

and anxiety, is common and can contribute to the reduction of the quality of life, as well as a worse prognosis of the disease.

Objectives: Case report and brief review of risk factors associated with suicidal behavior in individuals with ASD.

Methods: Review of the patients clinical file; Brief non-systematic literature review of articles indexed to Pubmed with the key words: "Autism Spectrum Disorder", "Suicide", "Suicidal behaviour", "Mood disorder".

Results: J., 18 years old, male, with ASD, the best student at school, with above-average results since childhood. Two years ago he showed a non-reciprocal love interest. Since then, he has had multiple visits to the emergency department and successive hospitalizations, mostly because of mood and behaviour alterations, with suicidal ideation. After 1 month with depressive and anxious symptoms, he ended up making a suicide attempt through voluntary intoxication by prescribed medication. He was taken to the emergency room. Examination of mental status highlighted depressed mood, elevated anxiety levels, hypoprosody, and active suicidal ideation. Blood tests and CE-CT scan without changes. He was admitted in the psychiatry ward and treated with fluvoxamine, risperidone and lorazepam. He showed a good evolution of the psychopathological condition. Discharged at day 44, he was referred to a psychiatric and psychological outpatient clinics.

Conclusions: Mood disorders have a significant impact on the well-being of individuals with ASD, contributing to a worse quality of life and higher suicide mortality. Cognition has been associated with different levels of death by suicide, and individuals with ASD without intellectual disability, such as this patient, are at increased risk of suicide, which may be due to a greater awareness of their own difficulties. The role of genetics has been a subject of interest. The overlap of genes strongly associated with suicidal behavior and ASD has been described. However, there is still need of large scale genetic studies, for a better understanding of the genetic mechanisms involved in this association. The identification of vulnerable individuals and early initiation of preventive and therapeutic strategies is essential to improve the prognosis of ASD.

Disclosure of Interest: None Declared

EPV0704

'MALADAPTIVE DAYDREAMING': An introduction to a new condition

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Introduction: Daydreaming is a normal, very common experience in childhood and adulthood. However, a new phenomenon – termed 'Maladaptive Daydreaming (MD)' – which takes daydreaming to an extreme form, is currently being investigated. Maladaptive Daydreaming is not listed as an official disorder in the ICD-10 or DSM-5 presently.

Objectives: I aimed to review current literature on MD and explore whether there is a possibility for MD to eventually be acknowledged and classified as a real psychiatric disorder.

Methods: I gathered information via academic papers found through reliable sites, such as, Ovid, PubMed and Cochrane, and through articles, videos and online forums to gather patients' perspectives.

Results: My research intimated that there is enough information and literature available to create specific criteria to qualify a diagnosis of MD in patients. Possible aetiologies of Maladaptive Daydreaming have been identified. There has also been exploration into treatment options.

Conclusions: Overall, I believe there is sufficient evidence for Maladaptive Daydreaming to be classified as an official disorder. Being included in the ICD-10 and DSM-5 would motivate research, expand identification of this disorder in patients, and advance access to help and support for patients.

Disclosure of Interest: None Declared

EPV0707

The effect of Hypnotherapy-based interventions on improving women's experience of pregnancy, childbirth and postpartum: A narrative review

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Introduction: Hypnotherapy has been increasingly used in recent years in healthcare, with several applications during pregnancy, labor, birth and the postpartum.

Objectives: This review was performed to assess the effects of Hypnotherapy before, during and after pregnancy.

Methods: A narrative review methodology using keywords determined by the Medical Subject Headings (MeSH) thesaurus was adopted in this study. For this purpose, the databases of PubMed, Scopus, Web of Science, Google Scholar, and Scientific Information Database (SID) were searched using the keywords of "Hypnosis, Hypnotherapy, Pregnancy, Labor, and Childbirth" from March 11 to April 5, 2022; and finally, the related articles published from 2000 to 2022 were retrieved.

Results: According to the findings, the effects of Hypnotherapy on pregnancy and delivery and postpartum outcomes were classified into several categories as the following: Hypnotherapy-based interventions improve childbirth experience, with less anxiety, increased satisfaction, fewer birth interventions, more postnatal well-being and better childbirth experience overall. Hypnotherapy may reduce the overall use of analgesia during labour, but not epidural use. Hypnotherapy intervention during pregnancy aided in reducing physical and psychological symptoms during pregnancy.

Conclusions: With reference to the related literature on this subject matter, women can safely pursue hypnotherapy during pregnancy, labor, birth and the postpartum. Hypnotherapy can be presented as a technique enabling patients to have a positive birth experience; however, high quality trials are needed to demonstrate its complete efficacy.

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