Conclusions: Individuals with unipolar depression are prone to consider their self-presentation as more positively biased compared to others' self-presentation. This may shape the impact of social media use on these individuals.

Keywords: unipolar depression; Cognitive bias; Self-Presentation; social media

EPP0562

Salivary markers of stress system activation and social withdrawal in humans

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Introduction: Social withdrawal is an early and common feature of psychiatric disorders. Hypothalamic-pituitary-adrenal (HPA)-axis activation through increased salivary cortisol (sC) and sympathetic activation through increased salivary alpha-amylase (sAA) may play a role.
Objectives: We aimed to study whether the link between increased sC and sAA on the one hand and depression on the other hand is mediated by social withdrawal.
Methods: In this cross-sectional, observational study, sC and sAA measures were measured in seven saliva samples in 843 participants (231 psychiatric patients and 612 healthy controls). Social withdrawal was assessed through the Brief Symptom Inventory (BSI)-, the Short Form 36-, and the Dutch Dimensional Assessment of Personality Pathology social withdrawal subscales, and analyzed using linear regression and mediation analyses. On average, participants were 44.0 years old (SD=12.8; 64.1% female).
Results: Basal and diurnal sAA were unrelated to any social withdrawal scale and depression. Certain sC measures were positively associated with the BSI social withdrawal subscale (i.e., area under the curve with respect to the increase, beta=0.082, p=0.02; evening sC value: beta=0.110, p=0.003; and mean sC value: beta=0.097; p=0.01). We found limited support for statistical mediation by social withdrawal (measured using a composite social withdrawal score) on the relationship between evening sC and depression.
Conclusions: Thus, although we found no support for a role of basal and diurnal sAA in social withdrawal, HPA-axis activation may partly aggravate social withdrawal in depressive disorders.

Keywords: salivary alpha-amylase; salivary cortisol; social withdrawal

EPP0563

Effectiveness of vortioxetine in real-world clinical practice: Interim results from the relieve study

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Introduction: Vortioxetine has demonstrated sustained efficacy and favorable safety profile in multiple clinical trials.
Objectives: This study aims to describe the effectiveness and safety of vortioxetine in real-world clinical practice.
Methods: RELIEVE is a prospective, multi-national, observational cohort study of outpatients initiating vortioxetine treatment for MDD at physician's discretion and followed for 6 months. Data were collected at routine clinical visits. The primary outcome was functioning measured by Sheehan Disability Scale (SDS). Depressive symptoms measured by Patient Health Questionnaire 9-item (PHQ-9), cognitive symptoms measured by PDQ-5 and DSST were key secondary outcomes. Safety outcomes including adverse events were reported. This interim analysis presents results of 527 patients who completed the study and were followed for 6 months. Mixed models of repeated measures were used to assess improvements between baseline and month 6, adjusted for relevant confounders.
Results: A total of 527 patients (mean age, 50.2 years, 65% female) were enrolled from US, Canada, France and Italy, and included in the analysis. Mean SDS total score, PHQ-9, PDQ-5 scores decreased by 8.6, 7.4 and 4.7 respectively from baseline to last visit. Mean DSST score improved by 6.5 from baseline to last visit. Patients' overall functioning and quality of life significantly improved, sick leave days and underproductive days (both absenteeism and presenteeism) decreased over the entire follow up period. The overall incidence of adverse events(AE) was 25%, with the most common AEs being nausea and headache.
Conclusions: The results confirm the effectiveness and good tolerability of vortioxetine in a broad range of patients in routine clinical practice.
Conflict of interest: Dr. Mattingly has served as researcher, consultant or speaker for Akili, Alcobra, Alkermes, Allergan, Axsome, Boehringer, Forum, Genentech, Jansen, Lundbeck, Medgenics, Merck, Neos, NLS Pharma, Otsuka, Reckitt Benckiser, Roche, Sage, Shire, Sunovion, Supe

Keywords: real world evidence; effectiveness; Depression; Vortioxetine

EPP0565

Depression during the COVID-19 pandemic. A retrospective study on depressive disorders among psychiatric patients admitted at "elisabeta doamna" hospital galati, romania

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Introduction: Isolation, life changes and increased stress lead to widespread concerns about the effects of the Covid-19 pandemic on psychiatric patients. The rise in depressive disorders is one of the negative effects associated directly and indirectly to the pandemic.
Objectives: The purpose of this study was to investigate the impact of the COVID-19 pandemic on the prevalence of depressive disorders among the patients admitted to our hospital. The state of pandemia was declared on the 11th of March but it had already become a main stream media subject in our country at the beginning of the month with real life changes for our citizens.
Methods: A retrospective study was performed at the Psychiatric Hospital 'Elisabeta Doamna' Galati, using the exact same period, between 01.03 and 30.09, in 2019 and 2020. ICD-10 criteria were used and pacients with either F32.x,F33.x or F38.x as discharge diagnosis were included.
Results: In total, 7638 cases were admitted during the period in 2019, of which 751 (9,83%) had depressive disorders. In comparison with 2020 where out of 4050 admitted patients, the number had risen to 1034 (25,53%) a net increase in total number of cases by 37.6%.
Conclusions: Analysis of the data shows a 2.5 times increase in the percentage of depressive disorders among our patients. Even taking in account the lower admition rates, we have seen a clear shift in the psychiatric profile of the average pacient and this has to be taken into consideration in the long and short term treatment of any psychiatric patient.

Keywords: Covid-19; Depressive disorders; Pandemic

EPP0566

The role of zinc, albumin, c reactive protein, and interleukin-6 in differentiation of unipolar depression and depression in bipolar disorder

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Introduction: There is no clinical difference between depressive episodes in bipolar disorder compared to major depressive disorder, which is why bipolar disorder remains unrecognized. Correctly distinguishing these disorders is of great importance because the therapeutic approach differs significantly. According to previous research, zinc, albumin, C reactive protein (CRP), and interleukin-6 (IL-6) seem to play a role in differentiating these two types of depressive episodes.
Objectives: To determine zinc, albumin, CRP and IL-6 serum concentrations in patients with major depressive disorder and depressive episode of bipolar disorder.
Methods: Research involved 60 participants. Participants signed informed consent prior to inclusion in the study. Sociodemographic data have been collected using a previously structured questionnaire. The severity of depressive symptoms has been measured by the Montgomery Asberg Depression Rating Scale (MADRS) and the Hamilton Depression Scale (HAM-D-17). Blood samples were obtained from each study participant's brachial vein, to determine zinc, albumin, C reactive protein and interleukin-6 serum concentrations.
Results: Statistically significant difference was found in zinc serum levels between the two analysed groups. In the overall sample, there is a significant positive correlation between the results on the rating scales and the serum level of CRP.
Conclusions: We confirmed an association between serum levels of CRP and the severity of the illness. Regardless, these are preliminary results of the research. Sufficient final conclusion cannot yet be drawn because it is being limited by the sample size and further investigation is needed.

Keywords: depression; bipolar disorder; C-reactive protein

EPP0567

The magnitude of depression in heart failure patients and its association with NYHA class

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Introduction: Depression is commonly present among HF patients and is associated with adverse clinical outcomes. However, research regarding its association with New York Heart Association (NYHA) class is still scarce.
Objectives: To evaluate the presence of depression symptoms in HF outpatients and analyze its association with NYHA class.
Methods: This study is part of a larger research project (Deus Ex-Machina/NORTE-01-0145-FEDER-00026). HF patients were recruited from an outpatient clinic at a University Hospital. Exclusion criteria were: unable to communicate, severe visual acuity deficit or NYHA class IV. Sociodemographic data and NYHA class were registered. The Patient Health Questionnaire-9 (PHQ-9) was used to assess depression, with a score ≥10 indicating clinically relevant depression.
Results: A sample of 136 HF patients was included, with a median age of 59 (range: 24-81) years old, where 66% were men. Almost half of the patients (49%) were in NYHA class II, followed by class I (36%) and class III (15%). The median score of PHQ-9 was 4 (range:0-18), with 26% showing clinically relevant depression. PHQ-9 total score was associated with NYHA class (p=0.001), with higher median scores in worse NYHA classes [class I: 3 (IQR: 5.5), class II: 4 (IQR: 8) and class III: 8.5 (IQR:9.3)].
Conclusions: In this study, depression was present in 26% of HF outpatients and was associated with more severe HF symptoms. Consequently, preventing, monitoring, and treating depression in the management of these patients is recommended. Further research is needed for a deeper analysis of this association.

Keywords: NYHA class; heart failure; Depression