morning chronotype corresponds to higher levels of most indicators of health related quality of life excluding the level of mental health.

Disclosure of Interest: None Declared

EPV0763

Assessment of the relationship between psychotic-like experiences and traumatic life events: a cross-sectional study

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Introduction: Traumatic life events (TLEs) have been associated with the entire spectrum of psychosis outcomes, including risk and severity of psychotic disorders and psychotic-like experiences (PLEs). In a non-clinical setting, understanding the relationship could help improve prevention services.

Objectives: The aim of this study is to establish the relationship between TLEs and PLEs.

Methods: A cross-sectional study was conducted in a Tunisan business and engineering school from March 2022 to June 2022. Participants completed the Tunisian dialect version of the Prodromal Questionnaire-Brief (PQ-B), a validated self-report instrument designed to evaluate prodromal symptoms. TLEs such as physical, sexual, and emotional abuse, as well as neglect experiences, lived or witnessed have been assessed along with bullying experiences.

Results: The final sample size consisted of 358 participants, with a median age of 22 ± 2.22 years, with a sex ratio (M/F) of 1.41. More than half of the participants (58.6%) reported having experienced TLEs (49% in the preceding 6 months) while 31% had experienced bullying or abuse in school (27.9% in the preceding 6 months). The mean total score of the PQ-B for the study population was 7.27 ± 4.387, 36.3% reached the threshold and were defined as PQ-B-positive subjects. Those with a lifetime history of major life events were more likely to screen positive on the total score PQ-B ($p = 0.000$), as were those with a lifetime history of bullying or abuse ($p = 0.000$).

Conclusions: Understanding the factors that interact in the significant association between PLEs and TLEs may provide useful information for prevention programs and the improvement of mental health.

Disclosure of Interest: None Declared

EPV0764

Urban planning, noise pollution and mental health outcomes

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Introduction: In large cities around the world, many sources of noise including traffic, domestic, construction, and industrial activities, contribute to urban noise pollution, which is now, a major concern in public health as declared by the WHO, for more than a decade (in 2011).

Objectives: The aim of this study was to try to find potential recommendations and references in terms of urban planning, particularly with the emergence of smart cities, to combat the problem of noise pollution and related mental health hazards.

Methods: We conducted a comprehensive review of the scientific literature using the following keywords: cities, smart cities, noise, pollution and mental health.

Results: Our research found that the continuous exposure to high noise levels could lead to psychological and physiological problems, such as hearing disorders, high blood pressure, heart disease, inconvenience and sleep disorders. While recent evidence indicates that road traffic noise has a negative impact on mental health and that aircraft noise significantly increases the risk of depression, there are not enough studies to date to properly assess the relationship between urban noise pollution and mental health hazards such as anxiety, mood disorders, sexual disturbance, cognitive impairment, learning disabilities, dementia, etc. In the field of urban planning, there is also a lack of reliable data on individual exposure to environmental noise in space and time, and on its effects on mental health.

Conclusions: Various noise mitigation strategies in urban renewal plans are proposed, such as the implementation of noise mapping to provide the detailed spatial distribution of noise levels in urban areas, their sources and time intervals, noise barriers along traffic arteries, vegetation and landscaping. New infrastructure projects involving new expressways and high-speed trains as well as the widening of major roads in their central areas are also suggested.

Disclosure of Interest: None Declared

EPV0765

The impact of eating habits on mood disorders (A prospetive study to show the importance of food on preventing mental heath disorders)

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Introduction: Adopting a traditional healthy eating pattern is strongly associated with a more stable, adaptive, and serene mood. In contrast, adopting a modern and industrialized diet is linked to a higher incidence of anxiety and depressive disorders.

To prevent mood disorders, a varied diet rich in colorful fruits and vegetables is recommended. Studies show that the consumption of vegetables, whole grains, and fruits can help prevent the risk of major depression and anxiety disorders by more than 35%. A well-rounded plate, rich in micronutrients (trace elements, vitamins, minerals), is essential for the proper functioning of our brain and its emotional areas.

Our brain requires significant amounts of iron, zinc, magnesium, and vitamins B, E, D, and K. Unfortunately, our modern diet often lacks sufficient intake of these essential micronutrients. A deficiency in iron or zinc is associated with a significantly higher risk

of major depression, and a lack of magnesium is a potential source of anxiety disorders.

Choosing a diet rich in micronutrients (whole grains, cereals, fresh fruits, and vegetables) can address potential deficiencies and contribute to a more adaptive and balanced mood. Similarly, carefully selected dietary supplements can prove to be effective.

Objectives: it shows the importance of alimentation and her role on Primary and secondary prevention in depressive disorders.

Methods: This poster is a prospective study done on 100 random people via a multi choice quizz, to see the impact of their food on their mental health .

Results: in the making

Conclusions: Food should today be universally considered as a potential risk factor or protective factor in depressive disorders. Since the recent decades, nutritional psychiatry has developed a field of research promising The International Society For Nutritional Psychiatry Research (ISNPR) who is a collective of doctors and researchers with the common objective of advance research and communication of nutritional medicine in the field of psychiatry. Cross-sectional epidemiological studies finding an association between diet quality and mental health in longitudinal studies, a step has been taken. The observational data have been widely replicated and documented in several meta-analyses and are supported by prospective studies studying the effectiveness of improving nutritional quality in the treatment of depression. It now appears necessary that in the near future psychiatrists must receive training on the impact of diet in psychiatric disorders including depression, and get into the habit of taking an interest in the eating habits of their patients, as well as their microbiota .

Disclosure of Interest: None Declared

EPV0766

Vitamin D, vitamin B12, folate, homocysteine, and major haemato-chemical parameters in patients with mood disorders

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Introduction: The potential involvement of the immune and inflammatory systems has been extensively studied in mood disorders (MDs). Despite these findings and despite the fact that the pathogenetic role of altered immunologic and metabolic profiles in MDs is being confirmed in many current studies, there is still a lack of consensus about it, due to controversial results.

Objectives: The present study aimed to appraise peripheral metabolic parameters (blood glucose, lipoproteins, triglycerides, uric acid, blood urea nitroge [BUN], transaminases and others9 and plasma/serum levels of essential nutrients (vitamin D, B12, folate and homocysteine) in a group of inpatients affected by MDs, as compared with healthy controls.

Methods: Methods. Ten ml of venous blood was drawn from fasting subjects. The metabolic parameters and vitamins were measured according to common clinical-chemistry methods.Comparisons for continuous variables were performed by the Student's

t-test for variables that follow a normal distribution, and by the Wilcoxon-Mann-Whitney test for variables not normally distributed. The correlations between biological markers were explored by calculating the Pearson's correlation coefficient or Spearman rank correlation.

Results: Most patients showed loer circulating vitamin D levels, in respect to both control subjects (P< .0001) and the normative cut-off values. This finding was paralleled by increased serum homocysteine concentrations i (P<.0001), indicating an imbalance in their methionine metabolism. Homocysteine levels were negatively correlated with vitamin D, vitamin B12 and folate in control subjects, but not in patients. In addition, patients displayed higher blood glucose and lower BUN than controls, indicating an impaired protein-to-carbohydrate metabolism and/or altered nutritional/dietary status.

Conclusions: We provide herein further support to the notion that MD patients are a population where vitamin deficits, dysmetabolism and/or dietary defects are common feature, and, s such, they might be more vulnerable to a variety of somatic illnesses than the general population. This cross-sectional investigation, albeit preliminary, might contribute to improve the characterization and the monitoring of the clinical status of mood disorder patients, as well as to identify new molecular targets for more tailored treatments ad of more pointed health-care intervention,

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Promotion of Mental Health

EPV0768

Quality of life in children and adolescents with beta thalassemia

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Introduction: Children and adolescents with thalassemia suffer from chronicity of the disease and its treatment, including transfusion dependence and complications of iron overload.

Objectives: To investigate the quality of life of children and adolescents with Beta Thalassaemia.

Methods: This study is a cross-sectional study conducted at the Greek public Children's Hospital. PedsQL ™ 4.0 Generic Core Scale (Greek version) was used to evaluate HRQOL in 41 thalassemia patients aged between 5 and 18 years and in 41 healthy controls of the same age range. For the analysis, the Statistic Package (SPSS ver.24) was used. Using Spearman's correlation coefficient, t-test and MannWhitney tests were used, while for variables with three or more levels the Anova and Kruskall-Wallis. In order to investigate the relationship between two quantitative variables, Spearman's correlation coefficient was used, while the relationship between two qualitative variables was used to control x2. As a statistical significance level, α = 5% was defined.

Results: Of the 41 children with beta Thalassemia who participated in the study, 48.8% (n = 20) were boys and 51.2% (n = 21) girls. The mean age of children was 10.02 ± 4.10 years. For healthy children who participated in the study 51.2% (n = 21) were boys