

factors on the occurrence of recurrent depression (RD). The study can be informative in predicting the risk of the RD occurrence. Therefore, studies related to this problem are designed to identify the specificity “familial” forms of RD.

**Objectives:** To study the influence of hereditary factors on the RD formation.

**Methods:** Clinical-psychopathological, clinical-genealogical, statistical.

**Results:** Based on the clinical and genealogical data study, a statistically significant excess of the individuals with psychiatric disorders proportion in the main group (108 patients with RDD whose family history included relatives with depression, main group) was found: The percentage of individuals on psychiatric registry (18%, CI: 14.5-22.1) was 15 times higher than the control group (46 individuals without RDR in the pedigree) ( $p < 0.05$ ), individuals with depression (33%, CI: 28.5-37.8) were 7.3 times higher ( $p < 0.05$ ), suicides (7.9%, CI: 5.6-11.0) were 4.2 times higher ( $p < 0.05$ ), cases of alcohol dependence (25.6%, CI: 21.6-30.2) were 1.8 times higher ( $p < 0.05$ ). In the main group family tree examinees, this pathology occurred most frequently in I and II degree of kinship relative. When comparing heredity factors with peculiarities of the RD course, we found a specific weight in correlations of such factors as: depressive disorders predominantly in first-degree relatives ( $p \leq 0.005$ ), suicidal behavior in first- and second-degree relatives ( $p \leq 0.005$ ).

**Conclusions:** The findings should be taken into account in diagnostic and preventive measures.

**Disclosure:** No significant relationships.

## EPP0057

### Virtual Reality Cognitive Remediation for Mood disorders: RCT pilot study

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doi: 10.1192/j.eurpsy.2022.391

**Introduction:** Mood disorders interrupt well-being and participation in everyday activities through, among others, a mechanism of cognitive impairments. Ample evidence was found for cognitive remediation (CR) effectiveness in various mental health conditions. However, its contribution to improvement of functional outcomes in mood disorders was little investigated. Virtual Reality (VR)-based CR has a potential to overcome limitations by enabling training on daily-life tasks in ecological environments.

**Objectives:** Test the effectiveness of VR-based vs standard CR for improvement of cognition, functional capacity and participation in daily-life activities in mood disorders.

**Methods:** Twenty-two individuals (female: N=13, 59.1%; Age: M=39, SD=13.4) diagnosed with major depression or bipolar

disorder were randomly assigned either to the standard or VR-based CR. The participants completed 6 half-an-hour sessions using the Functional Brain Trainer (Intendu©), a body-controlled, adaptive tool for training of inhibition, planning, working memory, shifting, self-initiation, persistence, and attention in functional tasks and environments. Standard assessments were used to evaluate cognition, functional capacity, mood symptoms and participation dimensions in pre-post design.

**Results:** VR-based CR contributes to improvement in memory, executive functions and construction ( $2 < Z < 2.23$ ,  $p < .05$ ), functional capacity ( $Z = -2.44$ ,  $p < .01$ ) and satisfaction with participation ( $Z = -1.9$ ,  $p < .01$ ). Standard CR contributes to executive functions ( $Z = 2.33$ ,  $p < .05$ ), and functional capacity ( $Z = -2.35$ ,  $p < .05$ ).

**Conclusions:** This study provides initial evidence for contribution of CR to functional outcomes in mood disorders, with advantages of VR-based modality, suggesting the potential of CR to improve treatment outcomes and well-being in this population. Larger, controlled trials are needed to further expand evidence for VR-based CR effectiveness.

**Disclosure:** No significant relationships.

**Keywords:** Everyday functioning; Mood disorders; Cognitive remediation

## EPP0058

### Early-Onset Depression Is Associated With Specific Neurovegetative Symptoms

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doi: 10.1192/j.eurpsy.2022.392

**Introduction:** The age at onset of depression is not only an important clinical predictor of the further disease course, but also a robust marker, reflecting the genetic impact on depression risk.