

## EPP0009

### Descriptive study of adolescents hospitalized in the Psychiatric Unit of a hospital in Madrid, Spain

P. Del Sol Calderon<sup>1\*</sup>, A. Izquierdo de la Puente<sup>1</sup>, R. Fernández<sup>2</sup>, M. García Moreno<sup>1</sup>, L. Mallol<sup>1</sup> and I. Palanca<sup>1</sup>

<sup>1</sup>Psychiatry, Hospital Puerta de Hierro and <sup>2</sup>Psychiatry, Hospital Universitario Infanta Cristina, Madrid, Spain

\*Corresponding author.

doi: 10.1192/j.eurpsy.2024.249

**Introduction:** An increase in suicidal behavior among the adolescent population is reflected in the literature and in clinical practice. According to a study of suicidal behavior and mental health by the Spanish ANAR Foundation, the number of cases with suicidal behavior has experienced an accentuated growth in the period 2012-2022 (1,921.3%), highlighting the increase produced in the post-COVID-19 period, between 2020 and 2022 (128%)

**Objectives:** To analyze the reasons for admission to the short hospitalization unit. To describe the sociodemographic characteristics of hospitalized adolescents.

**Methods:** Descriptive observational study of the sample of adolescents admitted to the inpatient psychiatric unit of the Hospital Universitario Puerta de Hierro between January 1, 2023 and June 30, 2023. It is carried out through the information obtained in the clinical history of the patients.

**Results:** During this period of time 113 adolescents were admitted, 80.2% were female. The mean age was 15.16 years. The main reason for admission was autolytic ideation, occurring in 33.3% of the patients. The second most frequent reason for admission was suicide attempt (29.7%) and behavioral disturbance (17.1%) was the third most frequent. Of the methods used in suicide attempts, drug overeating stands out among the methods used in suicide attempts. (75.8%), followed by attempted hanging (12.1%) or cutting (12.1%).

**Image:**

Reason for admission	Total		Male		Female	
	N	Percent aje (%)	N	Percent aje (%)	N	Percent aje (%)
Suicidal ideation	37	33,3	2	10	35	40,2
Suicide attempt	33	29,7	4	20	29	33,3
Behavioral disturbance	19	17,1	11	55	8	9,2
Self-aggressiveness	8	7,2	2	10	6	6,9
Eating disorders	3	2,7	0	0	3	3,4
Psychotic symptoms	2	1,8	0	0	2	2,3
Dissociative symptoms	1	0,9	1	5	0	0
Conversive symptoms	1	0,9	0	0	1	1,1

**Conclusions:** The results corroborate what is reported in the scientific literature, where self-harm and self-injury attempts have increased and are the most frequent reasons for admission. This

shows that suicide is a public health problem of the first order, where prevention and early intervention programs are necessary.

**Disclosure of Interest:** None Declared

## EPP0010

### Sleep quality mediates the relationship between problematic social media use and attention-deficit/hyperactivity symptoms

L. R. Paulina<sup>1,2\*</sup>, I. Csejtei<sup>3,4</sup> and M. Miklósi<sup>2,5,6</sup>

<sup>1</sup>Department of Psychiatry and Psychotherapy; <sup>2</sup>Department of Clinical Psychology, Semmelweis University; <sup>3</sup>Department of Media and Communication, Eötvös Loránd University; <sup>4</sup>Fay Andras Foundation, OTP; <sup>5</sup>Institute of Psychology, Eötvös Loránd University and <sup>6</sup>Mental Health Center for Children and Adolescents, Heim Pál National Pediatric Institute, Budapest, Hungary

\*Corresponding author.

doi: 10.1192/j.eurpsy.2024.250

**Introduction:** Commencing in 2019, the onset of the COVID-19 pandemic prompted an upsurge in online engagement, drawing attention to the advantages and perils associated with the use of social media. Existing research emphasizes that elevated symptom levels of attention deficit/hyperactivity disorder (ADHD) are linked not to the extent (time) of usage but to its addictive nature. However, scant research has explored its relationship with sleep quality.

**Objectives:** In this study, we scrutinized the correlation between problematic social media usage, sleep quality, and ADHD symptoms in a non-clinical sample of young individuals during the third wave of the pandemic.

**Methods:** We administered an online survey to 139 participants (mean age: 21.37 years, standard deviation: 2.68 years, range: 15-27). The survey encompassed various assessments, including the Bergen Social Media Addiction Scale (BSMAS), the Athens Insomnia Scale (AIS), and the self-report version of the SWAN scale (Strengths and Weaknesses of ADHD Symptoms and Normal Behavior). Participants also reported on the extent of their social media use.

**Results:** Significant distinctions emerged in the extent of social media usage between online (M=3.12; SD=1.08) and in-person educational settings (M=2.47; SD=0.78) ( $t(73)=6.01$ ;  $p<0.001$ ;  $d=0.70$ ). While ADHD symptom levels exhibited no correlation with the extent of social media engagement, they did exhibit a significant positive correlation with problematic usage ( $r=0.32$ ;  $p<0.001$ ). Likewise, the extent of social media usage displayed no correlation with sleep quality; however, problematic usage was linked to poorer sleep quality ( $r=0.27$ ;  $p=0.002$ ). In our mediation analysis, problematic usage correlated both directly ( $c'=-0.61$ ;  $p=0.02$ ) and indirectly ( $ab=-0.36$ ; 95% CI: -0.60 - -0.10) with heightened ADHD symptoms through diminished sleep quality ( $F(1,120)=21.94$ ;  $p<0.001$ ;  $R^2=0.27$ ).

**Conclusions:** Our findings affirm that it is not the extent but rather the problematic nature of social media usage that assumes significance. Moreover, our results propose that problematic usage may

exacerbate ADHD symptoms, not only directly but also by influencing sleep quality.

**Disclosure of Interest:** None Declared

## Depressive Disorders

### EPP0011

#### Prevalence and predictors of Anxiety and Depression among Adolescents and Young Adults: Findings from the MoreGoodDays Support Program in Alberta, Canada

A. Belinda<sup>1\*</sup>, R. Shalaby<sup>1</sup>, K. Hay<sup>2</sup>, R. Pattison<sup>2</sup>, E. Eboime<sup>3</sup>, M. Korthuis<sup>4</sup>, Y. Wei<sup>1</sup> and V. I. O. Agyapong<sup>1,3</sup>

<sup>1</sup>University of Alberta; <sup>2</sup>Kickstand, Edmonton; <sup>3</sup>Dalhousie University, Halifax and <sup>4</sup>Glenrose Rehabilitation Hospital Foundation, Edmonton, Canada

\*Corresponding author.

doi: 10.1192/j.eurpsy.2024.251

**Introduction:** The COVID-19 pandemic has led to a rise in psychological disorders among adolescents and young adults. There is an increase in the prevalence of likely anxiety and likely depression among the subscribers of MoreGoodDays supportive text message program, reflecting the impact of the COVID-19 pandemic on this cohort.

**Objectives:** To assess the prevalence, severity, and correlates of likely generalized anxiety disorder (GAD) and likely major depressive disorder (MDD) among subscribers of MoreGoodDays program.

**Methods:** This study used a cross-sectional design. An online survey questionnaire was used to collect sociodemographic and clinical information from subscribers of MoreGoodDays program, a daily supportive text message program co-designed with adolescents and young adults for their peers in Alberta. Validated instruments, the Generalized Anxiety Disorder GAD-7 and Patient Health Questionnaire-9 PHQ-9 were used to collect information on likely GAD and likely major depressive disorder (MDD), respectively. Data was analyzed with SPSS version 25 using chi-squared tests and binary logistic regression analysis.

**Results:** 343 subscribers of MoreGoodDays participated in the survey. Overall, 117 (56.0%) respondents had a likely MDD and 97 (46.6%) had a likely GAD. Participants who would like to receive mental health counselling were 27 times more likely to experience GAD (OR = 27; 95% CI: 3.09–250.00) and 40 times more likely to experience MDD (OR = 40.03; 95% CI: 4.43–361.51) than those who did not. Respondents who had received mental health counselling in the past were 18.5 times more likely to experience MDD compared with those who had not (OR = 18.52; 95% CI: 1.55–200.00). Demographic variables, including age, education, employment, and relationship status, and clinical variables, such as history of anxiety, depression, obsessive-compulsive disorder, ADHD, and adverse childhood experience, did not independently predict presence of likely GAD or MDD in subscribers of MoreGoodDays.

**Conclusions:** The prevalence of anxiety and depression was relatively high among subscribers of MoreGoodDays, indicating the

long-term effect of the COVID-19 pandemic. This finding has significant implications in the broader context of mental health research and emphasizes the need for more research into innovative mental health support for this cohort. The desire to receive counselling was predictive of both anxiety and depression and is a positive sign of the openness of this cohort to receive psychological intervention. Since this group is mostly adapted to mobile text technology, government agencies and policymakers should prioritize and implement readily accessible interventions such as supportive text messages to support their psychological well-being.

**Disclosure of Interest:** None Declared

### EPP0012

#### The effect of prophylactic esketamine in labor and cesarian delivery on the prevention of postpartum depression (PPD): A systematic review and meta-analysis of randomized controlled trials

A. Kozhokar Mikhaylovskaya<sup>1\*</sup> and A. Q. Shimit<sup>2</sup>

<sup>1</sup>Department of Medicine, Universitat Internacional de Catalunya, Sant Cugat del Vallès, Spain and <sup>2</sup>Department of Medicine, Pontifical Catholic University of Poços de Caldas, Poços de Caldas, Brazil

\*Corresponding author.

doi: 10.1192/j.eurpsy.2024.252

**Introduction:** Postpartum depression (PPD) is a common psychiatric illness affecting maternal health, which can lead to poor outcomes for the infant, mother and family. Since the usual pharmacological treatment has low efficacy and a delayed onset of action, new treatment options should be explored. A recent meta-analysis demonstrated positive effects of racemic ketamine on PPD, but limited evidence is available on its more potent derivative esketamine.

**Objectives:** To determine the effect of esketamine administered prophylactically during labor on the risk of incidence of PPD at 1 week and 6 weeks after delivery.

**Methods:** PubMed, Scopus and GoogleScholar databases were searched for randomized controlled trials that studied the efficacy of esketamine that screened for PPD using the Edinburgh Postpartum Depression Scale (EPDS). Risk ratio was used to determine the effect of incidence on PPD. Heterogeneity was examined with I<sup>2</sup> statistics. A random-effects model was used, as per moderate heterogeneity (I<sup>2</sup>=59%, p-value<0.05).

**Results:** We included 7 RCTs with 1287 patients, 635 having received esketamine (49.3%). Patient-controlled intravenous analgesia (PCIA) or single intravenous dose during the delivery or cesarian section were the main drug delivery methods. Follow-up ranged from 4 weeks to 6 months, and EPDS cut-off scores for depression risk differed between studies, from 9 to 13 points. Dosages varied from 0.2mg/kg to 0.5mg/kg for single-dose administration and 0.1mg/kg to 1.25mg/kg for PCIA. Incidence of PPD at one week (RR: 0.459 95%CI 0.217-0.970; p<0.05; figure 1A) and at 6 weeks (RR: 0.470 95%CI 0.273-0.810; p<0.01; figure 1B) was significantly less common in patients who received esketamine during or after labor. Risk of bias was low in 5 studies and moderate in 2 studies. Risk of publication bias is significant.