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Interplay of gut microbiota, body mass index and depression scores in anorexia nervosa: Preliminary data

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Introduction Anorexia nervosa (AN) is a lethal psychiatric disease with only narrow treatment possibilities. Recent study results point out, that gut microbiota might be a contributing factor in the development and persistence of AN through effects on the gut-brain-axis.

Methods We used 16S rRNA sequencing to characterize the composition and diversity of the gut microbiota of 18 AN patients, 19 normal weight controls and 19 athletes matched by age using stool samples. The QIIME-pipeline was used to assess the sequencing result. All participants completed an activity-questionnaire (IPAQ) and inventories to measure depression (BDI, HAMD).

Results Kruskal-Wallis test identified significant differences in alpha-diversity (Chao-1-estimator [$P=0.013$], number of observed species [$P=0.027$]) between groups. Spearman-Correlation revealed a significant correlation of number of observed species ($r=0.366$, $P=0.006$) Chao-1-estimator ($r=0.352$, $P=0.008$) and BMI (Fig. 1). Furthermore, a higher BMI was related to lower depression scores ($r=0.351$, $P<0.001$). Although there was a tendency of a negative correlation of BDI-scores and alpha-diversity ($r=-0.180$, $P=0.059$), correlations with depression scores and IPAQ-scores did not reach significance level (Fig. 1).

Conclusions Our preliminary data demonstrate correlations of alpha-diversity and BMI. Further studies are needed to provide further insights in AN gut microbiota and its influence factors.

Scatterplot of BMI vs. No of observed species

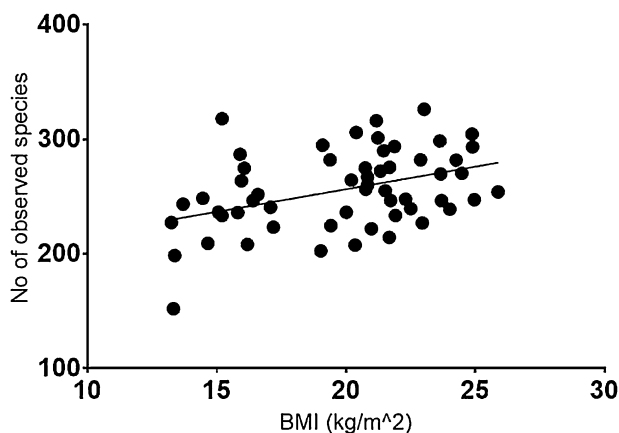


Fig. 1

Disclosure of interest The authors have not supplied their declaration of competing interest.

<http://dx.doi.org/10.1016/j.eurpsy.2017.01.287>

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The different effect of childhood trauma on amygdala and hippocampus in patients with bipolar disorder and healthy controls

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Introduction Childhood trauma (CT) is a relevant environmental stressor for bipolar disorder (BP). Amygdala and hippocampus are key areas involved both in the pathophysiology of BP and in mediating the biological response to stress.

Objectives Structural neuroimaging studies help clarifying neural correlates of the relationship between BP diagnosis and CT.

Aims To verify the impact of CT on amygdala and hippocampus and hippocampal subfields volumes in BP patients and healthy control (HC).

Methods We assessed 105 outpatients, diagnosed with BPI or BPII according to DSM-IV-TR criteria, and 113 HC subjects. History of CT was obtained using the childhood trauma questionnaire (CTQ). High-resolution magnetic resonance imaging was performed on all subjects and volumes of amygdala, hippocampus, nucleus accumbens, caudate, pallidum, putamen, thalamus and hippocampal subfields were measured through FreeSurfer.

Results All deep gray matter structures were smaller in BP than HC. CT modulated the impact of the diagnosis on bilateral amygdala and hippocampus, in particular on subiculum, presubiculum and cornu ammonis CA1. It was associated with bilateral decreased volumes in HC and increased volumes in patients with BP.

Conclusions Childhood trauma impacts on the amygdala and hippocampus, brain areas involved in response to stress and emotion processing, and specifically on the hippocampal subfields most implicated in learning through positive/negative reinforcement.

Disclosure of interest The authors have not supplied their declaration of competing interest.

<http://dx.doi.org/10.1016/j.eurpsy.2017.01.288>

O067

Prevalence of psychopathological features in intellectual disability: The Italian SPAID-G multicentric study

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Introduction Despite increasing awareness of high prevalence of psychiatric disorders in people with intellectual disability (ID), diagnostic tools are few and scarcely used in daily practice. SPAID-G (psychiatric instrument for the intellectually disabled adult-general version) is the first Italian for carrying out psychiatric diagnostic orientations in adults with ID. It was designed to be easy and quick instrument for daily clinical practice.

Objectives/Aims The present study was aimed at evaluating psychometric and psychodiagnostic characteristics of the SPAID-G and at supplying new data on the prevalence rate of psychiatric disorders in a multicentric Italian sample of people with ID living in different settings.

Methods The SPAID-G was consecutively administered to more than 800 persons with ID attending residential, rehabilitative or