accidents are all described as potential associations, with far-reaching consequences. When ADHD is coupled with sleep disorders, cognitive performance deteriorates further and sickness absence is more common. The clinical presentation of the sleep disorders commonly associated with ADHD will be described in detail. State-of-the-art therapeutic interventions will be dicussed based on clinical experience and research findings from our Expertise Centre.
Wajszilber D, Santiseban JA, Gruber R. (2018). Sleep disorders in patients with ADHD: impact and management challenges. Nat Sci Sleep,14;10:453-480.
Van Veen MM, Kooij JJ, Boonstra AM et al. (2010). Delayed circadian rhythm in adults with attention-deficit/hyperactivity disorder and chronic sleep-onset insomnia. Biol Psychiatry. 1;67 (11):1091-6.
Wynchank D, ten Have M, Bijlenga D et al. (2018). The association between insomnia and sleep duration in adults with attention-deficit hyperactivity disorder: results from a general population study. J Clin Sleep Med, 14(3):349–357.
Fayyad J, Sampson NA, Hwang I et al. (2017). The descriptive epidemiology of DSMIV Adult ADHD in the World Health Organization World Mental Health Surveys. Atten Defic Hyperact Disord, 91:47-65.

Disclosure of Interest: None Declared

S0034

Synaptic plasticity in depression: from mice to humans

S. Vestring on behalf of RG Normann/Vestring

Department of Psychiatry and Psychotherapy, University Clinic Freiburg, Freiburg, Germany
doi: 10.1192/j.eurpsy.2023.71

Abstract: In the last decade, neuroplasticity has become largely accepted in the etiology and treatment of mood disorders. Animal models of depression showed that severe stress downregulates many forms of plasticity, resulting in an inhibition of long-term potentiation (LTP), a facilitation of long-term depression (LTD) and an impairment of synaptic transmission. Essentially all treatments for mood disorders, including the rapid acting antidepressant ketamine, promote neuroplasticity and plasticity plays a critical mechanistic role in recovery. Therefore, a targeted intervention of LTP/LTD pathways by small molecules or highly specific RNA therapeutics could lead the way to novel and fast acting antidepressants. For instance, an RNA-based modulation of N-methyl-d-aspartate receptor subunits rescued LTP and exerted rapid antidepressive effects in mice models of depression. The translation of such principal, the rescue of plasticity as an antidepressive intervention, from rodents to humans is an ongoing challenge. However, various indirect assessment methods of plasticity in humans, like visually evoked (VEP) potentials and transcranial magnetic stimulation (TMS)-based paired associative stimulation paradigms revealed an impairment of plasticity in depressed humans, which was found corrected after effective treatment.

Disclosure of Interest: None Declared

S0035

The efficacy of psychological interventions for university students: a systematic review and meta-analysis

P. Barnett

UCL, London, United Kingdom
doi: 10.1192/j.eurpsy.2023.72

Abstract: Introduction: Mental health problems are increasingly prevalent among students, necessitating adequate mental health support both for those who with or at risk of developing a mental health disorder.
Objectives: This systematic review examined the efficacy of psychological interventions delivered to student populations and whether interventions with some form of adaptation to the content or delivery of the intervention for students could improve outcomes compared to interventions which had no such adaptation.
Methods: Randomised controlled trials of interventions for students with or at risk of mental health problems were included. Specific adaptation for students (or whether they utilised a student population as a convenient sample) was recorded. Meta-analyses were conducted and multivariate meta-regressions explored the effect of adaptation on the pooled effect size. Eighty-four studies were included
Results: Promising effects were found for both treatment and preventative interventions for anxiety disorders, depression and eating disorders. PTSD and self-harm data was limited, and did not demonstrate significant effects. Relatively few trials adapted intervention delivery to student-specific concerns, and overall adapted interventions showed no benefit over non-adapted interventions. There was some suggestion that adaptions based on empirical evidence and provision of additional sessions, and transdiagnostic models may yield some benefits
Conclusions: Interventions for students show benefit though uncertainty remains around how best to optimise treatment delivery and content specifically for students. It would be beneficial to understand how intervention content which is specific to underlying mechanisms of problems experienced by students as well as more transdiagnostic approaches could further support recovery and prevention of mental health problems while at university.

Disclosure of Interest: None Declared

S0036

The Super Brains app: a psycho-educative program for adults with ADHD

J. S. Kooij[1,2]

[1]Psychiatry, AUMC/VUMc, Amsterdam and [2]Adult ADHD, PsyQ, The Hague, Netherlands
doi: 10.1192/j.eurpsy.2023.73

Abstract: Digital treatment for neurodevelopmental disorders is being developed in order to treat patients online when possible, to reduce waiting lists and to improve efficacy and efficiency of treatment. In this presentation, experiences with the so called Start Program of the Super Brains app for adults with ADHD are presented. The Super Brains app has been developed by Rutger den Hollander, who himself has ADHD and owns an ICT company,