

**Abstract:** This prospective study aimed to examine changes in mental health and differences due to educational status (ES) and country among young adults aged 20-40 from four countries during the COVID-19 pandemic in a three-month period.

The total of 1714 participants (932 women): students ( $n = 321$ ) and non-students ( $n = 519$ ) aged 20-30, educated ( $n = 388$ ), and non-educated ( $n = 486$ ) adults aged 31-40 from Poland ( $n = 445$ ), Slovenia ( $n = 430$ ), Germany ( $n = 417$ ), and Israel ( $n = 422$ ) responded to online survey in February 2021 and May-June 2021. The used measurements were: Perceived Stress Scale (PSS-10), Generalized Anxiety Disorder (GAD-7), and Patient Health Questionnaire (PHQ-8).

A repeated-measures two-way mixed-factor ANOVA was performed to examine changes over time, educational status (ES), and across countries for mental health indicators. The results showed stability over time in anxiety and depression while a small decrease in stress. Students scored significantly higher in stress, anxiety, and depression compared to non-/educated adults and in depression compared to non-studying peers. Participants from Poland and Germany scored higher in anxiety and depression than from Slovenia and Israel. Moreover, Polish participants reported the highest stress among all countries.

The student population is more vulnerable to mental health issues than non-studying peers and adults with and without an academic degree, particularly in Poland and Germany.

**Disclosure of Interest:** None Declared

### S0031

#### Neuronal plasticity and fast antidepressant response

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doi: 10.1192/j.eurpsy.2023.68

**Abstract:** Neuronal plasticity has for a long time been considered important for the recovery from depression and for the antidepressant drug action, but how the drug action is translated to plasticity has remained unclear. Brain-derived neurotrophic factor (BDNF) and its receptor TRKB are critical regulators of neuronal plasticity and have been implicated in the antidepressant action. We have recently found that many, if not all, different antidepressants, including serotonin selective SSRIs, tricyclic as well as fast-acting ketamine, directly bind to TRKB, thereby promoting TRKB translocation to synaptic membranes, which increases BDNF signaling. We have previously shown that antidepressant treatment induces a juvenile-like state of activity in the cortex that facilitates beneficial rewiring of abnormal networks. It is important to note that enhanced plasticity does not necessarily promote recovery, but may also be maladaptive if the environment is adverse. Our findings open a new framework for the antidepressant action and for treatment of depression: antidepressants directly bind to TRKB and allosterically promote BDNF signaling, thereby inducing a state of plasticity that allows re-wiring of abnormal networks for better functionality, when optimal supportive therapy is provided at the time of enhanced plasticity.

**Disclosure of Interest:** E. Castrén Speakers bureau of: Janssen-Cilag

### S0032

#### Mental Health of Health and Medical Students during the COVID-19 Pandemic: National Studies

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doi: 10.1192/j.eurpsy.2023.69

**Abstract:** Since the COVID-19 pandemic's beginning, psychiatrists and searchers have been worried about mental health degradation, especially for caregivers and students. Health students are still students and yet caregivers.

Two national studies were done in 2021. First on all health students from April 4<sup>th</sup> to May 11<sup>th</sup> 2021 (during the 3<sup>rd</sup> lockdown in France, 1 year after the first one). Second only on medical students from May 27<sup>th</sup> and June 27<sup>th</sup> 2021. Both used online surveys

In the first, 16,937 health students answered, including 54% of nurse students. Regarding Kessler-6 scale for psychological distress, 14% had moderate (8-12), and 83% had high ( $\geq 13$ ) levels of psychological distress. In multivariate analysis, being unable to isolate themselves and having financial difficulties were associated with an increased risk of

psychological distress. On the opposite, being a man and not living alone were associated with a reduced risk of psychological distress. In the second, 11,754 participants (response rate: 15.3%) were included. Prevalence of 7-day anxiety symptoms, 7-day depressive symptoms assessed by Hospitalization Anxiety and Depression Scale (HADS), 12-month MDE (using Composite International Diagnostic Interview- Short Form), and 12-month suicidal thoughts were 52%, 18%, 25%, and 19%, respectively. Burnout syndrome (evaluated by Maslach Burnout Inventory) concerned 64% of clinical students and residents and 30% of preclinical students.

These 2 studies highlighted the elevated level of mental distress in health students, especially medical students in France. Preventive and curative actions are needed to help them.

**Disclosure of Interest:** None Declared

### S0033

#### Managing sleep disorders in ADHD: identification, consequences and clinical management

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doi: 10.1192/j.eurpsy.2023.70

**Abstract:** Adequate sleep quality and quantity are essential for optimal occupational and psychological health as well as cognitive function. In up to 78% of adults with ADHD, several sleep disorders are associated.<sup>1,2</sup> These include delayed circadian rhythm, insomnia, sleep-related movement and breathing disorders and altered sleep duration.<sup>3,4</sup> Such sleep problems have consequences in the family and somatic health spheres. In the workplace, adult ADHD coupled with untreated sleep disorder leads to significant occupational impairment. Low employment status, unpredictable behaviour, relationship difficulties, mood lability, risk of injury and