

EPP0289

Gender differences in the relationship between sleep and childhood traumas

R. Fusco^{1*} and S. Kulkarni²¹Social Work, University of Georgia, Athens and ²Social Work, UNC Charlotte, Charlotte, United States

*Corresponding author.

doi: 10.1192/j.eurpsy.2023.611

Introduction: Sleep is one of the most important factors for well-being. Numerous studies have linked poor sleep to negative consequences such as depression (Guo et al., 2014), substance use (Comasco et al., 2010), obesity (Wu et al., 2015), and suicidality (Liu & Buysse, 2006). Understanding the causes of poor sleep is an important public health concern. Childhood trauma can have a lifelong influence on mental health and development. However, many examinations of childhood trauma focus on the number of experiences and not the impact of specific experiences. Research has shown gender differences in both insomnia and childhood maltreatment outcomes (Lee et al., 2014); however, less attention has been paid to the potential role of gender in the link between other types of childhood trauma and sleep disturbance.

Objectives: The goal of the current study is to understand the role of gender in the relationship between childhood traumas and sleep problems among a community sample of emerging adults. This research aims to build on and extend previous work in three different ways: 1) add to the literature on childhood trauma among emerging adults; 2) examine specific types of childhood traumas; and 3) expand the categories to explore the role of some less studied adversities.

Methods: The study included a sample of 211 young adults from an urban community. Traumas were measured with the Brief Trauma Questionnaire (BTQ; Schnurr et al., 1999) and sleep was measured with the Pittsburgh Sleep Quality Index (Buysse et al., 1989). Logistic regression was used to calculate odds ratios for the relationship between sleep problems and five traumas (involved in a serious accident, experienced serious injury, violent death of a close family member or friend, witnessed someone's serious injury or death, and natural disaster).

Results: Results showed that males and females experienced similar rates of trauma. Trauma experienced during childhood was associated with an increased prevalence of poor sleep. In the male model, being involved in a serious accident (OR=1.47), experiencing serious injury (OR=1.24), and experiencing a natural disaster (OR=1.11) were all significantly associated with poor sleep. In the female model, the violent death of a close family member or friend (OR=2.02), witnessing someone's serious injury or death (OR=1.78), and experiencing a natural disaster (OR=1.69) were all significantly associated with poor sleep.

Conclusions: Traumatic events may impact men and women differently. Women in the study showed greater sleep problems in the wake of childhood traumatic events. They also responded more strongly to events that they saw happening to other people, while men were more greatly affected by things that happened directly to them. Natural disasters are a relatively common event that has a strong impact on sleep. Intervention efforts addressing trauma and poor sleep should be aware of gender differences for greater efficacy.

Disclosure of Interest: None Declared

EPP0290

Comparison of sleep microarchitecture in screen failure subjects with insomnia complaints and randomized subjects from two phase 3 studies on insomnia disorder

T. Di Marco^{1*}, Y. Dauvilliers², T. Scammell³, I. Djonlagic³, A. Datta⁴, G. Zammit⁵, D. Seboek Kinter¹, N. Tjijarto⁶ and J. Donoghue⁶¹Idorsia Pharmaceuticals Ltd, Allschwil, Switzerland; ²Centre Hospitalier Universitaire de Montpellier, Montpellier, France; ³Beth Israel Deaconess Medical Center, Boston, United States; ⁴University Children's Hospital Basel, Basel, Switzerland; ⁵Clinilabs Drug Development Corporation, New York and ⁶Beacon Biosignals, Inc., Boston, United States

*Corresponding author.

doi: 10.1192/j.eurpsy.2023.612

Introduction: Daridorexant, a dual orexin receptor antagonist, was shown to be effective and safe in improving sleep and daytime functioning in subjects with insomnia in two Phase 3 studies. All patients screened had subjective insomnia, but many did not meet the study eligibility criteria.

Objectives: As the randomized subjects represent only a subsection of the real-world population, we analyzed differences in sleep microarchitecture between included and excluded subjects in both studies.

Methods: Out of 7016 screened subjects, 1851 randomized (included) subjects and 602 screen-failure (SF, excluded) subjects that had at least 1 scored eligibility polysomnography available, were included in this analysis. For the remaining SF subjects, no scored polysomnography was available. The randomized subjects met the DSM 5 insomnia disorder criteria and objective and subjective criteria for disrupted sleep. The main reasons for the 602 SF subjects were not meeting at least 1 objective sleep criteria for sleep onset latency, sleep maintenance, or total sleep time, however all excluded subjects had subjective insomnia. Delta (1-3Hz), theta (4-7Hz), alpha (8-12Hz), and beta (13-38Hz), band spectral power of sleep EEGs were estimated using multi-taper spectrograms (2s window/1s overlap). Relative power was computed using the sum of these four band powers within the 2s window as the denominator. The resulting relative and band power ratios were then aggregated to 30s epochs and assessed by sleep stages (N1, N2, N3, REM, Awake). Sleep spindles (amplitude, peak frequency, oscillation count, symmetry index, slow oscillation phase peak, duration, density, and dispersion) were calculated in N2 sleep using an open-source Luna package. Statistical analysis was done using a univariate analysis of spindle and spectral features via linear mixed-effects regression.

Results: Age and sex distribution were similar between groups (Median age: 59vs59 years and 68%vs70% Females for included and excluded subjects, respectively). Included subjects had higher relative alpha power (5.6%; p<0.001) and lower relative delta power (-2.3%; p0.031) in N1 than excluded subjects. The mean relative spectral power did not differ significantly for other relative powers in N1 and for any relative powers in stages N2, N3, REM and AWAKE. Included subjects had lower spindle density (-9.8%; p0.005) than excluded subjects. Other spindle features did not significantly differ between the groups.

Conclusions: This comparison of sleep architecture between included and excluded subjects, showed only minor differences in

sleep microarchitecture. This suggests that the sleep microarchitecture of the randomized subjects is similar to a broader insomnia population that has subjective insomnia but that does not meet all eligibility criteria including objective and subjective sleep duration thresholds.

Disclosure of Interest: T. Di Marco Employee of: Idorsia Pharmaceuticals Ltd, Y. Dauvilliers Consultant of: Idorsia Pharmaceuticals Ltd, T. Scammell Consultant of: Idorsia Pharmaceuticals Ltd, Neurocrine, Epilog, Roche and Jazz Pharmaceuticals, I. Djonlagic Grant / Research support from: NIH, Consultant of: Idorsia Pharmaceuticals Ltd, UCSD, A. Datta Consultant of: Idorsia Pharmaceuticals Ltd, Neurocrine, Epilog, Roche and Jazz Pharmaceuticals, G. Zammit Grant / Research support from: Idorsia Pharmaceuticals Ltd, Consultant of: Idorsia Pharmaceuticals Ltd, D. Seboek Kinter Employee of: Idorsia Pharmaceuticals Ltd, N. Tjijarto Grant / Research support from: Idorsia Pharmaceuticals Ltd, J. Donoghue Grant / Research support from: Idorsia Pharmaceuticals Ltd.

Addictive Disorders 02

EPP0291

Knocking on the Doors of Perception: the role of psilocybin in substance use disorder treatment

R. Sousa^{1,2*}, L. Costa¹, J. Brás¹, R. Vaz¹, J. Martins¹, J. Abreu¹, E. Almeida¹, N. Castro¹, R. Andrade¹ and N. Cunha¹

¹Departamento de Psiquiatria e Saúde Mental, Centro Hospitalar Tondela-Viseu and ²Centro de Respostas Integradas Viseu, Divisão de Intervenção em Comportamentos Aditivos e Dependências, ARS Centro, Viseu, Portugal

*Corresponding author.

doi: 10.1192/j.eurpsy.2023.613

Introduction: Substance use disorders (SUDs) are a major health concern and current treatment interventions have proven only limited success. Despite increasing effectiveness, still about 50–60% relapse within 6–12 months after treatment [Cornelius *et al.*, *Addict Behav.* 2003;28 381–386]. SUDs are defined as chronic disorders of brain reward system, motivation, and memory processes that have gone awry. Medication reducing craving and substance use is mainly available for alcohol dependence and to a lesser extent for other substances.

Hallucinogens may represent a group of agents with potential anti-craving properties subsequently reducing substance use in SUD patients. For instance, lysergic acid diethylamide (LSD) and psilocybin have previously been shown to effectively alleviate symptoms of alcohol and nicotine dependence.

Objectives: New treatments preferably focusing on reducing craving and subsequent substance use are therefore urgently needed. The hallucinogen psilocybin may provide a new treatment option for SUD patients, given the beneficial results observed in recent studies

Methods: Systematic revision of literature.

Results: In the 1950s, a group of drugs with potential to alter consciousness were discovered (hallucinogens). Several studies suggested their anti-SUD potential, improving self-acceptance and interpersonal relationships, reducing craving and alcohol use. As a result of its recreational popularity during the 1960s, they were

banned in 1967, greatly hampering scientific research in this field. Recently, psilocybin, an hallucinogenic substance in psilocybin-containing mushrooms has gained popularity in neuropsychological research, showing to increase trait openness, cognitive and behavioral flexibility, and ratings of positive attitude, mood, social effects, and behavior and even reported persistent positive changes in attitude and behavior. These findings might suggest a valuable compound for the treatment of psychiatric conditions with several additional studies providing supportive evidence for the therapeutic potential of psilocybin for SUD treatment and relapse prevention.

Conclusions: With the reported limited amount of side effects and potential beneficial effects of psilocybin in SUD, there are valid reasons to further investigate the therapeutic efficacy and safety of psilocybin as a potential SUD treatment. On the one hand, psilocybin may exert its anti-addictive properties by beneficial effects on negative emotional states and stress. On the other hand, psilocybin may improve cognitive inflexibility and compulsivity. Research on the efficacy of psilocybin on SUD is still limited to a handful of published studies to date. As a result, many important questions related to the use of psilocybin as a complement to current treatment of SUD and its working mechanisms remain unanswered. Before psilocybin can be implemented as a treatment option for SUD, more extensive research is needed.

Disclosure of Interest: None Declared

EPP0293

Comparison of stress and coping mechanisms among family members of patients abusing licit and illicit substances

S. Mehta*, A. JAISWAL, S. KHATTRI and S. Garg

PSYCHIATRY, SRI GURU RAM RAI INSTITUTE OF MEDICAL & HEALTH SCIENCES, DEHRADUN, UTTARAKHAND, India

*Corresponding author.

doi: 10.1192/j.eurpsy.2023.614

Introduction: Addiction has long been recognized as a disease that may have a dramatic influence on the addicted individual's family members, manifesting as stress or trauma-related physical and psychological symptoms, resulting in increase in the usual family's use of health-care services. There is little research available to identify and explore problems of families associated with such patients. In this study, we will evaluate stress among family members of substance abuse patients and try to focus on how these family members are dealing with these stress factors. The study will also compare different types of coping mechanisms among family members of patients taking licit and illicit substances.

Objectives: To identify stress among families of patients abusing licit and illicit drugs and assess and compare their coping mechanisms.

Methods: 175 family members of patients with licit substance abuse cases and 175 family members of patients with illicit substance abuse were taken for study after informed consent. Stress among participants was evaluated using Symptom Rating Test and The Depression Anxiety and Stress Scales (DASS). Coping Questionnaire (CQ) and Brief COPE was used to assess coping among them.