

Results: The average age of our population was 44.37 ± 15.45 years with a sex ratio (M/F) = 0.66. Most of them lived in urban areas (60%) and half of them did not go beyond the primary school level. Most did not have a constant job (76.6%). The average number of previous thymic episodes was 2 ± 1.33 times/year. A quarter of the patients (26.6%) had hypomanic symptoms in the intercritical phase and 20% had depressive symptoms. Hypomanic symptoms were correlated with tobacco use ($p=0.035$). Depressive symptoms were more frequent in men ($p=0.074$). Functioning level was lower in subjects living in rural areas ($p=0.065$).

Conclusions: Our study suggests that residual symptoms were frequent with a significant functional impact. As a result, their identification and management are highly essential to improve the overall functioning of patients with bipolar disorder.

Keywords: bipolar disorder; disease residual minimal; depressive symptoms; mania

EPP0075

Five traits of personality in benzodiazepine-dependent patients with bipolar disorder

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Introduction: Benzodiazepines (BZD) are frequently prescribed to patients with bipolar disorder. The use of this medication can become problematic in some cases or even lead to dependence mainly in patients with personality disorders.

Objectives: To assess different personality traits in BZD-dependent patients with bipolar disorder

Methods: A cross-sectional descriptive and analytical study was conducted on euthymic bipolar patients (DSM-5) attending the psychiatric outpatient in Hedi Chaker university hospital of Sfax. We used the Benzodiazepine Cognitive Attachment Scale (ECAB) to determine dependent patients and the Ten Item Personality Measure (TIPI) scale to assess the five personality traits.

Results: Among the 61 included patients, 34 were BZD-dependents (55.7%). Their mean age was 52.12 ± 12.87 years. The sex ratio (M/F) was 0.54. A comorbid personality disorder was found in 18% of patients and the most frequent was histrionic personality (45.45%). According to TIPI, the highest scores of personality traits were conscientiousness, agreeableness and extraversion, with mean scores of 9.8 ± 2.78 , 8.21 ± 3.15 and 7.98 ± 1.77 respectively. Having a comorbid personality disorder was not associated with BZD dependence. Regarding the dimensional approach using TIPI, the dimensions of extraversion, agreeableness and emotional stability were significantly negatively correlated with BZD-dependence ($p=0.024$; 0.006 and 0.01 respectively).

Conclusions: This study demonstrates that personality characterized by less extraversion, agreeableness, and emotional stability may increase the risk of BZD-dependence among bipolar patients. Such psychological factors should be taken into account in the risk-benefit assessment made in the planning of BZD treatment.

Keywords: traits of personality; benzodiazepine; dependence; bipolar disorder

EPP0076

Antidepressant-withdrawal mania - a case report

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Introduction: An uncommon adverse event of antidepressant discontinuation is the paradoxical withdrawal hypomania or mania. It is rarely described in the literature and its true incidence is unknown, may it be a consequence of underrecognition or misattribution.

Objectives: Alert clinicians of the uncommon Antidepressant-Withdrawal Mania

Methods: Report and discuss, based on online pubmed database, a case of Antidepressant-Withdrawal Mania with Citalopram

Results: A 34 year old woman, with a previous unipolar depressive episode, presents to the emergency department in June/2020 with anxiety, recurrent thoughts of death without a plan, low energy, anhedonia, loss of appetite, sadness and insomnia developing over a period of 7 months. She was prescribed Quetiapine 50 mg XR, Lamotrigine 100 mg, and sent to a psychiatry consultation. After a month and a half there was no important clinical improvement and Citalopram 20 mg was started. The patient reported slow improvement and by August she had a complete symptomatic response. In the beginning of September the patient stopped citalopram abruptly. Three weeks later, she was presented with an irritable mood, increased energy with decreased need for sleep, sweet cravings, easy irritability, racing thoughts, pressure to keep talking and suicidal thoughts. After 2 weeks of Quetiapine 300 mg XR id, Lamotrigine 100 mg id and Olanzapine 5 mg there was a partial symptomatic response.

Conclusions: Antidepressant withdrawal manic states are an under-recognized phenomena, with ill defined patho-physiological pathways and nosology. It is important to continue close follow up of the patient and to investigate whether it can be included on the bipolar spectrum.

Keywords: Antidepressant-Withdrawal Mania; adverse event of antidepressant discontinuation; bipolar spectrum; hypomania mania

EPP0077

Point of view and expectation of parents with children diagnosed with autism spectrum disorder enrolled in regular and special schools.

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Introduction: Autism Spectrum Disorder (ASD) is a neurodevelopmental disorder that can cause social and professional harm in an individual.

Many teachers are unprepared to receive students with ASD. They find it difficult to communicate with other professionals or to comfort the family. And parents often do not feel that their children at school benefit socially and in their academic skills.

Objectives: To know the point of view and expectations of parents with children with Autism Spectrum Disorder about the academic future and professional life.

Methods: An online questionnaire was applied with 38 multiple choice questions about the future academic perspectives and expectations of their children, the job market and about school adaptations and the school year during the COVID-19 pandemic.

Results: So far, 16 parents of a Speech-Language Pathology laboratory in which they assist children with Autism Spectrum Disorder (ASD) have answered the questionnaire. When asked if there were teachers who work with TEA individuals, nine guardians 56.3% answered that they did not, 50% of the guardians said they had received adapted material during the COVID-19 pandemic, 100% of the guardians believe that their child will finish high school, 93.8% of those in charge do not believe that the job market is prepared for individuals with ASD.

Conclusions: Parents are dissatisfied with the education their children receive and most of them did not get adequate support during the COVID-19 pandemic. There are also low expectations for the future in the job market.

Keywords: Autism; autism in School; Job Market for autistic individual; Covid-19 pandemic and autism

EPP0079

Non-suicidal self-injury and impulsivity: Study of inhibitory control in adolescent population

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Introduction: Non-suicidal self-injury (NSSI) is a clinical condition defined as intentional, self-inflicted act causing pain or superficial damage without suicidal intents (12-35% of the adolescent community). Several findings show a high correlation between NSSI and impairments in the impulsivity control.

Objectives: The goal of our study is to evaluate the role of impulsivity in NSSI adolescents, relatively to the inhibitory control, in order to investigate if it can represent a neurocognitive risk factor underlying maladaptive behaviours and which psychopathological dimensions can be associated with this neurobiological process.

Methods: 30 NSSI inpatients (age range: 12 to 18 years), drug-free, were compared with an age-matched control group, using two behavioural paradigms for the study of inhibitory control: the Stop Signal task and the emotive go/Nogo. Psychopathological traits were evaluated by self-report questionnaires for impulsivity dimensions, suicidality and self-injurious acts. Statistical analyses were performed with SPSS program ($p = 0.05$).

Results: NSSI patients did not present impairments in the global inhibitory control but they had longer movement times in both paradigms and faster reaction times in the Go/no-go behavioural paradigm. Therefore, NSSI patients tended to be impulsive at an early stage of movement (rapid TR) and have to slow down in a second phase (TM slow) in order to have time to rework the cognitive processes underlying movement.

Conclusions: The impulsivity dimension is a complex construct that involves multiple interconnected factors. The study of neurocognitive and psychopathological aspects and how they are

interconnected is necessary to draw new perspectives on the etio-pathogenesis of NSSI.

Keywords: NSSI; adolescent; impulsivity; inhibitory control

EPP0080

Microbiome - a (FUTURE) marker for the differential diagnosis for autism spectrum disorder and attention-deficit/hyperactivity disorder?

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Introduction: The differential diagnosis between Autism Spectrum Disorder (ASD) and Attention Deficit/Hyperactivity Disorder (ADHD) is often challenging and detrimental to early and timely treatment. Co-current and overlapping symptoms contribute to erode differential diagnostic accuracy, based mainly on clinical assessment supported by standardized instruments and reports from parents and teachers. The microbiota was recently considered a valuable resource in the search for biological markers in neurodevelopmental disorders.

Objectives: Our objective was to examine the published literature in order to clarify the role of the microbiome as a possible differential biomarker between ASD and ADHD.

Methods: Five hundred and sixteen articles were reviewed in order to contextualize the role of Gut- Brain Axis in neurodevelopment and neurodevelopmental disorders, the microbiome as a biomarker and ultimately to unravel microbiome abnormalities reported in patients diagnosed with ASD and/or ADHD.

Results: Although gut microbiome appears to be involved in the pathogenesis of ASD with several reports identifying changes in gut populations and functions, a “microbial signature” is still not reached. In ADHD patients, research confirms that the composition and predicted functions of gut microbiome are also altered, but identically controversial results were found.

Conclusions: Future studies are needed to confirm the relationship between the composition and function of the microbiome and the occurrence or presentation of each of the disorders. A specific signature of the microbiota could then constitute itself as a differential biomarker in ASD and ADHD.

Keywords: Attention Deficit/Hyperactivity Disorder; Microbiome; autism; Biomaker

EPP0083

Electrodermal activity – a promising biomarker for cardiovascular risk assessment in adolescent anorexia nervosa.

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