

EPP1290

Antidepressants effect on sexual dysfunction in men with PTSD

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Introduction: Various therapeutic approaches for post-traumatic stress disorder have been the subject of numerous studies. Antidepressants are sometimes used in PTSD. They improve the symptoms of PTSD. But their effect is not clear on the sexual dysfunctions that accompany this disorder.

Objectives: The aim of this study is to display the effect of antidepressants on sexual dysfunctions in men with PTSD.

Methods: A total of 30 male patients with PTSD were included in this study. The International Erectile Function Index (IIEF15) was used to assess sexual dysfunction in participants before treatment and two months after starting antidepressant treatment.

Results: Half of the patients (50%) used sertraline, 23% paroxetine, 20% fluoxetine and 7% escitalopram. The mean IIEF-15 score was 51.16 ± 6.82 in patients with PTSD before initiation of treatment. The average scores of the areas of sexuality studied by this scale were 3.93 ± 0.52 for sexual desire; 18.80 ± 5.68 for erectile function; 8.93 ± 8.97 for orgasmic function; 5.13 ± 1.10 for satisfaction with intercourse and 4.13 ± 1.16 for overall satisfaction. After 2 months of use of the antidepressant treatment, there was a statistically significant improvement in sexual functions: significant increase in the total score of the IIEF15 ($p < 0.001$), and in the mean scores of the areas of sexuality.

Conclusions: Antidepressant treatment could, by improving post-traumatic symptoms, improve sexual dysfunction.

Keywords: Antidepressant; Sexual Dysfunction; ptsd

Sleep disorders & stress

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Sleep quality, sensory processing abilities and work performance for adults with attention deficit hyperactive disorder

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Introduction: Poor sleep quality has been reported among adults with attention-deficit hyperactive disorder (ADHD) and has been associated with reduced sensory-processing abilities and low work performance. However, the relationships among sleep quality, sensory processing and the insufficient work performance of adults with ADHD is still unclear.

Objectives: Following the World Health Organization's international classification of functioning, disability and health concepts,

this study compares sleep quality and sensory processing (body functions) and work performance (participation) of adults with ADHD to those of controls, and examines the relationships among those components in adults with ADHD.

Methods: Participants were 69 adults with ADHD and 52 age- and gender-matched controls. All completed a sociodemographic questionnaire, the Mini Sleep Questionnaire, the Adult/Adolescent Sensory Profile and the Occupational Questionnaire.

Results: Compared to controls, the adults with ADHD showed significantly poorer body functions (sleep quality and sensory processing patterns) and lower work performance. Significant correlations were found between sleep quality and sensory-processing abilities and between sleep quality and work performance among adults with ADHD. Regression analysis revealed that for adults with ADHD, sleep quality accounted for 22.0%, and sensory sensitivity accounted for 10.9%, of the variance of their work performance.

Conclusions: Sleep quality, together with sensory processing patterns, has a significant influence on work performance of adults with ADHD. Because work is a vital occupation for adults, these body functions need to be considered in clinical settings, and further research on this topic is required for better understanding of the phenomena.

Keyword: ADHD add Sleep quality add work performance add sensory processing

EPP1290

Sleep and personality in college students: A preliminary study

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Introduction: Sleep represents an important process in the stable behavioural and emotional functioning of the individual and is an important health indicator. Personality is related with academic and occupational achievement, quality of interpersonal relationships, but also with sleep. Concerning personality, individuals with lower emotional stability have greater sensitivity to stress and maladaptive sleep-related behaviour.

Objectives: The main goal of this study is to analyze the relation between sleep quality and personality in college students.

Methods: This study employed a correlational design. A sample of 220 Portuguese students (84.9% females), with mean age of 19.5 years ($sd=3.4$), from different health courses, filled in the Pittsburgh Sleep Quality Questionnaire and HEXACO-60, during a single individual session. A descriptive statistical analysis, a Pearson correlation analyses and the t Student test, for independent samples, were performed.

Results: The results showed a predominance of poor sleep quality among students (96.3%). The more prevalent HEXACO dimensions are: Conscientiousness ($X=32.6$; $sd=4.2$) and Emotionality ($X=31.2$; $sd=5.2$). When exploring personality differences between sleep groups (GSG=Good Sleep Group; PSG=Poor Sleep Group) a significant difference was found in mean scores of the dimension Emotionality. It was observed that the PSG revealed higher levels of Emotionality than the GSG ($PSG=31.5$; $sd=5.1$; $PSG=26.3$; $sd=4.0$; $p<0.05$).