

for collecting data. Data analyses was planned to run via Statistical Package for the Social Sciences version, 27.0.

Results: The analysis of the data is still ongoing in detail by the researchers. The findings and relational implications of the study will be presented.

Conclusions: In conclusion, this study highlight the importance of understanding the mental health impacts of climate change and developing strategies to address them. Climate change can have direct and indirect consequences on mental health, and vulnerable populations such as children and adolescents may be particularly at risk. Reducing psychological distance and incorporating mental health indicators into assessments can help in understanding and addressing the mental health consequences of climate change.

Disclosure of Interest: None Declared

EPV0787

The short- and long-term effects of yoga on relaxation states measured by the Smith Relaxation States Inventory 3

T. A. Renkó^{1,2*} and Á. Schmelowszky³

¹Department of Psychiatry and Psychotherapy; ²Clinical Psychology Department, Semmelweis University and ³Institute of Psychology, ELTE PPK, Budapest, Hungary

*Corresponding author.

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Introduction: The beneficial effects of yoga have been researched for decades, and in some countries it is also used in health care to maintain physical and mental health. Its effectiveness in the treatment of stress and anxiety, as well as in achieving a relaxed state, is supported by numerous studies.

Objectives: In the present research, our aim was to investigate the direct and subclinical effects of yoga, where the subjects did at least 10 minutes of yoga a day for two weeks. Our hypotheses are that the participants experience relaxation, mindfulness and positive emotions significantly (1) more often and (2) more intensely as a result of yoga.

Methods: We included 25 average population, healthy people between the ages of 18 and 30, who exercised at least 10 minutes of yoga a day for two weeks with the help of a mobile app. We used the Smith Relaxation States Inventory (SRSI3) and its disposition-measuring version (SRSI3d), which examine 19 relaxation states (R-states) presumably related to relaxation, divided into 4 categories: basic relaxation, mindfulness, positive energy and transcendence. During the statistical analyses, the values taken at the beginning of the research, before practice, were compared with the values taken directly after the last practice using the Wilcoxon test. Bonferroni correction was used to correct the first-order error that increases when testing several hypotheses simultaneously.

Results: Immediately after practicing yoga, the participants had significantly higher basic relaxation ($M_0=2.74$, $M_1=4.24$, $p<0.0001$), awareness ($M_0=2.71$, $M_1=2.89$, $p<0.0001$) and positive energy ($M_0=3.88$, $M_1=4.81$, $p<0.0001$) and in the long term they experienced significantly more relaxation ($M_0=3.12$, $M_1=3.94$, $p<0.0001$), awareness ($M_0=3.41$, $M_1=4.40$, $p<0.0001$), positive

energy ($M_0=4.39$, $M_1=5.14$, $p<0.001$) and transcendence ($M_0=3.23$, $M_1=4.05$, $p=0.001$).

Conclusions: Based on our results, yoga can be an effective additional tool in maintaining and improving health, but also in improving the condition and quality of life of mental and somatic patients.

Disclosure of Interest: None Declared

EPV0788

Cerebral-cognitive reserve: concept and functions of the cerebral-cognitive reserve

A. Sidenkova

Psychiatry, Ural State Medical University, Yekaterinburg, Russian Federation

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Introduction: The modern understanding of AD allows us to consider it through the constructs of “vulnerability” and “stability” of the brain as a dynamic system of dialectical interaction between the pathogenic process and the protective process that prevents neurodegeneration. The concept of cognitive reserve (CR) is based on observations of discrepancy between the degree of brain pathology and the severity of clinical manifestations. The concept of “reserve” was proposed to describe the resistance of the brain to a developing damage caused by a pathological process. Stern (2002) considered CR as a protective factor that modifies the impact of brain pathology on cognitive function. The researchers have defined CR as an ability to optimize cognitive function through differential involvement of structures or neural networks of the brain into brain activity.

Objectives: A systematic review of scientific studies has been conducted

Methods: The review includes an analysis of full-text literature sources.

Results: Several possible directions of CR influence on cognitive functions have been described:

- 1) CR may reduce the risk of MCI or dementia through mechanisms, which do not depend on the level of neurodegenerative pathological changes in the brain.
- 2) CR can interact with the markers of brain pathology or healthaffectingthe future cognitive decline or risk of progression. It has been found that smaller volumes or thickness in some AD vulnerable areas of the brain represent a stronger risk factor for cognitive impairment in people with low CR than in people with higher CR. CR protective effects on clinical outcomes reduce as the number of damaged neurons increases.
- 3) The protective effect of CR increasesduring late AD onset and at a low rate of the damaged substrate accumulation.
- 4) CR changes the relationship between genetic factors and aging withclinical and cognitive outcomes. The relationship between age and AD pathology level or age-related structural changes in the brain may weaken in people with higher CR

Conclusions: The concept of cerebral-cognitive reserve actualizes the problem of the search for compensatory mechanisms of cognitive deficit in AD, the assessmentof the structure of the reserve, the development and implementationof programs to maintain the

reserve, the prevention of its depletion, starting from the preclinical stage of the disease, which can prevent the transformation of preclinical manifestations of AD into cognitive disorders

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EPV0789

Psychological meanings reported on access to guidance on love life and sexuality in prenatal consultations at a public primary health care service in a Brazilian metropolitan city: a qualitative study with pregnant adolescents

P. E. Ortolan¹, M. P. P. Lipi², M. Borges², L. S. Valladão¹, R. A. Bastos¹, L. M. Guerra¹, D. B. A. P. Vale¹ and E. R. Turato^{1*}

¹Lab of Clinical-Qualitative Research and ²gynecology and obstetrics, State University of Campinas, Campinas, Brazil

*Corresponding author.

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Introduction: What topics from their personal lives do patients bring to talk to the clinical team, in addition to reporting their health-illness complaints, being examined, and receiving medical and nursing guidance? Knowing the symbolic aspects of the professional-patient relationship allows for care with more empathy and greater adherence to outpatient service follow-ups. The sociocultural contexts of vulnerable adolescents amplify the importance of reproductive health care and understanding perceptions about romantic relationships and sexuality. During adolescence, risky behaviours can interfere with life opportunities and the future. The lack of care for adolescents' reproductive health is associated with irreparable physical and psychosocial consequences. In Brazil, the Unified Health System functions as an important support for the community.

Objectives: To interpret the symbolic meanings attributed by pregnant teenagers regarding the possible experience of talking and receiving guidance about romantic relations and sexuality from the clinical team of public primary attention (in the EPA-2023, we presented the work "on family relationships", another branch belonging to the same PhD research).

Methods: We used the Clinical-Qualitative Method (Turato. Portuguese Psychos. J, 2000 2(1): 93-108). For data collection, the main researcher used the Semi-Directed Interview with Open-ended Questions In-Depth and Field Notes, fully transcript. The employ of the Seven Steps of the Clinical-Qualitative Content Analysis (Faria-Schützer et al. Cien Saude Colet. 2021; 26(1): 265-274) permits the solid discussion categories. Sample closed by saturation information criterion (Fontanella et al. Cad Saude Publica. 2008; 24(1): 17-27).

Results: Sample of 10 adolescents, from 15 to 19 years. Interviewed by the first author, a female psychologist, online from September 2020 to June 2022. Findings validated by peer reviewers from Lab of Clinical-Qualitative Research. Categories to this congress: 1) maternal figure referred to as the axis of orientations on sexuality. This seems to empty the opportunity or the need to discuss these aspects in clinical consultations; 2) interviewees do not cite teenage pregnancy in its new emotional status as present in the prenatal consultation protocol; 3) there is a discourse of the re-signification of relationship with a loving partner by assuming also symbolically the pregnancy by both.

Conclusions: Professionals that the teenagers access in clinical consultations at primary attention are not perceived psychoanalytically as transference figures for conversations about romantic relationships and/or sexuality. It is opportune to rediscuss the expected and/or desired roles of the clinical team in that studied context from the psychic and cultural symbolic universe.

Disclosure of Interest: None Declared

Psychoneuroimmunology

EPV0791

Interleukine-6 and Interleukine-1 β levels in post-traumatic stress disorder, depression and healthy controls: a preliminary report

V. Dell'oste¹, S. Fantasia¹, D. Andreoli¹, V. Pedrinelli¹, L. Palego¹, L. Betti², G. Giannaccini² and C. Carmassi^{1*}

¹Department of Clinical and Experimental Medicine and ²Department of Pharmacy, University of Pisa, Pisa, Italy

*Corresponding author.

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Introduction: Patients with Post-traumatic stress disorder (PTSD) or mood disorders, as depression, often showed dysregulation of the hypothalamic-pituitary-adrenal axis and autonomic nervous system, resulting in increased levels of pro-inflammatory cytokines and heightened activity of the immune system that may cause alterations in the structure and function of brain regions through direct neurotoxic effects, oxidative stress, changes in levels of neurotransmitters and decreasing some neurotrophins. Among the most studied pro-inflammatory cytokines in this field there are Interleukine-6 (IL-6) and Interleukine-1 β (IL-1 β); however, scant and conflicting data are currently available in the literature about their use as potential biomarkers, and even less on possible comparisons in PTSD and depression.

Objectives: The aim of the present study was to evaluate circulating levels of IL-6 and IL-1 β in patients with PTSD and to compare them with those of subjects with depression and healthy controls.

Methods: A sample of 45 subjects, including 15 subjects diagnosed with PTSD (PTSD group), 15 with depression (DEP group), and 15 healthy controls (HC group) were recruited at the Psychiatric Clinic of the Department of Clinical and Experimental Medicine, University of Pisa. HC group included subjects recruited on a voluntary basis. The psychiatric diagnosis was assessed by the Structured Clinical Interview for DSM-5-Clinician Version (SCID-5-CV), the Impact of Event Scale-Revised (IES-R) and the Trauma and Loss Spectrum-Self Report lifetime version (TALS-SR). A peripheral venous blood sample was collected to perform the biochemical assays. The analyses of IL-6 and IL-1 β were performed with a dedicated enzyme-linked immunosorbent assay (ELISAs) achieved at the Laboratory of Biochemistry of the Department of Pharmacy, University of Pisa.

Results: No statistically significant gender or age differences emerged in the three groups. There were no statistically significant differences in IL-1 β levels among the three groups. Conversely, the PTSD group showed higher levels of IL-6 compared to the DEP and to the HC ones, with a statistically significant difference in the post-