

diagnosis ($p < 0.001$) and between the tendency to compare themselves with people online and BDD diagnosis ($p = 0.001$). However, no statistically significant differences were found in the BDD-positive and negative groups concerning gender, the number of social media applications used, or time spent on social media.

Conclusions: There is a need to educate the public about the risk of BDD, especially the more susceptible age, and promote safe social networking. Counseling about the harmful effects of social media could be helpful. This is the first study of its kind done on the Pakistani population and one of the few studies that exist on this topic worldwide. Hence, to reach a conclusive decision, there is a dire need to carry out similar investigations with larger sample sizes and on populations that have yet not been studied.

Disclosure of Interest: None Declared

EPP0202

Biomarkers and clinical predictors of long-term course in obsessive-compulsive disorder: A prospective cohort study

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Introduction: The purpose of the research project is to analyze the long-term evolution of obsessive-compulsive disorder (OCD) from a study of a cohort of patients prospectively followed over a period ranging from 5 to 20 years, treated for according to therapeutic guidelines mediating serotonin reuptake inhibitors (IRS) and drug enhancers (antipsychotics) and cognitive behavioral therapy and evaluated in a standardized manner.

Objectives: To assess the long-term course of Obsessive-Compulsive Disorder (OCD) in a cohort of patients treated according to current clinical guidelines; to analyse possible prognostic factors associated with the long-term course of the disorder including clinical and sociodemographic variables, as well as genetic and neuroimaging biomarkers, and their interaction, and finally to study neuroanatomical and functional cerebral connectivity changes after 15 years of treatment in a subsample of patients.

Methods: Prospective, descriptive, and observational study of a cohort of OCD patients, receiving treatment at the Department of Psychiatry of Hospital de Bellvitge since 1998, according to a standardized protocol. Follow-up period ranges from 5 ($n=423$), to 10 ($n=247$) and 15 years (123). Baseline clinical and sociodemographic assessment, long-term evolution and information on treatments provided are available for the whole sample. Data on whole exome sequencing is available for 300 of the patients included in the cohort and baseline structural neuroimaging and cerebral functional connectivity has been analysed in 168 subjects. To expand the analysis of genetic biomarkers, we propose the study of de novo variants through exome analysis of 50 trios (patient and both parents) selected among those subjects that have reached 15 years

of follow-up (25 trios with patients within the “long-term remission” group and 25 trios with patients with chronic OCD). De novo variants detected in the trio analysis will be replicated in the rest of the sample. A structural and resting state MRI will be obtained in a subsample of 100 patients recruited among those who have completed a minimum follow-up period of 15 years, to assess cerebral changes associated with the long-term course of the disorder.

Results: in the current moment the recruitment period of the study has ended and all the data is being statistically analysed in order to provide solid results in a short period of time.

Conclusions: The identification of those factors associated with an increased risk of chronic disease is an element essential to offer personalized treatment to our patients and improve their prognosis, emphasizing the intensive use of those therapeutic strategies for which we can predict a better response and modifying to the extent of, if possible, environmental factors or factors of access to treatment that contribute to perpetuate obsessive symptoms.

Disclosure of Interest: None Declared

EPP0203

Prevalence and associated factors of obsessive-compulsive disorder among the general population of Latvia

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Introduction: Obsessive-compulsive disorder (OCD) is one of the most severe and potentially disabling disorders among all anxiety disorders (Hendriks *et al.* J Affect Disord 2014; 166:227-33). There is no available information about the prevalence of OCD in the general population of Latvia.

Objectives: The aim of our study was to assess the one-month prevalence of OCD in the general population of Latvia and determine the associated factors.

Methods: The study was conducted on a representative sample of the Latvian adult population ($n=2687$), selected using a stratified random sampling method. Computer assisted face-to-face interviews were carried out between November 2019 and March 2020 in the households of the respondents. The OCD, and possible comorbid diagnoses, were assessed using the MINI International Neuropsychiatric Interview (M.I.N.I.). Anxiety symptoms were assessed with 7-item Generalized Anxiety Disorder (GAD-7) scale: a score of ≥ 5 indicated the presence of at least mild symptoms of anxiety. Patient-Health Questionnaire-9 (PHQ-9) was used for assessing comorbid depressive symptoms and a score of ≥ 10 indicated the presence of clinically relevant depressive symptoms. Descriptive statistics and binary logistic regression were applied.

Results: In total 1238 males (46.1%) and 1449 females (53.9%) were recruited. Detected one-month prevalence of OCD was 0.6% ($n=16$). After adjustment by all analysed factors ($n=13$) simultaneously, the odds ratio of having OCD adjusted for confounders (aOR) was higher in respondents younger than 44 y.o (vs. >44 , aOR 14.2, $p=0.007$): 81.3% of all respondents with diagnosed OCD were