

Abstract: This Symposium will consider the process of collaboration from the family perspective.

EUFAMI is of the view that the involvement of families in the process of care and recovery is accepted in theory but is not sufficiently practiced. concerned and involved family members are often excluded from important decisions that affect their loved ones and ultimately affect the quality of care and recovery.

There will be a brief introduction from a representative of EUFAMI followed by a presentation from a family member. Issues such as involvement in early identification and assessment, diagnosis, planning of interventions and supporting the recovery process will be considered. Issues such as the rights of families, concerns about relapse, patient confidentiality and the sharing of information will all be considered in the context of the delivery of mental health care services in the community

Disclosure of Interest: None Declared

JS003

Professional Burnout in primary care workforce

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Abstract: The so called “silver tsunami” i.e. the unprecedented increase in the number of older patients often affected by multimorbidity is a serious health and socioeconomic concern for modern societies and the interconnected challenges of huge workload, premature burnout, and the shortage of primary care personnel represent a pressing issue for the near future. Addressing the complexity of this issue requires a comprehensive approach due to the scarcity of healthcare professionals in European primary care. The health and well-being of both the primary care workforce and the communities they serve are intrinsically intertwined. Enhancing working conditions is a priority: addressing issues like long hours, heavy workloads, bureaucratic demands, and burnout can enhance the appeal of rural primary care practice, attracting and retaining more professionals. Wonca Europe is actively involved in addressing this issue: in June 2023 at the WONCA Europe 2023 Conference in Brussels with the statement Shortage of European Primary Health Care Workforce and in October 2023 at the 73rd Session of the WHO Regional Committee for Europe, Astana, Kazakhstan. Policymakers, healthcare organizations and professional associations need to collaborate to develop tailored solutions that address the unique challenges faced in each region. By addressing the workload of primary care doctors and other professionals, we can enhance their professional satisfaction, improve patient outcomes, and strengthen primary care as a whole.

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JS004

The role of psychiatrists in policy forums

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Abstract: On its 40th anniversary, the European Psychiatric Association (EPA) held a ceremony at the EU Parliament on December 6, 2023, and published the *Manifesto for the EU Elections* in preparation for the upcoming EU elections in June 2024.

This manifesto outlines the key goals and priorities for advancing mental health in the EU, emphasizing the vital role of psychiatrists in shaping policies and initiatives. The presentation will focus on five main topics, highlighting the involvement of psychiatrists at the European level. These include the harmonization of mental health care delivery, the improvement of working conditions and addressing the shortage of the Mental health workforce, the promotion and harmonization of ethical standards, developing new answers to an evolving World, and promotion of research and implementation of public mental health and prevention measures.

Beyond these overarching European priorities, psychiatrists are actively engaged in national policy forums, addressing a range of issues—from developing comprehensive mental health strategies to tackling specific concerns related to vulnerable populations, children, legal aspects of treatment, and more. Achieving synergy between national and international policy efforts is crucial for the successful implementation of these initiatives, which remains the core objective of this work.

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JS005

Reporting of psychotherapeutic methods in psychedelic treatments: on the road to ethical, professional and regulatory oversight

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Abstract: The potential of psychedelic substances to treat mental illness is of significant clinical and societal interest, leading to academic and industry-based research to test their effects. Partly, such research was conducted to fulfil requirements of government agencies such as the European Medicines Agency (EMA) and the Food and Drug Administration (FDA), that have started defining requirements and pathways to regulate psychedelic treatments. It is expected that such requirements will involve elements related to psychotherapeutic components of such treatments, which will require standardized reporting of such methods. Here, I will present the results of a systematic review summarising the quality of reporting on psychological interventions in original studies on psychedelic-assisted psychotherapy. We reviewed 45 studies assessing psilocybin, 3,4-methylenedioxymethamphetamine (MDMA), lysergic acid diethylamide (known as LSD), or ayahuasca, for the treatment of mental disorders. Our findings support that psychological interventions were done heterogeneously across studies, and completeness of information reported about these interventions was mostly low, according to an adaptation of the Template for Intervention Description and Replication checklist. In studies including MDMA, psychotherapy was more homogeneous and more procedural details were provided. We thus propose that improved reporting on psychological interventions of psychedelic treatments are necessary to support replicability, generalisability,

and accurate interpretation of research. Furthermore, improved reporting practices are expected to enhance feasibility and safety of future clinical research and real-world implementation of treatments.

Disclosure of Interest: None Declared

JS006

Applications of psychedelics in small doses and alternative treatments in psychiatry

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Abstract: Several years ago, the first studies were conducted in which the effects of psychedelics in low doses were tested in healthy participants. These studies focused mainly on the acute effects of LSD. Questions that remained unanswered were whether low doses have lasting effects, as well as whether they can reduce symptoms of ADHD. To answer these questions, we conducted two studies, administering LSD (15 mcg) repeatedly over 2 weeks to healthy participants and administering LSD (20 mcg) repeatedly over 6 weeks to participants with ADHD. The latter study was a multicenter trial conducted by Universitatsspital (Basel) and Maastricht University. Based on the findings of both studies, we have now planned a follow-up study in 100 individuals with ADHD who also have problems with emotion regulation and/or sleep, to get closer to an “average” ADHD population. This study, which will start later this year, aims to find markers of treatment response. Lastly, plans for a study investigating high-ventilation breathwork as a novel intervention for individuals with social anxiety symptoms will be presented. High-ventilation breathwork has the potential to induce altered states of consciousness similar to those elicited by psychedelics. This research aims to explore its therapeutic potential as a non-pharmacological alternative to psychedelics in psychiatric treatment.

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JS007

EPA position paper

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Abstract: The EPA acknowledges both the therapeutic potential of psychedelic substances and the challenges for both research and clinical implementation. Steps need to be taken towards a well-balanced policy based upon sound scientific evidence and research, aiming at safe, ethical responsible integration of psychedelic

therapy available for all patients who can potentially benefit. In the EPA policy paper the importance of the psychosocial components of the treatment as well as the ethical and professional aspects playing a role in real-world implementation, are highlighted. Four recommendations are formulated for further research and clinical implementation.

Disclosure of Interest: None Declared

JS008

Using advanced neuroimaging and bioinformatics methods to study brain-behaviour relationships

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Abstract: Understanding the complex relationships between brain structure, function, and behavior is a central challenge in neuroscience. This presentation aims to showcase the transformative potential of neuroimaging and bioinformatics in bridging the gap between neural mechanisms and behavior, ultimately advancing our understanding of the human brain and informing precision medicine. Recent advancements in neuroimaging and bioinformatics enable researchers to explore these relationships with unprecedented precision and scale. This presentation will provide an overview of how neuroimaging modalities can be integrated with advanced bioinformatics tools, including machine learning to uncover novel brain-behavior associations. We will discuss key applications of these methods for neuropsychiatric disorders and specific examples will be used to highlight how combining neuroimaging data with bioinformatics pipelines enhances our ability to measure brain organization at the level of a single individual. Additionally, challenges such as data complexity, standardization, and interpretability will be addressed, alongside strategies to overcome them.

Disclosure of Interest: None Declared

JS009

The Precision Psychiatry Roadmap: towards a biology-informed framework for mental disorders

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Abstract: Measuring biology is considered the cornerstone of diagnosis in medicine. For example, we have blood tests to diagnose auto-immune diseases, such as rheumatoid arthritis or lupus. Also, cancer patients with, for example, colon cancer, will receive personalized treatments following biomarker diagnostics of their tumor. In contrast, current classification methodologies for mental