

**Conclusions:** Even though the variables regarding healthy lifestyles have not reached statistical significance, their importance should not be underestimated. Mental well-being is closely linked to physical health and therefore a holistic approach to health should be emphasized and the rate of burnout should be regularly monitored.

**Disclosure:** No significant relationships.

**Keywords:** depressive symptomatology; burnout; lifestyle; SMBM

## O221

### Psychopathological and psychosocial factors influencing physical health of people with mental disorders

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**Introduction:** Severe mental disorders (SMD) are associated with higher morbidity rates and poorer health outcomes compared to the general population. They are more likely to be overweight, to be affected by cardiovascular diseases, and to have higher risk factors for chronic diseases.

**Objectives:** To assess physical health in a sample of patients with SMD and to investigate which mental health-related factors and other psychosocial outcomes could be considered predictors of poor physical health.

**Methods:** Patients referring to the psychiatric outpatients unit of the University of Campania “L. Vanvitelli” were recruited, and were assessed through validated assessment instruments exploring psychopathological status, global functioning and stigma. Physical health was assessed with an ad-hoc anthropometric schedule. A blood sample has been collected to assess levels of cholesterol, blood glucose, triglycerides, and blood insulin.

**Results:** 75 patients have been recruited, with a mean age of 45.63±11.84 years. 30% of the sample had a diagnosis of psychosis, 27% of depression and 43% of bipolar disorder. A higher BMI is predicted by higher number of hospitalizations, a reduced score at MANSA ( $p<.000$ ), and PSP ( $p<.05$ ), and higher score at ISMI and BPRS ( $p<.05$ ). A higher cardiovascular risk is predicted by a reduced MANSA score ( $p<.000$ ), a higher ISMI score and a poorer adherence to pharmacological treatments ( $p<.05$ ). Higher ISMI score ( $p<.0001$ ) and number of hospitalizations ( $p<.05$ ) are predictors of insulin-resistance.

**Conclusions:** Our study shows that psychosocial domains negatively influence physical health outcome. It is necessary to disseminate an integrated psychosocial intervention in order to improve patients’ physical health.

**Disclosure:** No significant relationships.

**Keywords:** Stigma; Mental disorders; Physical health; chronic diseases

## Psychoneuroimmunology

### O222

#### Pro-inflammatory cytokine alterations in unaffected first-degree relatives of schizophrenia patients

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**Introduction:** A growing body of evidence in both chronic and first-episode schizophrenia report increased expression of pro-inflammatory substances in the blood and cerebrospinal fluid of patients. However, there is not much data in the literature on immune alterations in unaffected first-degree relatives (FDRs) of the patients.

**Objectives:** We aimed to evaluate inflammatory aberrancies in patients with schizophrenia, their unaffected first-degree relatives (FDRs) and healthy controls.

**Methods:** 50 chronic, stable schizophrenia patients, 42 FDRs and 40 healthy subjects with no family history (HCSs) were recruited to the study. IL-1 $\beta$ , IL-6, TNF-a and CRP levels were measured. Complete blood counts, fasting glucose and lipid levels were analyzed and neutrophil-lymphocyte ratio (NLR) were calculated.

**Results:** There was a significant group difference in all cytokine levels after controlling for age, gender, smoking status, comorbid medical diseases, BMI and blood glucose and triglyceride levels ( $p<.001$ ). FDRs showed significantly higher serum levels of cytokines than HCs, in the same way as the corresponding schizophrenia patients but a lower level. Pairwise comparisons revealed that the differences were significant between each group after controlling for confounders ( $p<.001$  for all comparisons). However, NLR and CRP levels were not different between groups.

**Conclusions:** Our results support the role of inflammatory aberrancies in the pathophysiology of schizophrenia. The finding of abnormal cytokine levels both in schizophrenic patients and FDRs indicates that such immunological alterations are not exclusive to the patients and can be possible endophenotypes for the disorder.

**Disclosure:** No significant relationships.

**Keywords:** endophenotype; cytokines; schizophrenia

### O223

#### Hyperbaric oxygenation of autoimmune manifestation in conversational disorders

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**Introduction:** Study of conversion disorders is urgent problem in psychiatry due to high prevalence of hysterical manifestations, both