Conclusions: fMRI neurofeedback led to long-term symptomatic reduction in treatment-resistant patients with OCD. Our results need further validation with the sham-control group but highlight the efficacy of fMRI neurofeedback for refractory OCD and the necessity of prolonged neurofeedback protocols.

Disclosure of Interest: None Declared

EPP0200

Cognitive flexibility moderates the relationship between exposure to COVID stressors and obsessive-compulsive (OCS) symptoms

L. Albertella[1], C. Liu[1], R. S. C. Lee[1]*, L. Fontenelle[2], S. R. Chamberlain[3], M. Yücel[1] and K. Rotaru[4]

[1]Turner Institute for Brain and Mental Health, Monash University, Melbourne, Australia; [2]Obsessive, Compulsive, and Anxiety Spectrum Research Program, Institute of Psychiatry, Federal University of Rio de Janeiro, Rio de Janeiro, Brazil; [3]Department of Psychiatry, University of Southampton, Southampton, United Kingdom and [4]Monash Business School, Monash University, Melbourne, Australia
*Corresponding author.
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Introduction: Research suggests that the COVID-19 pandemic and related stressors have triggered OCS for many individuals. However, the extent to which the pandemic and related stressors have influenced OCS seems to vary by individual factors, with some individuals being at greater risk than others. Despite the well-known role of cognitive inflexibility as a marker of risk for OCS, no study to date has examined the extent to which it influences individual susceptibility to developing OCS during the current pandemic. Toward this aim, the current study examined whether cognitive flexibility moderates whether exposure to COVID-related stressors is associated with OCS. Research suggests that the COVID-19 pandemic and related stressors have triggered OCS for many individuals. However, the extent to which the pandemic and related stressors have influenced OCS seems to vary by individual factors, with some individuals being at greater risk than others. Despite the well-known role of cognitive inflexibility as a marker of risk for OCS, no study to date has examined the extent to which it influences individual susceptibility to developing OCS during the current pandemic.

Objectives: Toward this aim, the current study examined whether cognitive flexibility moderates whether exposure to COVID-related stressors is associated with OCS.

Methods: Participants were 169 students (age = 22 years, 62% female) from two student cohorts at Monash Business School who reported experiencing current OCS symptoms. All cohorts completed an online visual search task to measure flexibility of reward-related attentional capture (as an index of cognitive flexibility; measured using the VMAC-R task) and questionnaires gauging exposure to COVID-related stressors, pre-pandemic OCS, and current/lockdown OCS. A negative binomial regression examined the extent to which a) number of COVID-related stressors, b) cognitive flexibility, and c) their interaction was associated with lockdown OCS, adjusting for pre-COVID OCS.

Results: The interaction between COVID-related stressors and cognitive flexibility was significantly associated with OCS (p = 0.048). Follow-up analyses showed that this interaction was driven by exposure to COVID-related stressors being associated with greater OCS among individuals with high cognitive inflexibility scores only (p = .029). Among cognitively flexible individuals, we did not find a relationship between COVID-related stressors and OCS (p = .470).

Conclusions: The result of this study highlight the role of cognitive flexibility as a potential moderator between COVID events and OCS. Critically, these findings have implications for detecting who is at risk of developing OCS following exposure to COVID-related stressors, and suggest that future interventions aimed at modifying cognitive flexibility may hold promise for boosting resilience against the effects of COVID-related stressors on OCS.

Disclosure of Interest: None Declared

EPP0201

Body Dysmorphic Disorder (BDD): Prevalence in the general population of Pakistan and its association with social media usage

S. Azeem[1]*, A. Liaquat[2], Z. Huda[2], B. Mustafa[1], N. Iqbal[2], A. S. Ahmad[3], M. Adil[2], A. Ellahi[4] and S. M. A. Jahangeer Al'Saani[5]

[1]King Edward Medical University, Lahore; [2]Dow University of Health Sciences, Karachi; [3]Shalamar Medical and Dental College, Lahore; [4]Jinnah Sindh Medical University and [5]Community Medicine, Dow University of Health Sciences, Karachi, Pakistan
*Corresponding author.
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Introduction: Body Dysmorphic Disorder (BDD) is a psychiatric, obsessive-compulsive disorder characterized by persistent, pre-occupying, intrusive thoughts regarding defects in one's physical appearance. This leads to potentially harmful behaviors such as constant mirror checking, avoiding socialization, and the need to seek constant validation. The recent increase in social media usage and influence, especially the use of photo-editing apps, has been correlated with a steep decline in body satisfaction due to the perpetuation of unrealistic beauty standards.

Objectives: This study aimed to determine the current prevalence of BDD in the general population of Pakistan and assess the association of BDD with social media usage.

Methods: A descriptive cross-sectional study was conducted from August 2022 to October 2022 on the general population of Pakistan using an online self-administered, anonymous, pretested questionnaire. It contained socio-demographic factors (age, gender, marital status, educational discipline, and household income). Participants were screened for BDD using a pre-tested Body Dysmorphic Disorder Questionnaire (BDDQ) modified to fit the revised DSM-5 criteria. They were further asked about the specifics of the defects they were concerned about, and whether or not they compared their appearance with people online. Characteristics of social media use such as the types of applications used and time spent on them were also asked. Data was analyzed using SPSS v.26.

Results: Out of 779 participants, 5.3% (41) screened positive for BDD. The most repeated behaviors in BDD-positive participants were a comparison of how they looked with other people and checking themselves in the mirror to see how they look. Their most common defect of concern was skin (acne, scars, wrinkles, paleness, redness) followed by the shape or size of the nose, mouth, jaws, or lips. There was a significant association between age and BDD

diagnosis (p < 0.001) and between the tendency to compare themselves with people online and BDD diagnosis (p = 0.001). However, no statistically significant differences were found in the BDD-positive and negative groups concerning gender, the number of social media applications used, or time spent on social media.

Conclusions: There is a need to educate the public about the risk of BDD, especially the more susceptible age, and promote safe social networking. Counseling about the harmful effects of social media could be helpful. This is the first study of its kind done on the Pakistani population and one of the few studies that exist on this topic worldwide. Hence, to reach a conclusive decision, there is a dire need to carry out similar investigations with larger sample sizes and on populations that have yet not been studied.

Disclosure of Interest: None Declared

EPP0202

Biomarkers and clinical predictors of long-term course in obsessivecompulsive disorder: A prospective cohort study

S. López-Rodriguez[1]*, P. Alonso Ortega[1], C. Segalàs Cosi[1], E. Real Barrero[1], S. Bertolín Triquell[1], C. Soriano Mas[1], Á. Carracedo Alvarez[2] and J. M. Menchón Magriña[1]

[1]Obsessive-Compulsive Disorder (OCD) Division, Psychiatry Department, Bellvitge University Hospital, Barcelona and [2]Medicina Legal y Forense, Universidad de Santiago de Compostela, Santiago de Compostela, Spain
*Corresponding author.
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Introduction: The purpose of the research project is to analyze the long-term evolution of obsessive-compulsive disorder (OCD) from of a study of a cohort of patients prospectively followed over a period ranging from 5 to 20 years, treated for according to therapeutic guidelines mediating serotonin reuptake inhibitors (IRS) and drug enhancers (antipsychotics) and cognitive behavioral therapy and evaluated in a standardized manner.

Objectives: To assess the long-term course of Obsessive-Compulsive Disorder (OCD) in a cohort of patients treated according to current clinical guidelines; to analyse possible prognostic factors associated with the long-term course of the disorder including clinical and sociodemographic variables, as well as genetic and neuroimaging biomarkers, and their interaction, and finally to study neuroanatomical and functional cerebral connectivity changes after 15 years of treatment in a subsample of patients.

Methods: Prospective, descriptive, and observational study of a cohort of OCD patients, receiving treatment at the Department of Psychiatry of Hospital de Bellvitge since 1998, according to a standardized protocol. Follow-up period ranges from 5 (n=423), to 10 (n= 247) and 15 years (123). Baseline clinical and sociodemographic assessment, long-term evolution and information on treatments provided are available for the whole sample. Data on whole exome sequencing is available for 300 of the patients included in the cohort and baseline structural neuroimaging and cerebral functional connectivity has been analysed in 168 subjects. To expand the analysis of genetic biomarkers, we propose the study of de novo variants through exome analysis of 50 trios (patient and both parents) selected among those subjects that have reached 15 years

of follow-up (25 trios with patients within the "long-term remission" group and 25 trios with patients with chronic OCD). De novo variants detected in the trio analysis will be replicated in the rest of the sample. A structural and resting state MRI will be obtained in a subsample of 100 patients recruited among those who have completed a minimum follow-up period of 15 years, to assess cerebral changes associated with the long-term course of the disorder.

Results: in the current moment the recruitment period of the study has ended and all the data is being statistically analysed in order to provide solid results in a short period of time.

Conclusions: The identification of those factors associated with an increased risk of chronic disease is an element essential to offer personalized treatment to our patients and improve their prognosis, emphasizing the intensive use of those therapeutic strategies for which we can predict a better response and modifying to the extent of, if possible, environmental factors or factors of access to treatment that contribute to perpetuate obsessive symptoms.

Disclosure of Interest: None Declared

EPP0203

Prevalence and associated factors of obsessive-compulsive disorder among the general population of Latvia

V. Vinogradova[1]*, A. Kivite-Urtane[2,3], J. Vrublevska[1,3] and E. Rancans[1]

[1]Department of Psychiatry and Narcology; [2]Department of Public Health and Epidemiology and [3]Institute of Public Health, Riga Stradins University, Riga, Latvia
*Corresponding author.
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Introduction: Obsessive-compulsive disorder (OCD) is one of the most severe and potentially disabling disorders among all anxiety disorders (Hendriks *et al.* J Affect Disord 2014; 166:227-33). There is no available information about the prevalence of OCD in the general population of Latvia.

Objectives: The aim of our study was to assess the one-month prevalence of OCD in the general population of Latvia and determine the associated factors.

Methods: The study was conducted on a representative sample of the Latvian adult population (n=2687), selected using a stratified random sampling method. Computer assisted face-to-face interviews were carried out between November 2019 and March 2020 in the households of the respondents. The OCD, and possible comorbid diagnoses, were assessed using the MINI International Neuropsychiatric Interview (M.I.N.I.). Anxiety symptoms were assessed with 7-item Generalized Anxiety Disorder (GAD-7) scale: a score of ≥5 indicated the presence of at least mild symptoms of anxiety. Patient-Health Questionnaire-9 (PHQ-9) was used for assessing comorbid depressive symptoms and a score of ≥10 indicated the presence of clinically relevant depressive symptoms. Descriptive statistics and binary logistic regression were applied.

Results: In total 1238 males (46.1%) and 1449 females (53.9%) were recruited. Detected one-month prevalence of OCD was 0.6% (n=16). After adjustment by all analysed factors (n=13) simultaneously, the odds ratio of having OCD adjusted for confounders (aOR) was higher in respondents younger than 44 y.o (vs. >44, aOR 14.2, p=0.007): 81.3% of all respondents with diagnosed OCD were