

**Objectives:** The central aim of our study was to investigate the prevalence of common mental disorders in populations during Covid-19 outbreak. The study was done in 3 different countries (Albania, India, Iran) which gave us the opportunity to compare our findings and to have a bigger view of the impact of COVID-19 in individuals.

**Methods:** A Cross-sectional online survey was done across countries. We used demographic questions and different scales: Corona Anxiety Scale (CAS), The Obsession with COVID-19 Scale (OCS), Insomnia Severity Index (ISI) to evaluate psycho-social impact during covid.

**Results:** We collected 469 responses in Albania, 442 responses in India and 402 responses in Iran. According to the data we found that symptoms of anxiety related with corona and obsession with corona were higher in Iran compared with the two other countries. Insomnia problems were also more frequent in Iran were only 16,66% of participants reported no insomnia, compared with 42,0% in Albania and 63,12% in India.

**Conclusions:** The emergence of mental health (MH) problems during a pandemic is extremely common, though difficult to address due to the complexities of pandemics.

**Disclosure:** No significant relationships.

**Keywords:** psycho-social impact; fear of covid; COVID-19; anxiety symptoms

## EPV0167

### Psychological burden and variables affected by living with a person of high risk for COVID-19 during the lockdown period in Greece

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**Introduction:** On February 26, 2020 the Greek government established measures against the spread of COVID-19, which eventually escalated to the entire social and economic 'lockdown' of the state on March 23. The main message was staying home and protect the eldest who are more vulnerable to the virus.

**Objectives:** The aim of the present study was to test the effect of living with a vulnerable person to specific psychological factors in order to be able to create future interventions for psychological well-being of the population.

**Methods:** A convenient sample of 1,158 Greeks (280 males [24.2%]) participated electronically during the 'lockdown'. A battery of questionnaires for stress resilience, acute stress, and satisfaction with life, well-being and effect on psychosocial health was used for the study. Analysis was performed with SPSS 24.

**Results:** Individuals living in the same house with a vulnerable partner of parent were found to have statistically significant higher levels in acute stress disorder ( $M=39,4\pm 15,4$ ) than those living without ( $M=37,7\pm 15,5$ ) ( $t_{1156}=2,125$   $p=0,03$ ) The same happened with the effect on psychological health with the first Group having

significantly higher score in the questionnaire ( $M=76,6\pm 56,9$ ) than the second group ( $M=69,1\pm 55,1$ ) ( $t_{1156}=2,330$   $p=0,02$ ). Stress resilience, satisfaction with life and well-being were not affected.

**Conclusions:** According to our data individuals living in the same house with a vulnerable person for COVID-19 are more likely to develop acute stress and psychosocial impact. Stress reduction programs are needed in order to help this population with managing the results of the lockdown.

**Disclosure:** No significant relationships.

**Keywords:** COVID-19; stress; Psychological burden; stress resilience

## EPV0168

### Investigating the role of socio-demographic variables to psychosomatic symptoms of a greek sample between the two domestic COVID-19 lockdowns

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**Introduction:** The COVID-19 outbreak resulted in two respective social and economic lockdowns in Greece. According to international findings pressure and instability may lead to the sense of losing control over the situation, and in retrospect to the escalation of psychosomatic symptoms for the general population.

**Objectives:** The present study examines whether five socio-demographic variables are significant to the variance of psychosomatic symptoms of the Greek population between the two domestic lockdowns.

**Methods:** 192 participants, of whom 141 were females(73.4%) and 51 males(26.6%), provided their answers between October 5 and November 18, 2020 to the research team of the Psychiatric Unit of the General Public Hospital of Nikaia, 'Ayios Panteleimon', in Athens, Greece. The participants were asked about their (i)'income', (ii)'occupation', (iii)'residence', (iv)'marital status' and (v)'education'. Psychosomatic symptoms were measured through the self-reported PSSQ-29 tool (Cronbach's  $\alpha=.955$ ).

**Results:** Out of the five One-way Between-participants ANOVAs, none of the five socio-demographic variables showed any significant statistical difference in the level of psychosomatic symptoms.

**Conclusions:** The study provides some evidence against the protective and harmful role of the socio-demographic variables in psychosomatic health. It is noteworthy, that the conditions were not similar with previous studies. It might be possible that the COVID-19 worked as a phenomenon of mass panic for the Greek sample, and thus no socio-demographic background was either protective or harmful. In conclusion, the present study clearly highlights that none of them had any significant effect to the variance of psychosomatic symptoms for the general population.

**Disclosure:** No significant relationships.

**Keywords:** Psychological burden; demographic characteristics; COVID-19