in the context of COVID-19. Recently, Mertens et al. (2020) developed the Fear of Covid-19 Scale (FCV-19S) to measure this construct.

Objectives: To analyse the psychometric properties of the FCV-19S Portuguese version, namely construct validity, internal consistency and convergent validity.

Methods: A community sample of 234 adults (75.6% women; mean age= 29.53±12.51; range:16-71) completed an on-line survey with the Portuguese versions of the FCV-19S, the Covid-19 Perceived Risk Scale (CPRS) and the Depression Anxiety Stress Scale (DASS-21). The total sample was randomly divided in two sub-samples: sample A (n=117) was used to perform an exploratory factor analysis/EFA; sample B (n=117) to make a confirmatory factor analysis/CFA.

Results: EFA resulted in one component. CFA revealed that the unifactorial model presented acceptable fit indexes (X2/df=3.291; CFI=.977; GFI=.932; TLI=.919; p[RMSEA≤.01]=.091). Cronbach alpha was α=.855. The total score significantly correlated with Covid-19 Perceived Risk (r=.529, p<.01) and with anxiety from DASS-21 (r=.132, p<.05).

Conclusions: This study provides preliminary evidence for the validity and reliability of the Portuguese version of FCV-19S, which will be used in an ongoing research project on the relationship between fear of Covid-19, personality, cognitive processes and adherence to public health measures to contain the pandemic.

Keywords: COVID-19; Fear of COVID-19

EPP0289

Coping mechanisms and resilience in psychiatric trainees during COVID-19 pandemic

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Introduction: The Covid-19 pandemic has a profound impact on all domains of day to day life, forcing individuals to make substantial change in the way of living. Such change is known to cause an important psychological distress, and in some persons evidencing silent disorders among apparently functional individuals. Good coping mechanisms and resilience can be the key to overpass this difficult period.

Objectives: The aim of this study is to evaluate the coping mechanisms and resilience that Romanian psychiatric trainees used during Covid19 pandemic.

Methods: We developed an online questionnaire. We included questions about different socio-demographical variables and about coping mechanisms (using COPE scale), resilience (using Connor-Davidson Resilience Scale) and quality of life (using QoL Scale).

Results: The preliminary data show that staying busy, seeking social support and having a positive minset are emotion-focused coping strategies present in individuals who overpass easier this period.

Conclusions: The Covid-19 pandemic is creating significant distress and impairment in functioning, but individuals who have good psychological mechanisms and who are more adaptable are less vulnerable during Covid-19 pandemic. Future research should build upon these findings to better understand coping mechanisms during crises and also social policies should be developed to acknowledge the variable needs in adults.

Keywords: coping mechanisms; resilience; Covid19 pandemic; stress

EPP0291

The experience of northern italy in elderly patients with COVID-19 infection and mental disorders

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Introduction: In December 2019, the first cases of Corona Virus Disease 2019 (COVID-19) outbreak related to acute respiratory syndrome coronavirus 2 (SARS-CoV-2) infection were reported in the Chinese city of Wuhan. European countries experienced a tragic growth in the number of Covid-19 cases although several restrictions have been imposed.

Objectives: The study is aimed to describe the first experience of the Hospital Papa Giovanni XXIII in the city of Bergamo, Northern Italy.

Methods: The most relevant clinical characteristics of aged patients with COVID-19 and mental disorders have been described.

Results: According to the experience of the Hospital Papa Giovanni XXIII, medical departments, after appropriate training of all healthcare workers, have been rapidly converted into specific units aimed at treating patients with COVID-19 infection. Specifically, we directly observed a rapidly growing request of psychiatric interventions in aged patients with COVID-19 infection due to the emergence of severe delirium (mainly hyperkinetic) which was reported in approximately 30−50% of cases increasing with age, psychomotor agitation, anxiety, and depressive symptoms. When compared with younger subjects, we found that subjects aged 65 or above with prolonged hospitalization in our hospital are more vulnerable to: 1) environmental factors (e.g., social isolation and distance from family members, stay in intensive/subintensive units, communication difficulties due to therapeutic devices); 2) individual factors (e.g., COVID-19 possible neurotropic properties, impairments in insight and cognitive dysfunctions, comorbid medical conditions, and use of multiple medications).

Conclusions: The main implications of the present findings have been discussed.

Keywords: COVID-19 infection; mental health; delirium; Psychological Distress

EPP0292

Mental health impact of the COVID-19 pandemic on the front-line health care workers in a tertiary care hospital in rawalpindi, pakistan

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Introduction: In these unprecedented times, the medical workers particularly at the frontlines of the pandemic are vulnerable to psychological trauma rooted in the new demands of their work, as well as the prevailing sense of insecurity and safety concerns for themselves and their loved ones.

Objectives: To explore the mental health impact of the covid-19 pandemic on the front-line health care workers in a tertiary care hospital in Rawalpindi, Pakistan

Methods: Frontline healthcare workers will include all doctors, nurses and paramedical staff performing duties that involve dealing directly with known or suspected cases of COVID-19 at triage clinics, ICUs and isolation wards. Depression Anxiety and Stress Scale (DASS) and Impact of events scale-revised (IES-R) were administered to them to assess the mental health of these frontlines.

Results: A total of 94 frontlines were included in the study. 76(80.9%) had no significant depression while 18 (19.1%) had presence of significant depression. 62 (66%) had no significant anxiety while 32 (34%) had significant anxiety. Female gender and degree of contact with high clinical suspicion cases were significantly related with presence of anxiety and depression among the study participants. Being female, single, a nurse or a paramedic and degree of contact with high clinical suspicion cases was significantly related with presence of stress among the frontlines. People working in ICU or corona isolation unit had more chances of having trauma as compared to other frontlines.

Conclusions: Depression, anxiety, stress and trauma were common among the front liners fighting in this pandemic

Keywords: Covid 19; health care workers; mental health

EPP0293

Psychiatric morbidity among patients tested positive and isolated for COVID-19

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Introduction: In this crisis situation when everybody has been emphasizing on preventive measures, screening, early recognition and provision of necessary equipment, less emphasis has been laid on the mental health of the sufferers who have been listening news and following social media reporting catastrophe linked with COVID 19.

Objectives: To look for the psychiatric morbidity and associated socio-demographic factors among patients tested positive and isolated for covid-19

Methods: All patients tested positive for covid-19 and admitted in Covid-19 ward of Malir hospital without any associated complications were included in the study. General Health Questionare-12 (GHQ-12) was administered to look for the presence of psychiatric morbidity. Chi-square test and binary logistic regression analysis were the tests applied to look for the relationship of various socio-demographic factors with presence of psychiatric morbidity among the target population.

Results: Out of 61 patients included in the study, 45 (73.7%) showed the presence of psychiatric morbidity while 16 (26.3%) did not show psychiatric morbidity when screened with GHQ-12. 43 (70.4%) were male while 18 (29.6%) were female. Mean age of the patients was 35.21 ±2.355 years. Regression analysis revealed that advanced age and female gender have statistically significant relationship (p-value<0.05) with presence of psychiatric morbidity among patients of covid-19.

Conclusions: A considerable number of patients had psychiatric morbidity after being tested positive for covid-19 and isolated in the health facility. Female patients and patients with age more than 40 years were found to be more at risk of developing psychiatric morbidity among the patients admitted in covid-19-ward.

Keywords: COVID-19; psychiatric morbidity; socio-demographic factors

EPP0296

Prevalence of maternal burn out and depression in tunisia during the coronavirus pandemic

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Introduction: Lockdown due to coronavirus pandemic has been a stressful experience especially to mothers. Juggling work from home and childcare has led to maternal burn out and depression.

Objectives: The aim of the present study was to assess maternal burn-out rate during lockdown and its eventual relationship with depression and associated factors

Methods: 156 Tunisian mothers responded to online questionnaire posted on social network after 1 month of lockdown. The questionnaire evaluated burnout and depression as measured by the Maslach Burnout Inventory (MBI) and depression and anxiety symptoms (HADS) respectively.

Results: The participants were aged between 24 and 64 years and 61.5% had more than one child. Mean score on the BMS10 was 4.11 out of 7 maximum score with 71.8% of participants fulfilling criteria for maternal burn-out. Among them, 30.1% had high level of burn out and 9.6% extreme burn out. The main factors associated with maternal burn out were age of children, financial difficulties and lack of leisure activities. Mother's age, perceived husband support, medical or psychiatric history haven't been associated with maternal burn out. HADS questionnaire indicated that 38.5% of mothers had moderate to severe anxiety disorder and 35,9% had moderate to severe depressive disorder. A postive correlation was found between burnout and anxiety (r=0.634, p<0.001) and burn out and depression (r=0.515, p<0.001).

Conclusions: The prevalence of maternal burn out during lockdown was significantly high resulting in higher rate of depression than ususal. However, severe forms of burnout may share several characteristics with depression raising the question of overlap of these two entities.

Keywords: coronavirus; lockdown; maternal burn out; Depression

EPP0299

Burn-out syndrome in healthcare practitioners- a narrative literature review

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