

## EPV0658

## THE PREVENTION OF THE BEHAVIORAL AND PSYCHOLOGICAL SYMPTOMS IN DEMENTIA. HOW TO INVEST THE RESOURCES?

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**Introduction:** The psychopathological observation of the behavioral and psychological symptoms in dementia (bpsi) and a study of the environment in which they arise, especially during a framework of mild cognitive impairment, must make us reflect on the consumption of resources for families and health or social services. The bpsi contribute 30% to the overall costs of dementia. In particular bpsi accelerate the institutionalization, temporary and definitive, of suffering elderly.

**Objectives:** On the basis of some experiences, it is possible to use the health budget tool as part of the project budget, in the field of bpsi, moving from the practice of consumed cost to generated cost, that is the investment of resources that produces social value. The goal is to describe some concrete examples of this application, highlighting strengths and weakness.

**Methods:** The psychosocial interventions recommended to prevent the risk of onset of bpsi from a public health perspective are analyzed, in Italy and in other countries, in the light of the evolution of welfare theories and practices in community psychiatry.

**Results:** The methodology of the health budget, in public health system, calls family members and users to a commitment of co-responsibility and administrators of financial resources in terms of accountability. The psychogeriatric elderly with mild cognitive impairment and bpsi, can also be a resource and not just a cost, if we consider the possible performance (dividend of longevity) and not the consumption of economic resources.

**Conclusions:** A reconceptualization of the bpsi is necessary, which integrates the bio-medical dimension with psychosocial approach within the new welfare systems that must be rethought in function of the increase of the elderly population and respect to demographic trends. The onset of mild cognitive impairment and the reversibility of this pre-clinical occurrence should stimulate early recourse to appropriate psychosocial interventions to counter the social marginalization of many citizens.

**Disclosure of Interest:** None Declared

## EPV0660

## Physical activity and depression later in life: a cross sectional study in Greece

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**Introduction:** Depression is a very prevalent mental disorder among older people. Exercise and physical activity may have beneficial effects on depressive symptoms that are comparable to those of antidepressant treatments.

**Objectives:** The purpose of the present study was to estimate the role that physical activity plays in wellbeing of older people, as well as its association with depression.

**Methods:** A cross-sectional study was conducted among 101 people over the age of 60, who are active members of the Open Day Care Centers (K.A.P.I) of the municipality of Serres, North Greece. An anonymous questionnaire was created to record the basic demographic data of the studied population. The Greek version of the Geriatric Depression Scale (GDS-15) was used to assess depressive symptoms in the elderly, and the (IPAQ) short edition - 7 items, was applied to evaluate the physical activity of the participants. Statistical analysis was performed with a SPSS 21.

**Results:** According to our results, as the age of the participants increases, so does the severity of the depression according to GDS-15. In addition, depressive symptoms were associated with marital status, widows in comparison to divorced, with participants living in urban areas and with illiterates and high school graduates. Furthermore, older adults with monthly income of 1000 to 2000 Euros presented to suffer more from depression than those who had a monthly income of up to 2000 Euros ( $p < 0.05$ ). On the other hand, physical activity based on IPAQ was strongly associated with age, married compared to not, high level of education, living in rural areas and depression ( $p < 0.05$ ).

**Conclusions:** The results of the present study may contribute to further interventions in Primary Health Care for the prevention and detection of depression among older people. Furthermore, physical exercise may be an alternative or adjunct to traditional forms of treatment in mild to moderate forms of depression later in life.

**Disclosure of Interest:** None Declared

## EPV0661

## Depression and Decay - A Case of Major Depressive Disorder with Psychotic Features in an Elderly Patient with Cancer

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**Introduction:** Major Depressive Disorder is a common psychiatric diagnosis among elderly patients with cancer. More than 10% of cancer patients suffer from Depression, which negatively impacts their quality of life. Mood symptoms are treated pharmacologically with antidepressant medications, while psychotic symptoms are treated with antipsychotic medications. Electroconvulsive Therapy may be initiated early for psychotic depression.

**Objectives:** The objective of this case is to present a patient with Major Depressive Disorder, who developed psychotic symptoms after a diagnosis of malignancy, and to suggest early initiation of Electroconvulsive Therapy for treatment.

**Methods: Case Report:** Ms G is a 68-year-old female who presented with low mood, worries, poor sleep, anhedonia and suicidal ideation. She complained of abdominal bloatedness and was reviewed by Gynaecology, who discovered a large ovarian mass, likely malignant in nature. Within days of the diagnosis, the patient