

and reduce the negative impacts. Pre and post qualitative interviews were completed, using thematic analysis to analyze the data.

Results: There were three groups with nineteen participants. The majority were female, a parent or partner. The mean number of sessions was 3.4 (SD = 0.9).

Themes from the pre-group interviews were Not a generic patient, Emotionally draining, and Family tension. Post-group themes were Just brushing the surface, Not alone, Professional support and education.

Conclusion: This unique brief family intervention using a framework consistent with IPSRT, and running in parallel to the individual psychotherapy, provided family members with the support and education they had identified they needed prior to the intervention. The combination of peer and professional input increased their understanding, reduced their isolation, and enhanced their ability to address issues.

P53 | Changes in mood instability, episode and symptom density among bipolar patients living under strict lockdown: insights from a third-world country with a never-ending quarantine

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Introduction: During 2020, measures to contain the global health crisis caused by the coronavirus disease (COVID-19) included social confinement, with the consequent interruption of normal activities. In Argentina, particularly, the confinement was one of the longest and strictest in the world. Within this context, the current study was aimed at exploring changes in illness severity among bipolar disorder (BD) patients living under strict lockdown.

Method: Ninety BD outpatients under naturalistic conditions were followed from March (when the lockdown measures were imposed in our country) to September 2020. Thirteen variables of illness severity were assessed during this period, which were compared with the results obtained during the same 28-week period of the previous year (i.e., from March to September 2019).

Results: No significant differences were observed between periods in the rate of patients that remained euthymic during the entire follow-up (28.9% before the pandemic versus 41.1% during the pandemic, $p = 0.09$). For most variables, no significant differences were observed. A small decrease was found in depressive episode density (from 0.39 ± 0.74 to 0.22 ± 0.63 , $p = 0.003$). Symptom and episode density during the pre-pandemic period and the number of previous depressive episodes at study entry predicted worse outcomes during the pandemic.

Conclusion: Findings from a large sample of BD individuals indicate that illness severity variables have not worsened as a result of the lockdown. In addition, our findings suggest an important degree of

positive coping among BD patients and emphasize the effectiveness of telepsychiatry in treating this clinical population.

P54 | Mood and cognitive performance of women with bipolar disorder and healthy controls: role of menopausal status

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Introduction: Few studies have examined whether menopausal status has an outsized role in daily mood and in cognitive performance among women with bipolar disorder (BD) compared to their healthy counterparts (HC). We hypothesized that menopausal status would be associated with greater negative affect, lower positive affect, and poorer cognitive performance, especially among BD.

Method: We utilized baseline data of 96 women (41 BD; 55 HC) from a study of cognitive aging in BD. Responses to the Menstrual History Questionnaire were used to create cycling (22 BD; 32 HC) and menopausal groups (19 BD; 23 HC). Daily mobile surveys collected affect ratings over two weeks; a computerized continuous performance test (CPT) measured attention at 3 separate times. A composite of mean negative affect (sad/depressed, angry/upset, anxious/nervous, stressed) and positive affect (energetic, confident, happy) and CPT mean sensitivity index (d') were dependent variables; individual affect items and covariates (years of education, age and sleep quality) were included in follow-up analyses. Menopausal status, bipolar diagnosis, and the interaction between them were examined as predictors.

Results: Menopausal women were similar in levels of affect and cognitive performance to their cycling counterparts. Negative affect and, specifically, stress, was highest in menopausal BD and significantly different from other groups; cognitive performance was worse in BD regardless of menopausal status.

Conclusion: Menopausal status is associated with more daily negative affect in women with BD, but not with cognitive performance. BD treatment may benefit from consideration of reproductive stage; further work could explore possible hormonal mechanisms for this association.

P56 | Risk and resilience during the covid-19 pandemic in anabaptist families with mood disorders

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Introduction: This study aims to compare participants' baseline psychiatric wellbeing across 4 timepoints during the pandemic and investigate whether baseline data can predict pandemic-related distress.