

by examining plasma levels and gene expression levels of cytokines and complement proteins as well as by profiling promoter DNA methylation pattern of genes coding for cytokines and complement proteins.

**Methods:** Fifty-seven schizophrenia patients fulfilling DSM-V criteria were recruited into the study and randomized into Yoga therapy (n=28) and waitlist control (n=29) groups. Plasma levels of IL-1 $\beta$ , IL-6, IL-10, IL-17, C1q, C2, C3, C4, C5, C5a, Factor B and Factor H by Multiplex Suspension Assay, quantification of gene expression of *Il1b*, *Il6*, *Il10*, *Il17*, *C3*, *C4* and *C5* genes by quantitative PCR and promoter DNA methylation of *Il1b*, *Il6*, *Il10*, *Il17*, *C3*, *C4* and *C5* genes by pyrosequencing were carried out in all the study participants.

**Results:** Plasma levels of IL-1 $\beta$  (Z score= 2.42, p=0.02) dropped significantly and C2 (Z score= 2.24, p=0.03) levels increased after 12-weeks of yoga therapy. The expression of *Il1b* (Z score=2.45, p=0.01) and *Il6* (Z score=2.07, p=0.04) genes were significantly downregulated, while the levels of *C4* (Z score=2.23, p=0.03) gene was upregulated in schizophrenia patients of yoga therapy group. Two CpG sites in the promoter region of *Il1b* (all p $\leq$ 0.05) and *Il6* (all p $\leq$ 0.05) genes and three CpG sites in the promoter region of *C4* (all p $\leq$ 0.05) gene were hypermethylated, while two CpG sites in the gene body of *Il6* (all p $\leq$ 0.05) gene and two CpG sites in the promoter region of *Il10* (all p $\leq$ 0.05) gene were hypomethylated after 12-weeks of yoga therapy in schizophrenia patients.

**Conclusions:** Our findings provide important insights into the mode of action of yoga therapy in schizophrenia. This study for the first time reports the epigenetic effects of yoga therapy on immune-inflammatory pathway in schizophrenia.

**Disclosure of Interest:** None Declared

## Psychopathology

### O0015

#### Mental health competencies are stronger determinants of well-being than mental disorder symptoms even in psychiatric samples

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doi: 10.1192/j.eurpsy.2024.150

**Introduction:** Exploring the positive psychological and behavioural dimensions of people living with mental disorders can establish a firm ground in a therapeutic alliance for setting up positive life goals.

**Objectives:** The present study aimed to explore whether the strength of the mental health capacities and the severity of mental disorder symptoms and the interaction of the two differ in the strength of their associations with several dimensions of well-being on Hungarian adult psychiatric and non-clinical community samples.

**Methods:** The psychiatric sample (129 patients (44 male, 85 female)) was collected in four Hungarian healthcare facilities using a cross-sectional design. The non-clinical community sample (253 adults (43 male, 210 female)) was collected online using a cross-sectional design. All the respondents completed the Mental Health Test, six well-being and mental health measures, and the Symptom Checklist-90-Revised.

**Results:** Including both the mental health competencies and mental disorder symptoms variables in one regression model in both samples can predict patients' well-being even more accurately. Mental health competencies related positively; mental disorder symptoms connected negatively to subjective well-being. In all models and both samples, mental health competencies were found to be a stronger determinant of well-being than the mental disorder symptoms. The interaction of mental health functioning and mental disorders is no more predictive of well-being in either psychiatric or non-clinical samples than when the effects of each are considered separately.

**Conclusions:** The assessment of mental health competencies has an important predictive value for well-being in the presence of psychopathological symptoms and/or mental disorders.

**Disclosure of Interest:** None Declared

## Psychopharmacology and Pharmacoeconomics

### O0016

#### Use of Intranasal Oxytocin to Treat Adult Autism Spectrum Disorder: A Randomized Double Blind Controlled Trial

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doi: 10.1192/j.eurpsy.2024.151

**Introduction:** Autism Spectrum Disorder (ASD) is characterized by impairments in social interaction and restricted interests. It has been reported that oxytocin may improve processing of social cues and emotions in adults with ASD.

**Objectives:** The aim of this study was to evaluate the therapeutic effects and safety of intranasal oxytocin in this population.