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**Introduction:** The Coronavirus pandemic has originated unprecedented sanitary control measures that have conditioned people's lifestyles and habits. Little is known about the impact of such measures, especially the most restrictive, on recent and growing phenomena such as exercise addiction, use of enhancement drugs, and Body Dysmorphic Disorder (BDD).

**Objectives:** The objective was to investigate the above-mentioned phenomena during COVID-19 pandemic and how they relate.

**Methods:** The sample consisted of 3161 participants (65% women), from Portugal (11%), Italy (41%), Spain (16%), the UK (12%), Lithuania (12%), Japan (6%), and Hungary (4%). Mean age was 35.05 (SD = 12.10). Participants responded online to the Exercise Addiction Inventory (EAI), the Appearance Anxiety Inventory (AAI), and questions about use of enhancement drugs.

**Results:** 4.3% of the participants scored above the cut-off point of the EAI, with higher values registered in the UK and Spain. Exercise addiction was higher among men. Appearance anxiety and body satisfaction problems were found in participants of all participating countries, with 15.2% scoring over the cut-off point for BDD. Higher numbers of those at risk of BDD were found in Italy, Japan, and Portugal. About 29% reported the use of fitness supplements to make them look better, with 6.4% starting a new use during the lockdown. Change in supplements use and exercise are predicted by EAI scores. Change in mental health is predicted by AAI scores.

**Conclusions:** This study helps to shed light on how COVID-19 lockdown induced behavioral changes and how they affect physical and mental health-related aspects in different countries.

**Keywords:** COVID-19; Exercise Addiction; body dysmorphic disorder; Use of Enhancement Drugs

### EPP0403

#### Dysfunctional anxiety in pandemic: Relationship to infodemic and behavior

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**Introduction:** Anxiety are among the most common (Huang, Zhao, 2020, Rajkumar, 2020, Roy et al., 2020) and stable (Wang et al., 2020) mental complaints in a pandemic situation. Based on

cognitive approach (Beck, Emery, Greenberg, 2005) one should differentiate unrealistic (dysfunctional) anxiety as well as different types of anxiety (Roy et al., 2020).

**Objectives:** The aim was to reveal relationship of different types of anxiety with the search for information about coronavirus and protective behavior.

**Methods:** In April 2020 (2-3 weeks of self-isolation regimen) 409 respondents not infected by coronavirus (186 men, 223 women) aged 18 to 64 years appraised their anxiety of infection and pandemic consequences (Cronbach's alphas .77-.82), the degree to which anxiety disturbs their usual activities, the frequency of tracking information about the coronavirus (.75) and various protective actions against the coronavirus (.76).

**Results:** 17.1% reported that anxiety disturbed their activities. Anxiety of pandemic negative consequences was more prominent than anxiety of infection and was unrelated to age and gender. Anxiety of infection was higher in females ( $t=-5.48$ ,  $p<.01$ ,  $\eta=.26$ ) and elder people ( $r=.20$ ,  $p<.01$ ). Both anxiety of infection and of pandemic consequences was equally related to information tracking and protective behavior ( $r=.25-.36$ ,  $p<.01$ ). Dysfunctional anxiety was unrelated to adherence to self-isolation ( $r=.08$ ) but was related to information tracking ( $r=.21$ ,  $p<.01$ ).

**Conclusions:** Dysfunctional anxiety is unrelated to self-isolation and should be differentiated from realistic anxiety in studies of pandemic. Research is supported by the Russian Foundation for Basic Research, project No. 20-04-60072.

**Keywords:** infodemic; Dysfunctional anxiety

### EPP0405

#### Tracking emotions and emotion regulation strategies used in a hospital staff cohort during the COVID-19 pandemic.

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**Introduction:** In response to collective life events, many people regulate their emotional states through social interactions to reduce cognitive tolls. During pandemics, physical distancing renders the social support strategy less viable, increasing mental health risks.

**Objectives:** The current work aims to understand the range of emotions and strategies used in a population of Mental Health staff.

**Methods:** We conducted an anonymous survey on staff from OMH facilities ( $n=211$ ) to assess the impact of Covid-19. The current survey captures a host of social, affective, and demographic variables. Accompanied by scales on emotions, emotion regulation, risk, and perception.

**Results:** Work, family, and health-concerns were the primary contributors to mood. The most common strategy was “situation-avoidance,” then “exercising.” When comparing depression scores against whether or not specific kinds of regulation strategies were utilized, only differences in the strategy of “emotion-suppression” and “authority-seeking” were substantially related to the CES-D