

**Conclusions:** This health crisis had a major impact on the mental health of our heroes. So, we should provide for them with the necessary support.

**Keywords:** COVID-19; health professionals; Post traumatic Stress Disorder; Anxiety

### EPP0395

#### Evaluation of anxiety symptoms among caregivers of children that take therapy in the national center for children rehabilitation and treatment during COVID-19 pandemic

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**Introduction:** Compared to the parents of kids with “typical” development the stress level and exhaustion in these parents is higher and more frequent. Furthermore COVID-19 pandemic can increase stress levels especially among people that suffer from mental health disorders. Studies show that these difficult, challenging times have had a negative impact on most families, which have a child with neurodevelopmental disorders.

**Objectives:** Evaluation of different aspects of emotional dimension among caregivers of children that take therapy in the National Center for Children Rehabilitation and Treatment (NCCRT) during COVID-19 pandemic

**Methods:** The study was conducted during a two-month period March-April 2020. The sample involved 110 relatives of children that were taking educative and rehabilitation therapy in NCCRT during last year, ambulatory or inpatients. Data were collected by clinical records and phone interviews. Instrument we used were: Demographic inventory and Hamilton Anxiety Rating Scale for anxiety symptom evaluation. All data were statistically analyzed through excel.

**Results:** Most of individual interviewed, whom are responsible for children wellbeing and pass most of the time with them were their parents, 69% of them. 56% of individuals were among 31-45 years old and 92% of them were women. Physical distancing seemed to risen anxiety levels in caregivers whom hadn't have these problems before.

**Conclusions:** It is necessary the dynamic support with special attention for caregivers whom have emotional distress. Yet has to be evaluated the connection, if it's present, between parents with emotional distress and children progress, for ones that are being supported with development therapy.

**Keywords:** COVID-19; caregivers; developmental disorder; Anxiety

### EPP0396

#### Facing the COVID-19: A qualitative research on the impact of the pandemic on autism spectrum disorder (ASD)

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**Introduction:** Lockdown resulting from the experienced pandemic has had a great influence on the emotional and social well-being of the general population. Specifically, it is known that those with an Autism Spectrum Disorder (ASD) and their caregivers had to overcome several challenges during this period. Moreover, this situation has influenced the professionals who work in this field.

**Objectives:** The aim of this study is to describe the impact, the learnings and the challenges that have arisen for the patients with ASD, their families and professionals during the coronavirus outbreak through progenitors' and professionals' perceptions.

**Methods:** A qualitative research design using focus groups was selected to identify and discuss participants' experiences, beliefs, perceptions and attitudes. The target population consisted on parents with children with ASD and professionals who work with them. Data was collected via two focus groups. A content was made using the program Atlas.ti to determinate the principal categories and themes that describe the COVID-19 impact.

**Results:** Findings widely describe the problems faced and difficulties experienced by this population during lockdown and after it. As well as the challenges, opportunities and learning that this situation has offered.

**Conclusions:** Reflections derived from the study manifest the need of thinking about new models of intervention with children with ASD and their families. Greater attention must be paid to parents' experiences in order to attend to the actual demands of patients and their caregivers contextualized within our current changing situation.

**Keywords:** autism spectrum disorder; family; professionals; COVID-19

### EPP0397

#### Washing COVID-19 away: COVID-19 and obsessive compulsive disorder

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**Introduction:** We are facing a crisis caused by an extremely infectious disease, Covid-19. The mechanisms of infection and transmission of this coronavirus are largely unknown but some of the clearer recommendations are washing hands and surfaces. Obsessive-Compulsive Disorder has a lifetime prevalence of 2-3%, among the multiple symptoms, fear of dirt or being contaminated, and excessive washing are the most common affecting about 50% of patients.

**Objectives:** We reviewed the available information to understand if there are changes in OCD symptoms during the pandemic.

**Methods:** Non-systematic review of the literature with selection of scientific articles published in the past 6 months; by searching Pubmed and Medscape databases using the combination of MeSH