

Introduction: In DRC, the North Kivu province has been plagued by recurring humanitarian crises for nearly two decades, with multiple displacements of populations triggered low intensity armed inter-communal conflicts spread throughout nearly all territories. 818,605 people (displaced, returnees and indigenous) affected by these movements are in alarming psychosocial vulnerability.

Objectives: In 2019, the NGO Action contre la Faim started a psychological intervention with the objective to contribute to reducing the vulnerability of conflict-affected populations.

Methods: Participants have been identified through psychoeducation sessions in the community in which people recognizing corresponding symptoms in themselves were evaluated through a short one-on-one interview. Persons identified as particularly in distress, including those who have experienced gender-based violence, have been involved in a short group therapeutic intervention. Two different options have been proposed in order to evaluate the most effective for the specific context: six sessions with a weekly or bi-weekly frequency.

Results: 767 people participated in the psychosocial intervention, 457 with weekly frequency and 310 bi-weekly. The measures of post traumatic symptoms (PCL-5), anxiety and depression (HAD) and resilience (CD-RISC) show that the two approaches have the same positive effects. This is very important in volatile contexts with difficulties of access to the population due to security problems.

Conclusions: The fact that even a short intervention focused on a bi-weekly frequency, can reduce the distress and increase the psychological resilience of populations living in contexts of conflict, gives us the possibility of intervening in areas with limited access, while guaranteeing therapeutic efficacy.

Keywords: Democratic Republic of Congo (DRC); short psychological intervention; PTSD; humanitarian

EPP0501

Transcultural psychiatry: Comparison of eastern and western culture and their influence on mental health and its treatment.

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Introduction: In a globalizing world, the need for humans to understand one another is fundamental. Transcultural Psychiatry aims to bridge the differences due to culture, norms and values between doctors and patients.

Objectives: To study the beliefs of Eastern and Western populations on the subject of religion, the paranormal and its relation to mental health.

Methods: The study was conducted targeting citizens of Eastern and Western countries (target sample size 200). A survey and 2 case studies were distributed, aimed to determine respondent's level of belief in cultural superstitions and practices, views on mental disorders and opinions on treatment. A chi-square statistical test (significance set at ≤ 0.05) was performed to test validity.

Results: are tabulated in Table 1. In the case studies, P-value = 4.68×10^{-6} proves a strong relationship between East/West populations and their viewpoints on mental illness vs. possession. There is a strong relationship ($p = 3.37 \times 10^{-5}$) between respondents' beliefs in spiritual healing and its effectiveness in treating mental illness.

Table 1

	East	West
Total respondents (226)	58%	42%
Identified as religious	74%	26%
Strong belief in paranormal	85%	15%
Effectiveness of spiritual healing	55%	45%
Preferred methods of treatment		
Mental health professionals	54%	46%
Religious healer/psychic	90%	10%

Conclusions: The study revealed that Eastern populations are far more superstitious and religious than their Western counterparts, and also have higher belief in the effectiveness of spiritual healing to treat mental disorders. This difference demonstrates the importance of integrating culture into diagnosis and treatment of mental illnesses, and further explore methods for more inclusive treatment plans.

Keywords: transcultural psychiatry; East vs. West; Cultural beliefs; Modern medicine

EPP0502

Acute family marital psychosis

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Introduction: Acute marital psychosis is an acute psychotic episode occurring in a particular context which is marriage. In fact, marriage represents an event with a very important emotional load especially in the Arab-Muslim culture. This event can, in some people, induce a relapse of certain psychiatric disorders, particularly psychotic ones. We propose in this work to report two clinical observations concerning two brothers who both presented, a few years apart, an acute nuptial psychosis with two different evolutions.

Objectives: Studing the characteristics of nuptial psychotic episode in a one family and the different evolution of each one.

Methods: Reporting two clinical cases of two brothers who represented both acute psychotic episode in a nuptial context with different evolution.

Results: The two patients are brothers with common psychiatric background which is their mother treated for chronic psychotic disorder. They were hospitalized in our psychiatric service for acute psychotic episode occurring in a nuptial context with chronic evolution for the first one and a partial recovery for the second one.

Conclusions: Marriage represents an event with a very important emotional load especially in the Arab-Muslim culture. In this context, acute psychotic episode can occur with different evolution for patients predisposed. Studing socio-cultural circumstances related to psychotic episode can help mental health professional to improve the quality of health care service.

Keywords: acute psychotic episode; marital psychosis; nuptial psychosis; family psychosis

EPP0503

Psychosis in muslim arab population. Case report and article review

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Introduction: In Spain, we are forced to familiarize ourselves with Arab-Muslim culture to properly treat our patients. The diagnosis becomes complicated because western health professionals are not usually familiar with this form of symptom presentation.

Objectives: The objective of this work is to study the influence of Arab culture and Muslim religion on the psychopathological symptoms presented during a psychotic episode.

Methods: We present two cases of psychosis in two brothers of Maghreb origin who were treated for the first psychotic episode in the acute psychiatric unit in a Spanish regional hospital. Then, we carried out a little research from the literature.

Results: The common psychopathological symptoms presented by two brothers of 26 and 27 years were: symptoms of thought, control and influence of the self. Delusional ideas of self-referential harm and persecution. Auditory and cenesthetic hallucinations. In the literature we find that patients with Islamic backgrounds who suffer hallucinations can attribute these experiences to different beliefs such as geniuses (jinn), black magic and the evil eye. One of the siblings was diagnosed with a psychotic episode without specification, while the other brother got the schizophrenia label. We believe that this may be related to the fact that mental health professionals generally tend to label fantastic stories as mind-blowing or delusional in nature.

Conclusions: 1. Religious beliefs and fantastic tales of Muslim culture can be considered psychotic symptoms if healthcare professionals are not familiar with this culture. 2. Teamwork between mental health professionals, translators and religious counselors can improve care for Muslim patients.

Keywords: psychosis; arab; muslim; transcultural psychiatry.

Depressive disorders

EPP0504

The results of PHQ-9 screening of latvian general population in 2019-2020

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Introduction: Under-diagnosis of depression is a concerning problem for Latvia. According to our previous research at least 115 000 new cases have to be diagnosed each year, but the data of National

Health Service show that most of the cases remain undiagnosed and untreated.

Objectives: To determine the point prevalence of depressive episode and associated factors in Latvian general population.

Methods: Computer assisted face-to-face interviews were carried out between November 2019 and March 2020 to gather information on a representative sample of the Latvian adult population (n=2687). The study sample was selected using a stratified random sampling method. The participants were interviewed using the Patient Health Questionnaire-9; a score of ≥ 10 was defined as indicating the presence of a clinically relevant depressive symptoms. Multinomial logistic regression was applied.

Results: There were 1238 males (46.1%) and 1449 females (53.9%) recruited. Mean age of respondents was 49.9 (SD 18.2). The point prevalence of depressive episode in general population was 6.5% with statistically significant difference between genders: 4.8% in men and 7.7% in women ($p=0.02$). Lower level of education ($p<0.001$) and unemployment ($p=0.01$) were statistically significant associated factors for depressive episode among women. The odds of having depressive episode were higher in male urban dwellers ($p=0.03$) (but not in the capital city) and in man, who live separately, are divorced or widowed ($p=0.004$).

Conclusions: Females, especially unemployed women and those with unfinished education, are at particular significant risk of depression, which should be addressed in developing prevention strategy and screening programmes of depression.

Keywords: PHQ-9; general_population; Screening; depressive_episode

EPP0505

Polyunsaturated fatty acid in treatment resistant depression: A pilot study

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Introduction: The deficiency of polyunsaturated fatty acids (PUFAs) and an alteration between the ratio of omega-6 and omega-3 PUFAs may contribute to the pathogenesis of depressive disorders.

Objectives: To investigate the levels of omega-3 and omega-6 in red cell membranes (mPUFAs) and plasma (pPUFAs) of patients with treatment-resistant (TRD) and non-treatment resistant depression (non-TRD).

Methods: TRD and non-TRD consisted of 75 patients enrolled at the Psychiatric and Clinic Psychology Unit of the University of Rome Tor Vergata, Rome, Italy, and met the DSM-IV criteria for major depressive disorder (MDD). A group of healthy controls (HC) matched for age and gender was enrolled. All blood samples were performed in conditions of an empty stomach between 07:00 am and 09:00 am. For each subject were obtained 5 ml of whole blood with the use of tubes for plasma with EDTA as an anticoagulant. Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) for omega-3 and arachidonic acid (AA) for omega-6 were measured.

Results: Levels of pPUFAs did not differ between the three groups. The mPUFAs were altered in the MDD. TRD and non-TRD had lower EPA and AA values respect to the HC. DHA in red cell membranes was lower in TRD than non-TRD and HC.