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O0031

Analyzing life narratives of transsexual people from a developmental point of view

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Introduction: Transsexuality is a form of gender identity, where persons experience a strong dysphoria or dissatisfaction with the original sexual organs and body they are born with, and believe that they belong to the opposite sex -- so many of such persons undertake sex reassignment surgery. Correlates of transsexuality do not suggest causality but they make it possible to better understand transsexuality and its etiology.

Objectives: It has been shown by previous studies that some signs of transsexuality begin to emerge well before puberty. In our study we wanted to track how transsexual individuals develop from early childhood through adolescence and young adulthood regarding their preferred childhood games and toys, dressing and activities, later sexual partners and social responses to their trans identity.

Methods: 59 persons participated as volunteers, who have applied to sex-reassignment surgery and the psychiatric evaluation necessary for the surgery, completed a spontaneously written life narrative as an argument for receiving psychiatric approval for the surgery at the Clinique of Psychiatry and Psychotherapy at Semmelweis University, Budapest, Hungary. Narratives were content-analyzed and coded regarding signs of transsexuality occurring in early childhood, elementary school-age, and puberty, conflict with friends, and family, sexual life, and love-life. All participants have signed the informed –consent form, and agreed to the scientific use of their data. The study has been approved by the local ethical committee.

Results: Our results show that there were 24 female-to male, and 35 male-to female transsexual participants in our sample. 45.7% wanted to dress in clothes of the opposite sex in early childhood, whereas only 1.4% said that he/she did not. 41.4% befriended

children who were members of the opposite sex, rather than befriending members of the same sex (4.3%), both (7.1%) or none (4.3%). As a young child 55.7% claimed that they preferred toys and games of the opposite sex, whereas 7.1% claimed they did not. The reaction of their families to signs of transsexuality or unusual behavior was supportive, rejecting, indifferent, or mixed in about equal proportion. In elementary school they befriended members of the opposite sex in 37.1% of the time, whereas they befriended members of the same sex in 1.4% of the time, and did not have friends in 22.9%. In elementary school they preferred activities included those of the opposite sex in 45.7%, and they wanted to dress in clothes of the opposite sex in 54.3% of the cases. In adolescence 10% rejected their biological sex, 40% not merely rejected, but desired the body of the opposite sex, and 25.7% was thinking about body/sex alteration procedures.

Conclusions: We can conclude that signs of gender dysphoria emerge in early childhood, and transsexuality may be characterized and anticipated based on such early signs by parents and care takers.

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O0032

Sexual disorders and psychotropic drugs :about 250 cases

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Introduction: The effect of psychotropic drugs on sexuality is difficult to evaluate because psychiatric disorders are frequently accompanied by sexual dysfunction, independently of any drug intake. However, the iatrogenic aspects of psychotropic drugs linked to their side effects should not be underestimated since they are an important cause of treatment discontinuation.

Objectives: The aim is to show the type of sexual impairment observed according to the different psychotropic drugs used and the means to remedy it. Psychiatric disorders are accompanied by sexual dysfunctions which can be aggravated by psychotropic drugs, and the associated risk factors can be sought or aggravate this undesirable effect.

Methods: This is a cross-sectional study, concerning patients followed at ArRazi hospital under antipsychotic treatment. We used the "International Index of Erectile Dysfunction" scale, and the data were analyzed by SPSS software.

Results: 68% are men, Age: 71% are between 20 and 50 years old. Marital status: 43% are single, 24% are married, 34% are divorced. 83% have a low socioeconomic level, 45% have a family history of a psychiatric disorder.

58% of patients have a substance use disorder.

38% of patients consulted for a psychotic syndrome, 23% for a depressive syndrome, 17% for a manic syndrome, 11% for a behavioral disorder, 6% for a suicide attempt.

46% of the medications are antipsychotics, 18% are antidepressants, 15% are mood regulators.

83% of the sexual disorder appeared in the first 5 years.

72% of the patients did not receive information by their doctor about this side effect.

64% of the patients informed their doctor.

32% stopped the treatment, 47% asked to change the treatment.

Conclusions: Careful assessment of sexual function at the initial visit followed by monitoring at subsequent visits is essential. Treatment of adverse sexual effects may be pharmacological, behavioral, complementary and integrative, or a combination of these modalities

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Mental Health Care Promotion and Prevention

O0034

Affective and physiological responses to human body odors in social anxiety – a pilot study on the possible effects as catalyst for treatment

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Introduction: Understanding the way chemistry influences human communication is important since the reaction to chemosignals has many implications for science and society.

Numerous research points out that human beings are able to identify feelings of fear and happiness through smell. Such emotional information can lead to approach-avoidance behaviors or changes in affective state. Moreover, a heightened sensitivity to social odors has been shown in subjects with social anxiety symptoms. However, more detailed research on the connection between olfaction, affective psychiatric disorders and interpersonal social communication is required.

POTION is an EU funded project within the Horizon2020 initiative that aims at understanding the nature of chemosignals in humans and their sphere of influence on social interaction. Within this project, we conducted a preliminary study showing that individuals with social anxiety symptoms benefited from mindfulness training especially when exposed to social chemosignals. A significant reduction in anxiety symptoms was achieved with both the happiness ($t(25)=4.37$, $p=0.029$) and the fear ($t(25)=4.35$, $p=0.031$) chemosignals. Moreover, individuals exposed to the happiness chemosignal exhibit higher vagal tone compared to subjects exposed to fear chemosignals ($p = 0.026$), indicating overall increased well-being.

Objectives: Given the exploratory nature of the preliminary study, an hypothesis driven pilot-RCT with larger sample size and refined design has been conducted. The aim was to further explore the catalyst effect of body odor on anxiety reduction. Notably, if the odor groups (happiness, fear or neutral) differ with the control group (clean air) and if they differ between each other in the outcome measure.

Methods: To this end, 96 participants with social anxiety symptoms (women aged between 18 to 35) were randomly allocated to one exposure group (happiness, fear or neutral human body odor or clean air) and followed a mindfulness intervention while being exposed to the odor. Psychological outcomes were measured before and after the intervention through the State-Trait Anxiety Inventory. During the intervention participants' skin conductance and heart rate was also measured.

Analysis of variance will be performed to assess psychological outcome differences between and within groups, as well as interactions (Group \times Time).

Results: Results of the study will be available and presented at the time of the congress.

Conclusions: This study represents an advancement in the field mental health as it explores the potential impact of using human chemosignals in the clinical setting.

Disclosure of Interest: None Declared

O0035

Clinical Outcomes in Routine Evaluation Measures Following Utilization of Peer Support and Supportive Text Messaging in Mental Health- Controlled Observational Study

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Introduction: Peer support workers (PSW) and text messaging services (TxM) are effective mental health supportive services. Both interventions have positive outcomes, with TxM demonstrating clinical and economic effectiveness and PSW showing its utility within the recovery-oriented model.

Objectives: To evaluate the effectiveness of combining PSW and TxM together in reducing psychological distress of recently discharged patients receiving psychiatric care.

Methods: In a prospective, rater-blinded, pilot-controlled observational design, 181 discharged patients were recruited and randomized into four conditions; TxM only, PSW only, TxM and PSW, and treatment as usual. Clinical Outcomes in Routine Evaluation-Outcome Measure (CORE-OM), a standardized measure of mental distress, was examined at four time points: baseline, six weeks, three months, and six months. MANCOVA was used to assess the impact of the interventions on participants' scores on four CORE-OM subscales across the three follow-up time points.

Results: A total of 63 patients completed assessments at each time point. The interaction between PSW and TxM was predictive of differences in scores on the CORE-OM functioning subscale with a medium effect size ($F(1,63) = 4.19$; $p = 0.045$; $\eta^2 = 0.07$). The PSW + TxM group consistently achieved higher rates of recovery and clinical and reliable improvement compared to the other study groups. Additionally, the text message group and the PSW + TxM group significantly reduced the prevalence of risk of self/other harm symptoms after six months of intervention, with 27.59% ($\chi^2(1) = 4.42$, $p = 0.04$) and 50% ($\chi^2(1) = 9.03$, $p < 0.01$) prevalence reduction, respectively.