

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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