

**Conclusions:** Changes in levels of PUFAs in red cell membranes, but not in plasma, may be an important factor to evaluate the resistance to the pharmacological treatment.

**Keywords:** fatty acids; Treatment Resistant Depression; omega3; omega6

## EPP0506

### Behaviours of general practitioners in the city of Douala's in Cameroon in front of depressive disorders

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**Introduction:** In Cameroon, skepticism and neglect of doctors towards patients with mental disorders is noted. In order to change this, it was important to have an objective assessment. Depressive disorders are the most common form of mental disorders and Douala has the second largest number of general practitioners in the country. Thus, we proposed to evaluate the behaviour of general practitioners in Douala in front of patients with depressive disorders.

**Objectives:** Evaluate the frequency of depressive disorders in outpatient general consultation Evaluate the competence of general practitioners at diagnosing depressive disorders Evaluate the practices of general practitioners towards depressive disorders Evaluate obstacles faced by general practitioners regarding depressive disorders

**Methods:** We conducted a cross-sectional descriptive study from February to June 2017 in the outpatient department. For each general practitioner include, we had 3 patients who complete the patient health questionnaire to find out if the patient has depression. During each consultation, we filled out a clinical fact sheet to determine if the general practitioner had diagnosed a depressive disorder. If so, what care has he taken? Finally, we gave the general practitioner a questionnaire to know his difficulties when facing depression.

**Results:** We obtained a frequency of 32.5% of depressive disorders in consultation of general medicine in Douala and a rate of diagnosis by general practitioners of 1.92%. Diagnosed cases have just received counseling.

**Conclusions:** in Cameroon, despite the low interest in depressive disorders, they constitute a public health issue in Douala, and surely in Cameroon; Because of its frequency and the harm, they inflict on patients.

**Conflict of interest:** I don't have any conflict of interest

**Keywords:** Practice; Obstacle; Depression; Diagnostic

## EPP0507

### Inverse autonomic stress reactivity in depressed patients with and without prior history of depression

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**Introduction:** There is a considerable association between major depressive disorder (MDD) and cardiovascular disease, most

possibly relying on abnormalities in the autonomic nervous system (ANS)-related cardiac reactivity, although the exact underlying pathophysiological pathway is unclear.

**Objectives:** This study tends to shed some additional light on this background by investigating ANS reactivity in MDD with respect to previous depression history through an objective stress challenge paradigm.

**Methods:** The study assessed the effects of an overnight hypothalamus-pituitary-adrenal (HPA) axis stimulation with metyrapone (MET) on baseline ANS activity through linear and non-linear heart rate variability (HRV) measures in the morning of two continuous days in a group of 14 physically healthy, antidepressant-free patients with clinical, non-psychotic MDD, to investigate differences in autonomic reactivity with respect to prior MDD history.

**Results:** The main findings of this study include statistically significant time x group interactions with respect to several HRV measures, suggesting substantial differences on autonomic reactivity between patients with and without depression history. Hereby, recurrent-episode MDD patients showed lower vagal activity, while first-episode MDD patients increased PNS activity after HPA axis stimulation.

**Conclusions:** These findings indicate that HPA axis stimulation in MDD patients leads to inverse vagal response according to MDD history. We suggest that chronic stress system overactivation, as found in MDD, might lead to a progressive inversion of the original stress response through HPA axis and ANS divergence over the course of a recurrent illness. HRV could, thus, represent a significant biomarker in MDD with temporal sensitivity.

**Keywords:** recurrent episode; history of depression; Depression; heart rate variability

## EPP0508

### Potential objective diagnostic biomarker platform of serum proteins for major depressive disorder: a preliminary exploration

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**Introduction:** Major depressive disorder (MDD) is a severe, disabling condition with unknown etiology. Misdiagnosis is common when clinical symptomology criteria are used solely. Considerable evidence suggests that the upregulation of inflammatory factors and cortisol, and a decrease in neurotrophic factors, are involved in the pathogenesis of MDD.

**Objectives:** This study explored the application of platforms composed of these serum proteins in the objective diagnosis of MDD.

**Methods:** Serum samples from all participants including 30 MDD patients and 30 well-matched healthy controls were collected at enrollment, eight serum proteins selected initially according to previous studies were analyzed with ELISA. A logistic regression model with these proteins was built to construct the diagnostic platform for the MDD and the receiver operating characteristic (ROC) curve was used to analyze the diagnostic potential of the model.

**Results:** Among the eight selected proteins, three (TNF-alpha, IL-6 and IL-1beta) were removed because the measurements in more than