

which showed significant differences compared to winter of 2020, spring of 2021, summer of 2021 and autumn of 2021 ($p < 0.05$). Also, statistically significant differences between winter of 2019 and summer of 2021 and also between summer of 2019 and summer of 2021 were observed, with the highest rate in the last one. No significant differences were observed in rates of patients with severe mental disorders visited.

Conclusions: The COVID-19 pandemic and the situation of lockdown lead to an overall reduction in the overall consultations to the Emergency Service, being this reduction non-significant in patients with severe mental disorders, such as psychotic disorders. In addition, our study shows a decrease in consultations with suicidal ideation in summer of 2019 and a significant increase in summer of 2021. In contrast, an increased tendency in suicide attempts was not observed.

Disclosure of Interest: None Declared

EPP0958

COVID-19-related stress in Italy: a comparison between patients with mental disorders and the general population

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Introduction: Following the surge of the COVID-19 pandemic, some people have been experiencing severe mental health consequences related to pandemic stress, fear of contagion, lockdown, and measures to avoid contagion and virus spread. These aspects contributed to an increase in anxious-depressive symptoms in the general population (Asmundson *et al.* J Anx Dis 2020; 70 102196).

Objectives: The study aims at verifying the hypothesis that Italian patients with a diagnosis of a mental disorder showed more severe depressive, anxiety and stress-related symptoms compared to the general Italian population in the context of the current pandemic.

Methods: Nine hundred sixty-one volunteer subjects (542 females, 415 males; mean age 39.42, SD = 14.5) completed the Covid-Stress-Scale (CSS) (Taylor *et al.* J Anx Dis 2020; 72 102232) and the Depression-Anxiety-Stress Scales-21 (DASS-21) (Bottesi *et al.* Compr Psych 2015; 60 170-81) through a self-report survey. Participants have been assessed for between-group differences through the chi-square test for categorical variables and one-way ANOVA for continuous variables.

Results: One hundred and thirty subjects (13.53% of the whole sample) reported a diagnosis of a mental disorder for which they received medications. Among these subjects, 47.8% reported a diagnosis of anxiety disorder, 29% major depressive disorder, 2.7% bipolar disorder, and 20.4% other mental disorders. Among patients, there was a prevalence of females (chi-square = 15.84; $p < 0.001$), more severe depressive ($F = 34.25$; $p < 0.001$), anxiety ($F = 46.15$; $p < 0.001$), and stress-related symptoms ($F = 39.38$; $p < 0.001$) at the DASS-21 scale. The patient group also showed a tendency to more severe traumatic stress related to the pandemic

($F = 3.64$; $p = 0.057$) at factor IV of the CSS, without significant differences in the other factors of the CSS.

Conclusions: The hypothesis is partially confirmed, considering that patients showed more severe depressive, anxiety and stress-related symptoms and a tendency to more severe pandemic traumatic stress. Nevertheless, in all other pandemic-related symptoms we analyzed (i.e., xenophobia, increase of medical assessments, fear of contagion), there were no differences between the group of patients and the general population. In this sense, in the current scenario in Italy, symptoms directly related to pandemic stress are almost the same in both the general population and patients with mental disorders.

Disclosure of Interest: None Declared

EPP0959

Assessment of COVID-19 Anxiety Levels and Attitudes to COVID-19 Vaccine Among Pregnant Women in Poland

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Introduction: Approximately 15% of all pregnant women experience emotional changes that increase the risk of anxiety and depression, which can in turn adversely affect their health and their developing fetuses. There are literature reports indicating a significantly higher prevalence of anxiety and depressive symptoms in pregnant women during the COVID-19 pandemic than before the pandemic; however, their exact prevalence is currently unknown.

Objectives: The aim of this study was to analyse and assess the prevalence of COVID-19 anxiety symptoms and to investigate the attitudes towards COVID-19 vaccination among pregnant women in Poland.

Methods: The study included 288 women at different stages of pregnancy as the study group and 307 women of reproductive age (18-49 years) as the control group. A total of 595 women participated in the study. The study used a diagnostic survey method with a web-based questionnaire consisting of the author's survey questionnaire and the following standardised tools: the Scale to Measure the Perception of SARS-CoV-2 Vaccines Acceptance (VAC-COVID-19 SCALE), the Fear of COVID-19 Scale (FCV-19S), the Drivers of COVID-19 Vaccination Acceptance Scale (DrVac-COVID19S) and the Coronavirus Anxiety Scale (CAS).

Results: According to 25% of the study group and 42% of the control group, vaccination was safe and necessary, while 10% of pregnant women and 8% of women of reproductive age believed that the vaccine was dangerous. We found statistically significant differences between the groups for CAS ($p = 0.025$), DrVac-COVID19S ($p = 0.00$) or VAC-COVID-19 ($p = 0.00$). From the results, it can be seen that pregnant women scored significantly lower. Furthermore, both pregnant women and controls showed a high level of vaccine acceptance and positive attitudes towards it. The mean VAC-COVID-19 score was 44.26 in the control group

and 41.44 in the study group, while the mean DrVac-COVID19S score was 51.25 for pregnant women and 55.85 for women of reproductive age. The mean CAS score was 0.61 in the pregnant group and 1.03 in the control group, respectively, suggesting a low level of anxiety associated with COVID-19. Other results on the severity of anxiety and fear of coronavirus were obtained using the FCV-19S. The mean score oscillated around 15 out of a possible 35, indicating moderate anxiety.

Conclusions: Pregnant women generally showed moderate COVID-19 anxiety, but the results varied depending on the tool used. VAC-COVID-19 and DrVac-COVID19S scores confirmed the high level of vaccine acceptance among the women surveyed and positive attitudes towards it. There was a strong positive correlation between VAC-COVID-19 and DrVac-COVID19S. Insufficient knowledge of the effects or complications of the vaccine in the foetus were the most common reason for COVID-19 vaccine refusal among pregnant women.

Disclosure of Interest: None Declared

EPP0960

Losing psychiatric or psychological follow-up during the first COVID-19 confinement in Portugal: outcomes in mental health

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Introduction: The COVID-19 outbreak imposed several periods of lockdown to stop the pandemic, with a determinant impact on access to mental health services. In Portugal, the first State of Emergency was declared on the 18th of March 2020, with the obligation of mandatory confinement and circulation restriction. Restrictive measures were alleviated on the 2nd of May 2020.

Objectives: We aimed to investigate the impact of the first confinement on the maintenance or loss of psychiatric and psychological follow-up. Also, we aimed to explore the outcomes in the mental health of losing psychiatric or psychological consultations.

Methods: We conducted an online survey among the Portuguese population to evaluate demographic, clinical and mental health variables (STAI, DASS-21, PHQ, OCI-R, Quality of Life [QoL] and PSS). Individuals were invited to answer the survey at two timepoints: third week of March 2020 and third week of May 2020. Concerning the first timepoint, we used independent t-tests to compare the mental health variables in the individuals who loss and who did not lose consultations. Then, we evaluated the impact of losing consultations across time in those individuals who continued responding in the second timepoint, through a Linear Fixed Model. All the analyses were performed using JASP software.

Results: From the total sample (n=2040), 334 individuals (84.4% female gender) had psychiatric and/or psychological consultations

previously to the confinement. In March 2020, the individuals who maintained the consultations (35.0%) showed best mental health indicators in the QoL Self Evaluation (p=0.002), QoL Satisfaction (p=0.037), STAI State (p<0.001), DASS-21 (p=0.001), PHQ (p<0.001), OCI-R (p=0.002) and PSS (p<0.001). Among the matched individuals who answered the survey in May 2020 (n=93), we found that the group who maintained follow-up (n=24) did not improve significantly more than the other group (n=69) for any of the mental health variables in study.

Conclusions: The results indicate that stopping psychiatric and psychological follow-up represented worse mental health outcomes at the beginning of the first confinement. However, anxiety feelings improved at the end of the first confinement, which happened independently of psychiatric/ psychological follow-up.

Disclosure of Interest: None Declared

EPP0961

Symptoms of Depression and Anxiety Among Elite High School Student-Athletes in Sweden During the COVID-19 Pandemic: A Longitudinal Study

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Introduction: The COVID-19 pandemic precipitated numerous changes in daily life, including the cancellation and restriction of sports trainings and competitions globally. Because engagement in sports contributes positively to the physical and psychosocial development of adolescents, restricting these activities may have led to long-term changes in mental health, especially among high school student-athletes that spend a significant amount of time training and competing.

Objectives: We sought to (1) compare overall prevalence rates and symptom severity of depression and anxiety between 2021 and 2022, (2) assess cohort and class-level differences on internalizing measures, and (3) identify demographic and health risk factors for developing depressive and anxiety symptoms in 2022 and compare the composition of these models predicting depression and anxiety with those proposed by Håkansson et al. (Front. sports act. living 2022; 4 943402) on student-athletes in the 2021 sample.

Methods: Using a cross-sectional study design with repeated measures, we measured rates of depression using the Patient Health Questionnaire-2 scale (PHQ-2) and anxiety using the Generalized Anxiety Disorder-2 scale (GAD-2) in student-athletes attending elite sport high schools in Sweden during the second wave of the pandemic (February 2021) and after all restrictions were lifted (February 2022).

Results: As illustrated in Table 1, the overall prevalence of depression among student-athletes declined significantly from 19.8% in 2021 to 17.8% in 2022, whereas the percentage of student-athletes screening for anxiety did not change significantly (17.4% in 2021 to 18.4% in 2022).