

EV0426

Memory, attention and language deficits in major depressive disorderB. Suci^{1,*}, R. Paunescu², I. Miclutia²¹ Children's Emergency Hospital- Cluj-Napoca, Romania, Psychiatry Clinic- Cluj-Napoca, Romania, Cluj-Napoca, Romania² Iuliu Hațieganu University of Medicine and Pharmacy, Department of Neurosciences, Cluj-Napoca, Romania

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Objectives For a long time, cognitive deficits were considered as part of depressive episodes and were expected to improve as other affective symptoms diminished with treatment. Because of this, cognitive impairment was rarely assessed for Major depressive disorder, but in the present time this has changed.

Methods The study included 35 patients (age between 18 and 70) diagnosed with recurrent major depressive disorder (according to ICD-10 and DSM-V) which were evaluated during an acute depressive episode. The severity of depression was quantified clinically and with the help of Hamilton Depression Rating Scale -17 items- whereas cognitive functions were evaluated with standard cognitive tests.

Results Out of the 35 patients included, 25 were female patients, the rest of 10 being represented by male participants. A median score of 81,5 seconds on the Trail Making Test part A showed attention focusing deficits when compared with standard scores. For semantic fluency, ten words represented the mean score; whereas for phonemic fluency the mean score was lower (seven words). A median score of 5 words resulted from the assessment of the verbal learning and memory, these are considered to be associated with memorization and retention of a list of words given.

Conclusions These results sustain what the majority of studies revealed, that cognitive deficits are present in all cognitive domains, mostly in attention, verbal fluency and memory.

Disclosure of interest The authors have not supplied their declaration of competing interest.

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EV0427

Pathologies related to depression in elderly patientsJ. Batistella¹, G. Hida², D. Malheiros², G. Taniguchi Rodrigues³, F.J. Ropero Peláez⁴, J. Magalhães¹, S. Taniguchi^{1,*}¹ Albert Einstein Hospital, Basic Sciences, São Paulo, Brazil² Albert Einstein Hospital, Health Economics, São Paulo, Brazil³ Centro Universitário do Estado do Pará, Faculty of Medicine, Belém, Brazil⁴ UFABC, Mathematics Computation and Cognition, Santo André, Brazil

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Introduction The occurrence of chronic diseases, motor limitation, cognitive impairment and social isolation could be related to late life depression.

Objective To describe the pathologies related to elderly patients with depression. To study possible relationship between depression and others pathologies in elderly patients.

Methods This retrospective study included 124 geriatric patients enrolled in a private long-term care institution with mean age of 86.2 ± 6.5 years old, mean weight of 60.28 ± 2.00 kg and mean period of hospitalisation of 4.4 ± 2.3 years. For data analysis, double-entry tables and tests of proportion Qui-square were used.

Results Cardiovascular, respiratory, endocrine metabolic, skeletal muscle, sense organs, hematological, digestive tract; neuropsychological and genitourinary, diseases were analyzed.

We observed a significant correlation between depression and endocrine-metabolic (P value of 0.0003), sense organs (P value of $9.298 \text{ E-}5$) and skeletal muscle pathologies (P value of $6.843 \text{ E-}6$)

Conclusions We observed in that population that depression could be prevalent in elderly patients with endocrine-metabolic, sense organs and skeletal muscle pathologies.

Disclosure of interest The authors have not supplied their declaration of competing interest.

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EV0428

Effect of yoga and meditation on accelerated cellular aging in major depressive disorder patientsT. Madhuri^{1,*}, R. Dada¹, R. Sagar²¹ All India Institute of Medical Science, Anatomy, Delhi, India² All India Institute of Medical Science, Psychiatry, Delhi, India

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Introduction Accelerated aging is associated with major depressive disorder (MDD) and studies of yoga and meditation based lifestyle intervention (YMLI) on biomarkers of cellular aging are lacking.

Aim and objectives To investigate the peripheral blood biomarkers of cellular aging in MDD patients after short term YMLI. Biomarkers include DNA damage, oxidative stress (OS), telomere attrition, and nutrition sensing assessed respectively by 8-hydroxy 2'- deoxyguanosine (8-OHdG); reactive oxygen species (ROS) and total antioxidant capacity (TAC); telomere length and telomerase activity; and sirtuin-1.

Methods We consecutively enrolled 33 MDD patients and 40 healthy subjects; 30 MDD patients were followed up with 12-week YMLI. Biomarkers of cellular aging in peripheral blood were measured with assay kits. All patients were evaluated by examining the correlation between cellular aging markers and Montgomery-Asberg Depression Rating Scale (MADRS) scores.

Results The levels of DNA damage, OS, and telomere attrition in MDD patients were significantly higher than healthy subjects (all $P=0.005$). The MADRS scores had a significantly positive association with 8-OHdG and ROS levels and negative association with TAC, telomerase and sirtuin-1 levels (all $P<0.01$).

Conclusions Peripheral blood biomarker levels in our results suggest significant cellular aging in MDD patients compared to healthy subjects. There was strong correlation between the changes in biomarkers of cellular aging and clinical improvement in MDD. Our study is the first to show significant increase in sirtuin-1 levels in MDD patients after yoga and meditation. Therefore, biomarkers of cellular aging might be indicators of MDD severity and clinical remission after YMLI.

Disclosure of interest The authors have not supplied their declaration of competing interest.

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Depression screening in primary care patients

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Introduction Depression is a common mental disorder that can be associated with more functional disability than most chronic medical illnesses and the increased reporting of medically unexplained somatic symptoms.

Aim To assess the prevalence of depression in a Tunisian population, as well as the associated factors.

Methods We conducted a cross-sectional, descriptive and analytic study, among 707 subjects consulting in 20 primary care