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Brain aging in major depressive disorder

L. Han^{*1}, H. Schnack², R. Brouwer², D. Veltman¹, N. Van Der Wee³, M.-J. Van Tol⁴, M. Aghajani¹ and B. Penninx¹

¹Department Of Psychiatry, Amsterdam University Medical Centers, Vrije Universiteit and GGZ inGeest, Amsterdam Neuroscience, Amsterdam, Netherlands; ²Department Of Psychiatry, UMCU Brain Center, University Medical Center Utrecht, Utrecht, Netherlands;

³Department Of Psychiatry, Leiden University Medical Center, Leiden, Netherlands and ⁴Cognitive Neuroscience Center, University Medical Center Groningen, University of Groningen, Groningen, Groningen, Netherlands

*Corresponding Author.

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Depression and anxiety are common and often comorbid mental health disorders that represent risk factors for aging-related conditions. Brain aging has shown to be more advanced in patients with Major Depressive Disorder (MDD). Here, we extend prior work by investigating multivariate brain aging in patients with MDD and/or anxiety disorders and examine which factors contribute to older appearing brains. Adults aged 18-57 years from the Netherlands Study of Depression and Anxiety underwent structural MRI. A pre-trained brain age prediction model based on >2,000 samples from the ENIGMA consortium was applied to obtain brain-predicted age differences (brain-PAD, predicted brain age minus chronological age) in 65 controls and 220 patients with current MDD and/or anxiety. Brain-PAD estimates were associated with clinical, somatic, lifestyle, and biological factors. After correcting for antidepressant use, brain-PAD was significantly higher in MDD (+2.78 years, Cohen's $d=0.25$, 95% CI -0.10-0.60) and anxiety patients (+2.91 years, Cohen's $d=0.27$, 95% CI -0.08-0.61), compared to controls. There were no significant associations with lifestyle or biological stress systems. A multivariable model indicated unique contributions of higher severity of somatic depression symptoms ($b=4.21$ years per unit increase on average sum score) and antidepressant use (-2.53 years) to brain-PAD. Advanced brain aging in patients with MDD and anxiety was most strongly associated with somatic depressive symptomatology. We also present clinically relevant evidence for a potential neuroprotective antidepressant effect on the brain-PAD metric that requires follow-up in future research.

Disclosure: No significant relationships.

Keywords: Depression; brain age; antidepressant use; Anxiety

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Frailty index as a clinical measure of biological age in psychiatry

F.S. Bersani

Department Of Human Neurosciences, Sapienza University of Rome, Rome, Italy

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The concepts of “accelerated biological ageing” and “premature biological senescence” have been receiving increasing attention in relation to psychiatric diseases, with clinical, epidemiological and molecular observations suggesting that psychopathological processes can have significant relationships with aging-related phenomena. The deficit accumulation model postulates that the individual's biological age and functional status is related to the amount of health

deficits accumulated over time and that one's biological age can be estimated by summarizing health deficits in a single continuous variable, the so-called “frailty index” (FI). In this presentation it will be discussed the possibility that the FI, which condenses information arising from multidimensional evaluations, represents a potential clinically-useful macroscopic indicator of biological age which can add relevant information to the measurements currently implemented in the study of accelerated biological age in psychiatric diseases.

Disclosure: No significant relationships.

Keywords: comorbidity; accelerated biological aging; frailty index; deficit accumulation model

Mental Health Policy

A role for the ICF: Advantages and limitations of using the ICF in the treatment and care of individuals with mental health services

W0087

International classification of functioning, disability and health (ICF) in daily clinical practice: Structure, benefits and limitations

C. Krzoska

Praxis Dipl.-psych. Carolin Krzoska, Sanamens Praxisgemeinschaft Theil | Krzoska, Helmstedt, Germany

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Introduction: The diagnosis of intellectual disability (ID) alone does not predict the level of required care, functional outcomes or limitations in social and occupational participation. The International Classification of Functioning, Disability and Health (ICF) is a taxonomy of health and health-related domains. It provides a common language and framework for describing the level of functioning of a person within their unique environment. Furthermore, it helps to describe health problems of a person in line with the International Classification of Diseases (ICD-10).

Objective: Introducing the ICF taxonomy exemplary in the care of individuals with ID and mental health problems in Germany.

Method: Comparison of the ICF's comprehensive multidisciplinary approach to assess an individual's level of functioning and care in relation to assessing the needs of persons with ID based on clinical experience.

Results: The ICF provides a standardised assessment instrument to determine individual functional needs for the care, rehabilitation and societal integration of individuals with disabilities, which is a statutory requirement in many European countries.

Conclusion: Using the ICF for the assessment and management of patients with chronic health conditions, mental disorders and ID can help to accurately define individual therapeutic goals and monitor functional outcomes. A comprehensive narrative description of the patient's functional status and clinical needs is comparatively time-consuming, requires greater effort by the assessing clinician and carries a higher risk of omission of pertinent functional domains; furthermore, a single ICF item confers little additional benefit to the patient in terms of the treatment or care they subsequently receive.

Disclosure: No significant relationships.

Keywords: mental health; ICF; Intellectual Disabilities; Social Medicine

W0088

Why ICF? advantages of ICF in the clinical practice with regard to the medical care of people with mental health problems and intellectual disabilities

M.-M. Theil

Praxis Dr. Med. M.-m. Theil, Sanamens Praxisgemeinschaft, Helmstedt, Germany
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Introduction: The International Classification of Functioning, Disability and Health (ICF) provides a framework rooted in patient-centered care and the biopsychosocial model that facilitates a comprehensive description of a person's health and their level of societal participation. The importance of the ICF for assessing the needs of individuals with mental health problems (MHP) and intellectual disabilities (ID) is growing, especially in the social medicine.

Objective: To describe the benefits and limitations of the ICF in clinical practice, pertaining to the assessment of healthcare needs and societal participation in persons with MHP and ID.

Method: Comprehensive literature search in medical databases using the Keywords: ICF, mental health, intellectual disabilities, social and occupational participation.

Results: ICF-based instruments such as the Mini-ICF-APP, with which impairments and competencies in social and occupational participation can be described, are playing an increasingly important role in healthcare and rehabilitation. In Germany, for example, in accordance with the Federal Participation Act, the entitlement to disability support benefits is assessed using ICF-based instruments, which therefore play a decisive role in social medical care.

Conclusion: The functional descriptions of the ICF provide the opportunity for a standardized, yet individualized assessment of medical needs, general health and societal participation, thus facilitating the provision of a comprehensive package of care and support for people with disabilities. ICF-Core Sets and the Mini-ICF-APP are effective tools to describe level of function. It would be clinically valuable to further develop these instruments for use in persons with ID and MHP in the field of social medicine.

Disclosure: No significant relationships.

Keywords: ICF; Intellectual Disabilities; mental health; Social Medicine

W0091

Introducing the ICF in the care of individuals with id under consideration of the situation of health care services in poland for individuals with id and mental health problems

K. Krysta

Department Of Rehabilitation Psychiatry, Medical University of Silesia, Katowice, Poland
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The introduction of the ICF scale in Poland started a few years ago. One of the institutions, which started trainings and implementation of the scale is the Polish Association for Persons with Intellectual

Disability (PSONI). The use of the ICF scale turned out to be very important because the diagnosis itself still tells us little about the life and personality of a person. The disorder itself does not determine functioning in society. The application of this scale helps to capture the dynamics between concepts such as health, human body functions, ability to participate in different activities, environmental factors and personality. It allows, for example, to clearly define whether the problems are caused by the health of a given person or by external limitations, even of an architectural nature. It is expected to implement ICF in different centers run by the Association like e.g. Vocational Activity Centers or the Center for Vocational Counseling and Support for People with Intellectual Disabilities (DZWONI). The scale is also being implemented in Health Care Services for Individuals with ID and Mental Health Problems in Poland because it remains an integrative model and not only medical and social one.

Disclosure: No significant relationships.

Keywords: intellectual disability; Functioning; diagnosis

Mental Health Care

Workshop: Advancing community-based mental health care in europe: Early findings and lessons learned from the recover-E project

W0092

Changing the system of psychiatric care in bulgaria. Recover-E project in bulgaria

V. Nakov

Department Mental Health, National Center of Public Health and Analyses, Sofia, Bulgaria
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Introduction: Bulgaria has undergone a number of very significant political and social changes over the past 150 years that has also impacted on the delivery of mental health care. There has been a 40% reduction in the number of inpatient psychiatric beds in Bulgaria within the past 20 years leading to the current state of approximately European average bed numbers per 100 000 population. This does not appear to have been accompanied by an increased investment in ambulatory / outpatient mental health services.

Objectives: Description of the advantages and disadvantages of mental health services in Bulgaria, available staff and distribution in the country. The project RECOVER-E and its activities in Bulgaria are described.

Methods: Sources of health statistics of Bulgaria are used and analyzed. Maps and tables were used for visualization.

Results: Taking into account the situation described in this way and the EPA guidelines for change in the system, a mental health strategy has been proposed.

Conclusions: It has a long and significant legacy of underfunding of mental health services, which has undoubtedly caused significant economic damage to Bulgaria through surmountable results increasing health and social care costs, and surmountable loss of economic productivity. A significant increase in the budget allocated to mental health and related social care services.

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