

## EPP0505

**Psychosis in muslim arab population. Case report and article review**

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**Introduction:** In Spain, we are forced to familiarize ourselves with Arab-Muslim culture to properly treat our patients. The diagnosis becomes complicated because western health professionals are not usually familiar with this form of symptom presentation.

**Objectives:** The objective of this work is to study the influence of Arab culture and Muslim religion on the psychopathological symptoms presented during a psychotic episode.

**Methods:** We present two cases of psychosis in two brothers of Maghreb origin who were treated for the first psychotic episode in the acute psychiatric unit in a Spanish regional hospital. Then, we carried out a little research from the literature.

**Results:** The common psychopathological symptoms presented by two brothers of 26 and 27 years were: symptoms of thought, control and influence of the self. Delusional ideas of self-referential harm and persecution. Auditory and cenesthetic hallucinations. In the literature we find that patients with Islamic backgrounds who suffer hallucinations can attribute these experiences to different beliefs such as geniuses (jinn), black magic and the evil eye. One of the siblings was diagnosed with a psychotic episode without specification, while the other brother got the schizophrenia label. We believe that this may be related to the fact that mental health professionals generally tend to label fantastic stories as mind-blowing or delusional in nature.

**Conclusions:** 1. Religious beliefs and fantastic tales of Muslim culture can be considered psychotic symptoms if healthcare professionals are not familiar with this culture. 2. Teamwork between mental health professionals, translators and religious counselors can improve care for Muslim patients.

**Keywords:** psychosis; arab; muslim; transcultural psychiatry.

**Depressive disorders**

## EPP0504

**The results of PHQ-9 screening of latvian general population in 2019-2020**

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**Introduction:** Under-diagnosis of depression is a concerning problem for Latvia. According to our previous research at least 115 000 new cases have to be diagnosed each year, but the data of National

Health Service show that most of the cases remain undiagnosed and untreated.

**Objectives:** To determine the point prevalence of depressive episode and associated factors in Latvian general population.

**Methods:** Computer assisted face-to-face interviews were carried out between November 2019 and March 2020 to gather information on a representative sample of the Latvian adult population (n=2687). The study sample was selected using a stratified random sampling method. The participants were interviewed using the Patient Health Questionnaire-9; a score of  $\geq 10$  was defined as indicating the presence of a clinically relevant depressive symptoms. Multinomial logistic regression was applied.

**Results:** There were 1238 males (46.1%) and 1449 females (53.9%) recruited. Mean age of respondents was 49.9 (SD 18.2). The point prevalence of depressive episode in general population was 6.5% with statistically significant difference between genders: 4.8% in men and 7.7% in women ( $p=0.02$ ). Lower level of education ( $p<0.001$ ) and unemployment ( $p=0.01$ ) were statistically significant associated factors for depressive episode among women. The odds of having depressive episode were higher in male urban dwellers ( $p=0.03$ ) (but not in the capital city) and in man, who live separately, are divorced or widowed ( $p=0.004$ ).

**Conclusions:** Females, especially unemployed women and those with unfinished education, are at particular significant risk of depression, which should be addressed in developing prevention strategy and screening programmes of depression.

**Keywords:** PHQ-9; general\_population; Screening; depressive\_episode

## EPP0505

**Polyunsaturated fatty acid in treatment resistant depression: A pilot study**

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**Introduction:** The deficiency of polyunsaturated fatty acids (PUFAs) and an alteration between the ratio of omega-6 and omega-3 PUFAs may contribute to the pathogenesis of depressive disorders.

**Objectives:** To investigate the levels of omega-3 and omega-6 in red cell membranes (mPUFAs) and plasma (pPUFAs) of patients with treatment-resistant (TRD) and non-treatment resistant depression (non-TRD).

**Methods:** TRD and non-TRD consisted of 75 patients enrolled at the Psychiatric and Clinic Psychology Unit of the University of Rome Tor Vergata, Rome, Italy, and met the DSM-IV criteria for major depressive disorder (MDD). A group of healthy controls (HC) matched for gender and age was enrolled. All blood samples were performed in conditions of an empty stomach between 07:00 am and 09:00 am. For each subject were obtained 5 ml of whole blood with the use of tubes for plasma with EDTA as an anticoagulant. Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) for omega-3 and arachidonic acid (AA) for omega-6 were measured.

**Results:** Levels of pPUFAs did not differ between the three groups. The mPUFAs were altered in the MDD. TRD and non-TRD had lower EPA and AA values respect to the HC. DHA in red cell membranes was lower in TRD than non-TRD and HC.