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[1]*, R. Shalaby[1], K. Hay[2], R. Pattison[2], E. Eboreime[3], M. Korthuis[4], Y. Wei[1] and V. I. O. Agyapong[1,3]

[1]University of Alberta; [2]Kickstand, Edmonton; [3]Dalhousie University, Halifax and [4]Glenrose Rehabilitation Hospital Foundation, Edmonton, Canada
*Corresponding author.
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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 the 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[1]* and A. Q. Shimit[2]

[1]Department of Medicine, Universitat Internacional de Catalunya, Sant Cugat del Vallès, Spain and [2]Department of Medicine, Pontifical Catholic University of Poços de Caldas, Poços de Caldas, Brazil
*Corresponding author.
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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 I2 statistics. A random-effects model was used, as per moderate heterogeneity (I2=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.

Image:

Figure 1A. Incidence of PPD was significantly reduced in puerperae receiving esketamine 1 week after delivery.

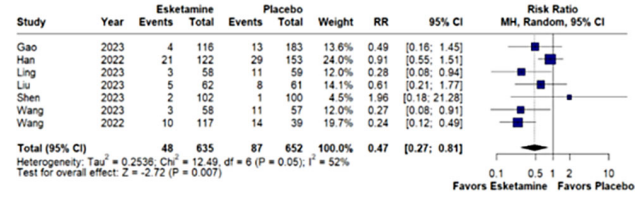
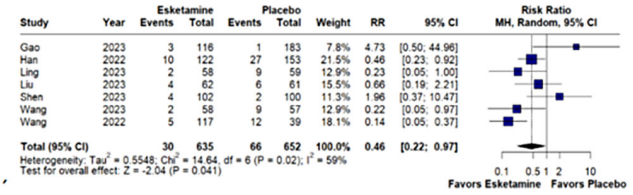


Figure 1B. Incidence of PPD was significantly reduced in puerperae receiving esketamine 6 weeks after delivery.



Conclusions: Prophylactic esketamine seems to improve EPDS scores in women at one and six weeks after birth. A more thorough analysis of the adverse effects on maternal and neonatal health are required, and long-term benefits are not fully understood. Larger multicenter studies would be a welcome addition to the issue at hand.

Disclosure of Interest: None Declared

EPP0013

How adults with treatment resistant depression experience their first esketamine nasal spray treatment? Preliminary results from a French qualitative study

E. Manolios[1,2,3], J. Mathé[1,3], J. Sibeoni[1,3,4], M. Rotharmel[5], B. Astruc[6], B. Falissard[7], L. Mekaoui[8], A. Laurin[9]*, E. Gaudre-Wattinne[10], J. Dupin[10] and A. Revah-Levy[1,3,4]

[1]ECSTRRA team, INSERM; [2]Service de Psychiatrie et Addictologie de l'adulte et du sujet âgé, Hôpital européen Georges-Pompidou, APHP; [3]IPSEA, Paris; [4]SUPADO, CH Argenteuil, Argenteuil; [5]University Department of Psychiatry, Centre d'Excellence Thérapeutique, Centre Hospitalier du Rouvray, Rouen, France; [6]Les Toises - Centre de psychiatrie et psychothérapie, Lausanne, Switzerland; [7]CESP, INSERM U1018, Université Paris Saclay, Villejuif; [8]CMME, GHU Paris Psychiatrie et neurosciences, Paris; [9]CHU nantes, Nantes université, Nantes and [10]Janssen Cilag, Issy les Moulineaux, France
*Corresponding author.
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Introduction: Spravato® (esketamine nasal spray- ENS) is a new adjunctive drug for Treatment Resistant Depression (TRD), i.e. patients with major depressive disorder that failed to adequately respond despite the use of two different antidepressants. In France, a real world non-interventional post-commercialization cohort study is being conducted aiming to describe the conditions of use of the esketamine, and to observe the outcomes.
Objectives: To in-depth explore the lived experience of first administered ENS treatment among adults with TRD, we are conducting an ancillary qualitative study.
Methods: This qualitative study uses the IPSE approach (Sibeoni et al. *BMC Medical Research Methodology* 20.1(2020):1-21) and has been conducted in four French psychiatric departments. Design was based on the recruitment of patients through the Cohort study, all interviewed twice, the first time 3 to 5 weeks after the first administration of ENS, and the second time around 6 months after, whether treatment has been continued or not. Data analysis follows the IPSE analytic procedure and is conducted in two stages: three individual researchers carry out independent work and the group collectively pools data. These preliminary results are based on the sole analysis of the first interviews conducted from July 2022 to July 2023.
Results: Eighteen participants with moderate to severe TRD, including 13 women, were interviewed and two axes of experience have been produced: (1) the overwhelming experiences of the treatment, perceived differently depending on patients, as a dissociative experience, both inside – described as a *trip*- and outside of them; (2) A discordant treatment experience with both solitude and relational support from medical team.
Conclusions: These results highlight the need to better prepare the patients for the initiation of the treatment and to take into consideration the settings in which the treatment is administered, as well as the importance of the support received from the nursing staff.

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EPP0015

The DiSCoVeR trial – Mid-study look at post-training patient motivation for an innovative treatment approach

L. Rubene[1,2]*, L. Konošonoka[1], A. Stūrmane[1,2], E. Dechantsreiter[3], F. Padberg[3], D. Bavelier[4], F. Hummel[5], O. Bonne[6], Y. Benjamini[7], M. Nahum[8] and E. Rancāns[1,2]

[1]Department of Psychiatry and Narcology, Riga Stradiņš University; [2]Riga Centre of Psychiatry and Addiction Disorders, Riga, Latvia; [3]Department of Psychiatry and Psychotherapy, LMU University Hospital, Munich, Germany; [4]Campus Biotech & Faculty of Psychology and Educational Sciences, University of Geneva; [5]Neuro-X Institute (INX) and Brain Mind Institute (BMI), École Polytechnique Fédérale de Lausanne (EPFL), Geneva, Switzerland; [6]Department of Psychiatry, Hadassah Medical Center, Faculty of Medicine; [7]Department of Statistics and Data Science and [8]School of Occupational Therapy, Faculty of Medicine, The Hebrew University of Jerusalem, Jerusalem, Israel
*Corresponding author.
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Introduction: The DiSCoVeR Project: 'Examining the synergistic effects of a cognitive control videogame and a self-administered non-invasive brain stimulation on alleviating depression' is a double-blind, sham controlled, randomized controlled trial