

possible consequences (complications during pregnancy, childbirth or confinement at home, possible contact with COVID-19 positive patients).

Methods: A cross-sectional study was carried out that includes 73 pregnant women from Spain, during September 2020, through an anonymous, voluntary and multiple response type online survey which included questions about socio demographic aspects and the Beck Depression Inventory.

Results: The average age was 32 years. 90.41% were with a partner or married. The results of Beck's questionnaire: 24.65% have moderate/severe depression. 25.65% had or had thought about consulting a mental health professional, 90.41% considered that professionals had not asked about their mental health during pregnancy. 98.89% reported fear of becoming infected and having to confine themselves at home and 97.26% reported fear of get COVID and affect the health of the unborn baby.

Conclusions: COVID-19 represents a huge challenge for pregnant women's mental health. The Development and implementation of mental health service, skilled and aware of this area is crucial, for this vulnerable population.

Keywords: COVID-19; pregnancy; Beck Inventory; mental health

EPP0330

Psychiatric symptoms and COVID-19, the importance of differential diagnosis. about two cases

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Introduction: The COVID-19 pandemic presents symptomatic heterogeneity, so the differential diagnosis is even more relevant and more in patients with mental disorders. COVID-19 is a new disease that is under study and affects people over 65 with the greatest severity worldwide. The most frequent psychiatric symptoms are behavioral disturbances and confusional syndrome among those affected.

Objectives: The objective is to demonstrate the importance of differential diagnosis in patients with psychiatric symptoms and covid-19.

Methods: Patients aged 71 and 77, admitted to psychiatry. They present drowsiness that alternates with episodes of psychomotor agitation in which they verbalize fear of the coronavirus. Personal history: bipolar disorder and schizoaffective disorder. Psychopathological exploration: Spatial-temporal disorientation, uncooperative, fluctuating state of consciousness, verborrhic, salty and incoherent speech at times. Dysphoric mood. Psychomotor restlessness predominantly at night, verbal heteroaggressiveness. Negative to ingestion due to odynophagia. Sensory-perceptual alterations and nihilistic delusions "the virus has killed me, I'm already dead." Upon admission, they present a cough and fever and are treated with azithromycin and dexamethasone for suspected COVID-19. Complementary tests: chest X-ray bilateral pleural effusion. Cranial CT: Diffuse cortical and subcortical brain parenchyma retraction pattern. PCR positive coronavirus.

Results: After overcoming the infection and with psychopharmacological treatment the confusional syndrome remitted.

Conclusions: Confusional syndrome can present with different psychiatric symptoms, so the differential diagnosis is very

important and even more so in patients older than 65 years who present somatic pathologies or acute infections. The differential diagnosis of confusional syndrome is key to adequate treatment and favor the prognosis.

Keywords: Psychiatric symptoms; behavioral disturbances; confusional syndrome; COVID-19

EPP0331

Attempted suicide and pregnancy in COVID-19's times.

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Introduction: Pregnancy is a special risk factor for suicide attempts among females (Andrew E. Czeizel et al. 2011). Situational factors such as the novel coronavirus (COVID-19) have also been reported to impact on individual's mental health.

Objectives: Examine the effect of COVID-19 and its association with mental health and attempt suicide risk in pregnant population.

Methods: A cross-sectional study that includes 113 pregnant women from Spain, through an anonymous, voluntary and multiple response type online survey which included questions about socio demographic aspects, COVID-19's aspects and mental health.

Results: Of the 112 pregnant patients surveyed, only 2 reported suicidal ideation. The age of the respondents was 32 and 33 years, both of whom were in the 2nd trimester of pregnancy. Both report that it was the first pregnancy and affirm a worsening of their economic situation since the beginning of the COVID-19 pandemic. One of them did not have a partner / marriage and was living with a relative, in turn this respondent was unemployed. Both responded that they were "always" worried about the possible outcome of the COVID-19 pandemic and that their fears had increased, being difficult to control and let them pass. It is very relevant that both agree that they "never" felt that the professionals who carried out the pregnancy controls asked or inquired about their current state of mental health.

Conclusions: Antepartum suicidal ideation is an important and common complication of pregnancy, specially in COVID-19's times, healthcare professionals who follow pregnancy should detect high-risk suicidal patients and be able to carry out a suicide prevention program.

Keywords: COVID-19; Depression; Suicide; pregnancy

EPP0332

Gender differences in depression, anxiety, and stress during the first wave of the COVID-19 pandemic in serbia - results from an online survey

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Introduction: COVID-19 outbreak has significantly affected the mental health of people worldwide. The first wave of the pandemic began during the beginning of March 2020, and included significant preventative measures. Previous research on mental health differences between the genders has found that women were more likely to exhibit symptoms of anxiety during the COVID-19 outbreak.

Objectives: The aim of our study was to assess the differences between the genders in depression, anxiety, and stress.

Methods: An online survey designed for the purposes of this study was distributed using the snowballing method during April and May of 2020. The survey consisted of two parts: sociodemographic and clinical data, and COVID-19 related data. Participants also filled out the Depression, Anxiety and Stress Scale (DASS-21) - a well validated, self-questionnaire instrument. T-test for independent samples was used to evaluate the differences between the genders.

Results: Out of the initially sent 563 surveys, a total of 161 were included in further analyses (28.6% response rate). Mean age of the sample was 42.2 ± 10.2 and 65.2% of the participants were female. Mean scores on DASS-21 were as follows: 8.78 ± 6.66 on depression, 9.78 ± 7.39 on anxiety and 7.76 ± 7.14 on stress. Females scored significantly higher on depression ($t = -2.25$, $p = 0.029$), anxiety ($t = -2.25$, $p = 0.028$), stress ($t = -2.44$, $p = 0.017$), and total DASS-21 score ($t = -2.44$, $p = 0.016$).

Conclusions: The results of our study imply that female participants exhibit higher levels of depression, anxiety, and stress during the COVID-19 pandemic. Larger, population-based studies could provide a more in-depth answer to the importance of these differences for the general population.

Keywords: COVID-19; Gender differences; DASS-21; Anxiety

EPP0333

TV or not TV? health information, anxiety and stress during the initial stage of COVID-19 epidemic in Italy.

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Introduction: With the spread of the coronavirus pandemic, there has been the dissemination of an enormous amount of information, through multiple channels, from different sources and with an often unverifiable basis (infodemic). In recent years, there has been debate in the literature about the possibility that different information channels (social media vs traditional media) can determine a more or less extensive emotional contagion regardless of the severity and direct exposure to the stressful event and more precisely through a 'secondhand' exposure to events.

Objectives: We want to investigate whether the information channel or the amount of time dedicated to the update is associated with greater psychological sequelae.

Methods: This study is based on a cross-sectional online survey conducted anonymously in the period between the tenth and seventeenth day of shelter in place in Italy. We used Zung Anxiety Self-Assessment Scale and Perceived Stress Scale 4. SPSS 21.0 was used for data analysis.

Results: We collected data on 1047 individuals. In our sample, the Internet was the primary health information channel (55%) followed by TV (36%). Most TV and internet users spend about 1-3 hours a day

for the update. There was no correlation between the time spent or the information channel used and higher levels of stress and anxiety.

Conclusions: In our opinion, this relationship between the time spent receiving information or the most widely used information channel and psychological disorders is not clear. Is it the news channel causing an emotional contagion or are the most anxious people looking for news anywhere and anytime?

Keywords: health information; TV; Internet; emotional contagion

EPP0334

Suicide: The pandemic inside the pandemic

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Introduction: Covid-19 was declared a pandemic by the WHO on March 11th and efforts have been made to minimize the impact that this new disease can produce. The mental health effects of this pandemic can be severe considering that each year close to 800.000 people die by suicide. This pandemic could increase those numbers, although this is not inevitable.

Objectives: This work reviewed the current available data on possible causes for a suicide rate increase and to try to understand if suicide is already increasing worldwide.

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; suicide; SARS-Cov2; pandemic.

Results: Multiple factors can account for an increase in suicide rates such as isolation with a sense of decreased belongingness and increased burdensomeness. A synergy with known suicide precipitants can also occur such as domestic violence, intra-familial conflicts, alcohol consumption and access to means. Media communication can represent a danger with constant reports about the crisis. And lastly the loss of employment and financial stressors can produce an important impact.

Conclusions: In conclusion, Covid-19 will produce an important impact in many spheres of society, one of which will be mental health. If at the start of this crisis a widespread sense of solidarity was present with the maintenance of precipitant factors for suicide we expect to see an increase in suicide rates.

Keywords: COVID-19; Suicide; SARS-Cov2

EPP0335

Changes in sleep quality amidst COVID-19 pandemic among psychiatric patients in Romania

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Introduction: Sleep disturbances can occur as a result of major stressful events. Additionally, research evidence suggests that