the general population, patients with pre-existing mental disorders and those infected by COVID-19. People with low levels of resilience rarely used adaptive coping strategies. The levels of resilience did not have any influence on stress, depressive or anxiety symptoms.

**Conclusions:** The presence of low levels of resilience in the general population may be the missing link between the pandemic and increasing concerns on mental health problems. This could be important for the development of ad-hoc supportive and preventive psychosocial interventions.

**Disclosure:** No significant relationships.

**Keywords:** Depression; coping strategies; Covid-19; resilience

### EPP0197

#### Effects of Covid-19 restrictions on IPS service delivery in Northern Norway

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**Introduction:** Individual Placement and Support (IPS) is an evidence-based supported employment program that helps people with severe mental illness to achieve steady meaningful employment in competitive mainstream jobs. Employment specialists are an integral part of IPS service delivery. The primary goal of an employment specialist is to help IPS users obtain competitive employment by providing targeted job development and ongoing support to workers and employers for as long as it is required.

**Objectives:** This study aims to investigate the impact of the covid-19 restrictions on the delivery of IPS services in Northern Norway and how this may have affected the employment specialists' perception their work environment.

**Methods:** We conducted four phases of a longitudinal work environment panel survey with the IPS employment specialists in Northern Norway. Phase 1: January-February 2020 (pre-covid), phase 2: June-July 2020 (during covid) and phase 3: October-November 2020 (during covid) were not related to covid and collected data on fourteen work environment indicators. Phase 4: October 2020 was a covid specific survey and collected data about the impact of covid-19 restrictions on IPS service delivery.

**Results:** Employment specialists perceived that they had less collaborative engagement with clinical teams and employers after covid-19 restrictions were introduced. This was accompanied by a significant decline in four of the employment specialists' work environment indicators.

**Conclusions:** The covid-19 restrictions appear to have created obstacles for IPS service delivery in Northern Norway. These challenges may have negatively impacted the employment specialists' perception of their work environment, creating job dissatisfaction and potentially increasing employee attrition.

**Disclosure:** No significant relationships.

**Keywords:** individual placement and support; IPS; Covid-19; Employment specialist

### EPP0198

#### Worries during the COVID-19 pandemic – which were the most prevalent and disturbing?

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**Introduction:** The COVID-19 pandemic has brought additional worries and challenges to people's lives, with potential implications for psychological well-being.

**Objectives:** To understand which worries and life changes have affected most the Portuguese general population during the COVID-19 pandemic and to analyse which contents are associated with higher levels of repetitive negative thinking/RNT and psychological distress/PD.

**Methods:** In September-December 2020, 413 Portuguese adults (69.2% female; Mean age= 31.02±14.272) were asked one open questions, with reference to the COVID-19 pandemic period: "what was your biggest worry?"; the answers were independently categorized by two researchers. Participants also filled the validated Depression Anxiety and Stress Scale and the Perseverative Thinking Questionnaire.

**Results:** The most prevalent worries were about: 1) fear of contamination (oneself and others-48.7%; 2) physical and mental health and well-being (self and others)-27.2%; 3) studies and profession-13.3%; 4) uncertainty about the future-7.7%; 5) economic-financial issues-6.5%; 6) miscellaneous-3.3%; 7) no worries-0.7%. Participants who had worries of the theme 4 had the highest RNT and PD mean scores, followed by themes 3 and 5, and then themes 2 and 1. These thematic groups significantly ( $p < .01$ ) differ between each other (except 3-5) and from the other groups. RNT was a significant predictor of PD ( $R^2 = 37.0\%$ ,  $\beta = .609$ ,  $p < .001$ ).

**Conclusions:** People who worry about the future uncertainties, occupational activities and finances should be systematically assessed with regard to their levels of anxiety, depression and stress and they can learn to deal with the RNT as a way to reduce their psychological suffering in times of pandemic.

**Disclosure:** No significant relationships.

**Keywords:** covid; health; Covid-19 pandemic; contamination

## EPP0199

### Combined Low Dose of Ketamine and Social Isolation: A Possible Model of Induced Chronic Schizophrenia-Like Symptoms

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**Introduction:** Identifying a feasible model of chronic schizophrenia would be valuable for studying the possible underlying mechanism and to investigate emerging treatments. Our hypothesis starts from the observation that combining ketamine with isolation could result in long-lasting neuro-psychological deficits and schizophrenia-like features; thus, it could probably be used as the first model of chronic schizophrenia that emphasizes the characteristic of having a multifactorial etiology

**Objectives:** creation of a complex animal model capable of exhibiting the multifactorial origin and manifestation of schizophrenia.

**Methods:** we investigated the effects of ketamine administration combined with isolation in inducing schizophrenia-like symptoms in male albino rats and the brain reactive oxygen species levels.

**Results:** Our results showed that the number of lines crossings in the open field test, the number of open arm entries in the elevated plus maze, and the spontaneous alternations percentage in the Y-maze were significantly lower in the ketamine + isolation group compared to both the control and ketamine + social housing group ( $p < 0.05$ ). Furthermore, the ketamine + isolation intervention significantly increased the MDA levels and decreased the GPx levels both in the hippocampus and the cortex of the rats. In addition, our premise of creating a model capable of exhibiting both positive and negative symptoms of schizophrenia was also based on adding the aripiprazole treatment to a group of rats

**Conclusions:** combining ketamine with isolation could result in long-lasting neuro-psychological deficits and schizophrenia-like features

**Disclosure:** No significant relationships.

**Keywords:** Model; Ketamine; schizophrenia

## EPP0200

### The impact of constitutive mTORC1 hyperactivity on structural synaptic plasticity and social behaviour under standard conditions and environmental enrichment

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**Introduction:** Autism spectrum disorders (ASD) are a group of neurodevelopmental disabilities causing major social, communication, and behavioural challenges. Although causative roles of altered genes and environment are recognized, the underlying mechanisms remain elusive.

**Objectives:** We carried out a longitudinal analysis of morphological correlates of synaptic plasticity in the cortex with an array of neuro-behavioural tests in *Tsc2* loss-of-function ASD rats with persistent mTORC1 hyperactivity.

**Methods:** Dendritic spine density and morphology with astroglial response were analysed along with behavioural tests in 45 d.o., 90 d. o. and 12 m.o. age groups maintained under standard or enriched conditions.

**Results:** We report a higher density of spines, with a bigger proportion of thin spines in 90 d. o. *Tsc2*+/- rats, while under enrichment the spine density in 12 m.o groups was lower. In behavioural tests, rats under enrichment showed higher activity in open arms and anogenital contact tests in the second and third age groups. They also showed enhanced self-grooming. Total distance travelled in the open field by *Tsc2*+/- rats was less in the first and second age groups. Confocal imaging showed an increase in pS6 expression in second and third *Tsc2*+/- groups, implying mTORC1 hyperactivity.

**Conclusions:** Our results show that the environment may have differential neuro-behavioural impacts in rats with unleashed mTORC1, in agreement with the two-hit mechanisms of the