

EPV0203

Melatonin and self harm behavior in youth, beyond the sleep impact

N. Kouki*, A. Maamri, N. kouki, F. Ghriissi, A. Hajri and H. zalila

Outpatient psychiatry department, razi, manouba, Tunisia

*Corresponding author.

doi: 10.1192/j.eurpsy.2024.962

Introduction: Sleep disorders in youth are associated to psychiatric disorders and may lead to significant negative effects on cognitive skills, emotional regulation and behavior such as self harm.

Objectives: The aim of our study is to highlight the melatonin effects on reducing self harm behaviors in the youth.

Methods: Our work is a literature review based on the PubMed interface and adapted for 2 databases: Science Direct and Google Scholar using the following combination (self harm [MeSH terms]) AND (melatonin [MeSH terms]) AND (youth [MeSH terms]) .

Results: We initially reviewed 6 articles published between 2012 and 2022. We retained 3 articles which corresponded to the aim of our study.

Self harm behaviors were mainly described in youth during adolescence. In fact, self injurious release may be considered as way to release emotional tension and physical discomfort.

Melatonin prescribed in youth for the treatment of sleep disorders not only improved sleep ,but also mood disorders and impulsivity. Melatonin restores indirectly serotonin levels through a continuous bidirectional connexion . Therefore it is efficient on psychiatric comorbidities, especially anxiety and depression which are associated with intentional self-harm.

Conclusions: Melatonin is the most prescribed drug for sleep disturbances in children and adolescents, its impact covers a large spectrum of disturbances including the self harm behaviors.

Disclosure of Interest: None Declared

EPV0202

Gender diversity and autism spectrum disorder in child and youth population

P. R. Rodríguez*, M. M. Grimal, E. E. M. Castellano,

F. A. R. Batista and N. M. Pérez

Psychiatry, Hospital Universitario de Gran Canaria Doctor Negrín, Las Palmas de Gran Canaria, Spain

*Corresponding author.

doi: 10.1192/j.eurpsy.2024.963

Introduction: Interest in the co-occurrence of gender dysphoria and autism spectrum disorder has gained prominence in recent years. Gender dysphoria refers to the distress experienced when there is an incongruence between gender identity and sex assigned at birth. On the other hand, autism spectrum disorder is characterized by difficulties in communication and social interaction, as well as restrictive and repetitive patterns of behavior.

Objectives: The aim of this paper is to review the current available literature in order to expand our knowledge about gender identity and dysphoria in the population with autism spectrum disorder.

Methods: A qualitative review was conducted over the last 20 years, using the Medline database through PubMed. Combinations of MeSH terms related to gender identity and people with autism spectrum disorder were used, selecting those studies in English, French or Spanish that met the objectives of the review, excluding references in other languages. The scientific evidence obtained was analyzed and synthesized.

Results: The development of gender identity of people with autism spectrum disorder can be a complex process. Comparing the general population with the population with autism spectrum disorder, a higher prevalence of gender dysphoria has been evidenced in the population with autism spectrum disorder, and within this group when segmented by gender, greater in women than in men.

Conclusions: This review highlights the importance of increasing knowledge about sexuality and gender dysphoria in people with autism spectrum disorder in order to facilitate the development, understanding and acceptance of their gender identity and sexual orientation of these people.

Disclosure of Interest: None Declared

EPV0203

Sensory reactivity in children and adolescents with autism

S. Perez^{1*} and I. Martin²

¹Psychiatry, Los Arcos del Mar Menor Hospital and ²psychiatry, Infante Mental Health Center, Murcia, Spain

*Corresponding author.

doi: 10.1192/j.eurpsy.2024.964

Introduction: The gut-brain axis establishes the relationships between bacteria, neurotransmitters and psychophysiological responses associated with a neuronal and behavioral correlate in autism and different mental disorders.

In recent years, there has been an increase in studies on the implications of the gut microbiota (MI) in children with autism spectrum disorders (ASD).

Objectives: 1. To study if there is a dysbiosis or alteration of the MI can trigger the appearance of ASD symptoms.

It is considered that there is a frequent comorbidity with gastrointestinal symptoms (GS), pain and sensory reactivity in ASD, and that these are indicators of a possible alteration in the gut-brain axis.

Methods: In this sense, children with ASD have hypersensitivity to certain visual, olfactory, tactile, etc. stimuli. which makes them be more picky about food and have certain repetitive patterns of behavior, as a consequence they present gastrointestinal symptoms such as constipation and abdominal pain. Sensory reactivity can influence both feeding and sleep patterns in autism.

Results: Currently, there are measuring instruments for sensory reactivity, pain and gastro-intestinal symptoms. However, there are several limitations of these instruments and especially with sensory reactivity in autism because: (1) the items had not been developed in collaboration with interested parties (pediatricians, neuropsychologists, etc.) and (2) the lack of structural validity analysis. Thus, it appears that most validation studies do not meet the criteria of sufficient psychometric quality according to the COSMIN guidelines. Additionally, there is a lack of consensus around terminology (e.g., sensory