

## EPP0387

### Changes in psychiatric emergencies during COVID-19 pandemic lockdown in El Bierzo (Spain).

Y. Zapico-Merayo, J.M. Pelayo-Terán\*, S. Vega-García, M. E. Garcia Llamas, R. Landera-Rodríguez and A. Espandian

Hospital El Bierzo. GASBI. SACYL, Psiquiatría Y Salud Mental, Ponferrada, Spain

\*Corresponding author.

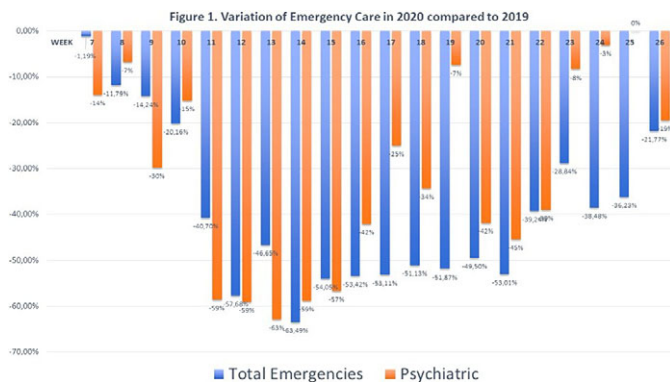
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**Introduction:** The interest have focused in the effects of COVID-19 in mental symptoms. However, the pandemic and restrictions such as the lockdown decreed in Spain limited access to resources and lead to a change in assistance organization.

**Objectives:** to compare the incidence and characteristics of psychiatric emergencies during the Spanish 2020 Lockdown with the same period in 2019

**Methods:** All the emergencies attended the the emergency room (Hospital El Bierzo) From 01/02/2019 to 30/06/2019 and those from 01/02/2020 to 30/06/2020 were analysed by two senior psychiatrists. Cases were selected if attended by any psychiatric reason. The cases were evaluated identifying ICD-10 diagnosis (according to clinical records and best criteria matching), sociodemographics, factors associated to the emergency and resolution.

**Results:** 23360 cases were attended in 2019 (799 psychiatric), 14907 (578) in 2020. That means a 36.19% of reduction in general emergencies and 27.66% in psychiatric emergencies (psychiatric emergencies proportion increased form 3.42% to 4.03%). The reduction started the week just before the lockdown declaration, minimal records coincided with the highest COVID-19 incidence and the recovery starts in early june for psychiatric and late June for general emergencies (figure 1). A decrease of 62.79% of anxiety cases and 45.9% of depression was observed with no increasas in any diagnosis. A slight increase in suicide attempts (two cases) was observed.



**Conclusions:** The lockdown seem to decrease psychiatric emergency care. Only suicidability was maintained/increased during the period. Psychiatry services must be aware of the risk of unattended incidence that may cause an increase of cases after the lockdown.

**Disclosure:** No significant relationships.

**Keywords:** incidence; Suicide; emergencies; Covid-19

## EPP0389

### COVID 19 survivors : Feeling suicidal ?

K. Nourchene<sup>1\*</sup>, E. Khelifa<sup>2</sup>, B. Abassi<sup>2</sup>, O. Maatouk<sup>2</sup>, I. Bouguerra<sup>3</sup>, S. Ben Aissa<sup>4</sup> and L. Mnif<sup>5</sup>

<sup>1</sup>Razi hospital, Skolly, Tunis, Tunisia; <sup>2</sup>Razi Hospital, F Adult Psychiatry Department, Manouba, Tunisia; <sup>3</sup>Errazi hospital-Mannouba, F, Mannouba, Tunisia; <sup>4</sup>Razi, Skolly, Manouba, Tunisia and <sup>5</sup>Hôpital Razi, Psychiatry F, Manouba, Tunisia

\*Corresponding author.

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**Introduction:** The COVID-19 pandemic is associated with several psychiatric manifestations leaving undoubtedly psychological consequences. However by escaping death ,do COVID-19 survivors present a higher risk for suicide ?

**Objectives:** In this study, we aimed to explore suicidal risk among recovering COVID 19 patients .

**Methods:** Our literature review was based on the PubMed interface and adapted for 2 databases: Science Direct and Google Scholar using the following combination ( suicide [MeSH terms]) AND (COVID-19 survivors[MeSH terms]).

**Results:** Recovering COVID 19 patients are at risk for developing posttraumatic stress disorder , anxiety , depression and sleep abnormalities , especially in severe forms. Added to that ,cognitive impairment was largely described in COVID 19 causing judgment and reasoning decline. These manifestations would partially explain the suicidality among survivors regardless to their medical history. Nonetheless,many COVID-19 survivors experience persistent physical symptoms and psychiatric disorders leading to post-COVID syndrome which is associated with increased suicidal ideation and behavior In addition , social factors are considered as a suicide risk factor such as isolation ,loss of loved ones ,loss of job and economic instability .

**Conclusions:** Over the course of illness , COVID 19 survivors may suffer from psychiatric and medical conditions leading to serieous suicide risk. Therefore ,suicide prevention interventions and appropriate medical management need to be provided to keep survivors alive .

**Disclosure:** No significant relationships.

**Keywords:** survivor; Covid-19; Suicide

## Depressive Disorders 02

## EPP0391

### Personal construct therapy vs. cognitive behavioural therapy in the treatment of depression in women with fibromyalgia: a multicentre randomized controlled trial with a 6-month follow-up

M. Aguilera<sup>1\*</sup>, C. Paz<sup>2</sup>, M. Salla<sup>3</sup> and G. Feixas<sup>3</sup>

<sup>1</sup>Universitat de Barcelona, Department Of Cognition, Development And Educational Psychology, BARCELONA, Spain; <sup>2</sup>Universidad de Las Américas, School Of Psychology, Quito, Ecuador and <sup>3</sup>Universitat de Barcelona, Department Of Clinical Psychology And Psychobiology, BARCELONA, Spain

\*Corresponding author.

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