

EPV0074

CANNABIDIOL- PROVOKES OR TREATS ANXIETY DISORDERS?

H. Arshad^{1*}, A. Arshad¹, M. Khalid², A. R. Khan³, F. Arain⁴ and S. Khatri⁵

¹Psychiatry, Jinnah Sindh medical university, Karachi; ²Psychiatry, Allama Iqbal Medical College, Lahore, Pakistan; ³Psychiatry, Carilion Clinic Virginia Tech, Virginia; ⁴Psychiatry, Rutgers New Jersey School of Medicine and ⁵Psychiatry, Ocean Medical Center, New Jersey, United States

*Corresponding author.

doi: 10.1192/j.eurpsy.2023.1432

Introduction: After the introduction of proposal regarding cannabidiol for the treatment of some psychiatric disorders including anxiety, there is confusion if cannabidiol use is associated with the provocation of anxiety symptoms or it can be safely used for the treatment. In nonmedical terms, (Cannabidiol) Cannabis is referred to as Marijuana and has been considered a potential substance of abuse for ages, that raises few questions for its use as a treating agent. It is an interesting area to be explored.

Objectives: Our aim is to find out the implications of Cannabidiol use. We look forward to knowing the mechanism behind cannabidiol being a potential treatment strategy for anxiety.

Methods: A literature search was conducted using the search terms [anxiety] OR [cannabis] OR [Marijuana] OR [cannabidiol] OR [tetrahydrocannabinol] OR [phytocannabinoids] OR [panic] OR [generalized anxiety] OR [social anxiety] OR [psychologic distress] OR [psychosis] OR [depression]. The overall search produced 230 results. We included 30 studies relevant to the subject in this review.

Results: Results revealed that anxiety is highly prevalent in individuals with a history of cannabidiol use in comparison to non-users. Symptoms of stress are more pronounced with more frequent cannabidiol use. Chronic users present with more severe symptoms like palpitations and the constant restlessness that are difficult to be managed. The potential role of Cannabinoids in reducing the conditioning of fear can be considered one of the reasons for investigations being done on it. Cannabidiol (Cb1) receptor plays a potential role in producing anxiolytic effects. The side effects of first-line drugs like distorted body shape due to weight gain, sexual health concerns and resistance along with frequent relapses, available for managing anxiety disorders are one of the reasons to consider alternative substances. Though, human testings are still underway, animal models are used currently for experimentation purposes and show positive anxiolytic effects of cannabidiol.

Conclusions: There is increased need to investigate necessary chemical and physiologic changes that are produced within the body in response to cannabidiol use. More investigations should be done on human subjects along with animal studies. Proper guidelines should be shared with practicing physicians so that new and pretested ways are open for the treatment of resistant cases with proper implications of knowledge in clinical settings so that there is minimal chance of abuse of potentially addictive chemicals.

Keywords: Cannabis, Cannabidiol, anxiety, treatment, provocation.

Disclosure of Interest: None Declared

EPV0075

dysfunctional breathing and anxiety related disorder

I. Sohn^{1*} and I. Cho²

¹psychiatry, keyo hospital, Uiwang and ²psychiatry, imom psychiatric clinic, seong-nam, Korea, Republic Of

*Corresponding author.

doi: 10.1192/j.eurpsy.2023.1433

Introduction: Although dysfunctional breathing is a common symptom in general population and affects qualities of life, it is still underdiagnosed. There are some studies of prevalence of it in asthma, but few studies in mental illness.

Objectives: The purposes of this study were to explore the prevalence of it in anxiety related disorders, and to investigate whether anxiety influence it.

Methods: 150 patients diagnosed with anxiety or depressive disorders, and 135 controls were recruited. Nijmegen questionnaire was used to assess dysfunctional breathing, and Hospital anxiety depression scale was used.

Results: The prevalence of dysfunctional breathing in anxiety related disorders was higher than that in control.

In the linear regression model, anxiety accounted for 61.2 % of dysfunctional breathing, but depressed mood. With covariate adjusted for anxiety, scores of dysfunctional breathing in anxiety or depressive disorders were higher than in controls.

Conclusions: Dysfunctional breathing in anxiety related disorders is higher than that in control. Adjusting anxiety, its difference is still. Anxiety affects dysfunctional breathing, but depressed mood does not.

Disclosure of Interest: None Declared

EPV0076

Psychological factors associated with bruxism in a sample of university students from the Colombian Caribbean

K. Cabas-Hoyos^{1*}, A. Llinas-Ariza² and C. Guerrero-Cantillo³

¹Cognición y Educación; ²Program of Odontology and ³Universidad del Magdalena, SANTA MARTA, Colombia

*Corresponding author.

doi: 10.1192/j.eurpsy.2023.1434

Introduction: Within the theories that explain tooth grinding are dental factors, skeletal malocclusions, occlusal anomalies and defective reconstructions, however, there would be psychological factors that explain this phenomenon.

Objectives: The aim of the study is to evaluate anxiety, depression and coping responses in university students who self-report clenching or grinding teeth.

Methods: Design: Non-experimental, cross-sectional, and quantitative.

Sample: University students (n=25) aged between 18-25 years (mean: 25.3; SD: 2.39), purposive sampling. Participants completed a self-reported questionnaire reporting teeth clenching/grinding habits.

Instruments: Standardized instruments were used, such as the State Trait Anxiety Inventory (STAI), Beck's Depression Inventory (BDI) and Coping Strategies Scale Modified (CSS-M).

Procedure: First, the study was disclosed, the participants were informed and signed informed consent. They were asked to complete an instrument on teeth grinding/clenching habits and if it was fulfilled, it was included in the study and the psychological evaluation instruments were administered.

Data analysis: An analysis was made using descriptive statistics.

Results: The STAI results showed a high Anxiety-State in all the participants and the Anxiety-Trait had a prevalence of 92.3%. Regarding the levels of depression, it was evidenced that 7.7% presented moderate depression and 31.6% showed mild symptoms. The most used coping strategies were problem solving (87.2%), positive reappraisal (74.4%) and religious support (71.8%), while the least used were seeking professional help (92.3%), waiting (76.9%), aggressive reaction (74.4%) and expression of coping difficulty (71.8%).

Conclusions: University students must cope with an academic load that exceeds their capacity to face academic challenges (Wikes et al., 2019). This demand causes significant discomfort that increases emotions with a high negative charge and favors the appearance or intensification of mental health problems, such as chronic stress, anxiety, depression, nervousness and behavioral disorders.

Disclosure of Interest: None Declared

EPV0077

Managing a functional disorder with vertigo or dizziness in a primary care setting: Clinical case

K. Tzartzas*, S. Aslan and I. Kokkinakis

Département des Policliniques (DDP), Unisanté - Centre de médecine générale et de santé publique, Lausanne, Switzerland

*Corresponding author.

doi: 10.1192/j.eurpsy.2023.1435

Introduction: A heterogeneity in prevalence rates of functional and/or dissociative disorders is evidenced in primary care settings. At least one medically unexplained symptom is diagnosed in 40–49% of all primary care patients and 91% of all patients with a functional diagnosis are managed exclusively by general practitioners (GP) and nonpsychiatric specialists. It is therefore important that GPs identify these disorders so that individualized, multimodal treatment, with psychiatric collaboration, can be initiated promptly.

Objectives: Our objective is to demonstrate the role of consultation-liaison (CL) psychiatrists in the management of patients with a functional diagnosis in primary care, as well as the potential impact of non-collaboration between GPs and psychiatrists.

Methods: Case report of Mrs. P., a 32-year-old patient, married for one year. Following a burnout that occurred two years ago, associated with anxiety-depressive symptoms, she developed gradually persistent dizziness, with balance disorders and asthenia. Mrs. P. consulted a psychiatrist for these symptoms and was treated first with an SSRI and then with an SNRI, which increased her symptoms of dizziness and vertigo. She stopped the psychiatric treatment, being disappointed by the proposed care, and asked her GP for help. No pathology was revealed by the neurological and ENT

assessment requested by her GP. He referred her for a second opinion at the university center for general medicine.

Results: After an initial GP assessment, a CL-psychiatric evaluation was performed (a first joint GP-psychiatrist session, 3 psychiatric sessions, and a feedback joint GP-psychiatrist session), during which a feeling of loss of control was noted in a patient with obsessive personality traits and controlling tendencies. A bidirectional relationship between anxieties, underlying uncontrolled internal conflicts, and dizziness was demonstrated. A dynamic work around the underlying conflicts according to the bio-psycho-social model allowed to identify the presence of a dissociative neurological symptom disorder, with vertigo or dizziness (6B60.2) of which the patient could become aware. This brief CL-psychiatric and psychotherapeutic intervention, proposed and accompanied by the GP, made it possible to explore and elaborate on the patient's modes of functioning in her relationship to her body, to herself, and to others. At the same time, vestibular rehabilitation was performed by a ENT, with a favorable clinical and postural evolution. Thanks to this multidisciplinary treatment led by the GP, Ms P. was able to resume her professional and social activities after 3 months.

Conclusions: GPs have a central role in the detection of dissociative neurological symptom disorder, with vertigo or dizziness, and in the rapid organization of an adapted care network. Collaboration with CL-psychiatrist can offer optimal management of such disorders in primary care settings.

Disclosure of Interest: None Declared

EPV0078

Gluten and anxiety: a difficult balance in people with celiac disease

M. A. Robea^{1*}, A. Ciobica^{2,3}, C. Stanciu^{3,4} and A. Trifan^{1,4}

¹Institute of Gastroenterology and Hepatology, "St. Spiridon" Emergency Hospital; ²Biology, Faculty of Biology, "Alexandru Ioan Cuza" University of Iasi; ³Romanian Academy, Center of Biomedical Research and ⁴Gastroenterology, University of Medicine and Pharmacy "Grigore T. Popa", Iasi, Romania

*Corresponding author.

doi: 10.1192/j.eurpsy.2023.1436

Introduction: Celiac disease (CD), triggered by gluten ingestion, occurs in people genetically predisposed to develop this chronic autoimmune condition. The triggering environmental factor, gluten, is known as a protein present in wheat, rye and barley. In recent decades, specialists have found more knowledge about the disease mechanisms, how it develops and other disturbances which accompany it. The CD was considered a pediatric main gastrointestinal disorder, associated with symptoms of abdominal pain, diarrhea, constipation and bloating, and characterized by damage to the villi of the small intestine. People with CD may experience anemia, fatigue, osteopenia or osteoporosis, bone fracture, neurological and psychiatric problems beside anxiety as depression, ataxia, neuropathy. However, the results of several studies conducted on the fact that people with CD have an increased level of anxiety are mixed.

Objectives: The present work is highlighting the importance of observing the anxiety levels in people diagnosed with CD beside the suitable interventions in reducing it.

Methods: For our study scientific databases were screened using certain keywords and combinations of it as: "celiac disease",