

**Conclusions:** Notable health benefits were observed among users, particularly in cognitive function and quality of life. These findings indicate the potential effectiveness of Exercogs® in dementia prevention programs. The alliance between the clinic and academia is crucial for solving the challenges of longevity and creating technological solutions that respond to new health needs. The use of technologies in health intervention generates high levels of adherence and motivation among older adults, as well as among health professionals. Exercogs® are a promising technological solution that uses gamification with clinical support to prevent dementia!

**Disclosure of Interest:** None Declared

## EPV1161

### Meta-analysis of Ginkgo biloba extract EGb 761 in the treatment of mild dementia

M. Riepe<sup>1\*</sup> and M. Burkart<sup>2</sup>

<sup>1</sup>Division of Geriatric Psychiatry, Ulm University, Ulm and <sup>2</sup>Global Medical Affairs, Dr. Schwabe Holding SE & Co. KG, Karlsruhe, Germany

\*Corresponding author.

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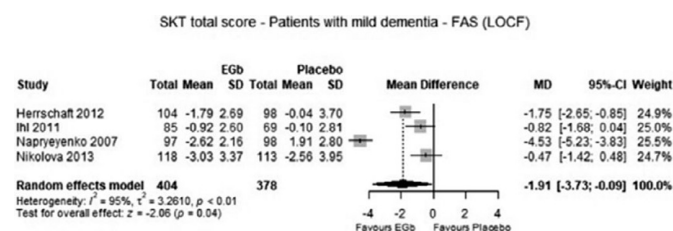
**Introduction:** Even mild forms of dementia have a detrimental effect on memory and activities of daily living, and cause distress to patients and their families. As the disease progresses, the impairment of patients and the burden on their carers increases over time. Thus, there is a need for effective, safe and well-tolerated treatments that can be initiated at the earliest stages.

**Objectives:** A meta-analysis of pooled patient subgroup data from randomised clinical trials was conducted to assess the treatment effects of Ginkgo biloba extract EGb 761 in patients with mild dementia.

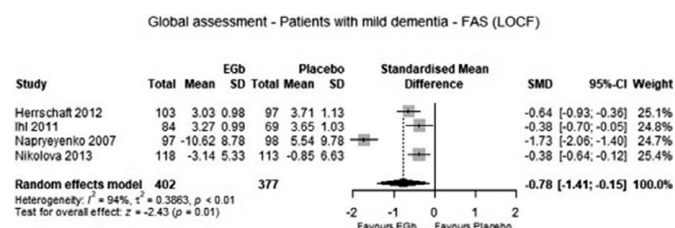
**Methods:** The studies included in this meta-analysis were selected from a previous systematic review (von Gunten *et al.* World J Biol Psychiatry 2016, 17(8),622-633). They enrolled patients with mild dementia (total score 9-15 on the SKT Short Cognitive Performance Test, SKT) (Lehfeld and Erzigkeit, Int Psychogeriatr 1997, 9(Suppl 1), 115-21) with probable Alzheimer's disease, probable vascular dementia, or possible Alzheimer's disease with cerebrovascular disease, respectively. Outcome measures were cognition, activities of daily living, global clinical assessment and quality of life.

**Results:** From four eligible trials data of 782 patients with mild dementia were included in the meta-analysis. The analysis demonstrated that treatment with 240 mg EGb 761 daily was significantly superior to placebo in cognition ( $p=0.04$ ), global assessment ( $p=0.01$ ), activities of daily living ( $p=0.01$ ) and quality of life ( $p=0.02$ ) with medium to large standardised effects. Adverse events were similarly frequent in patients treated with EGb 761 and placebo ( $p=0.66$ ).

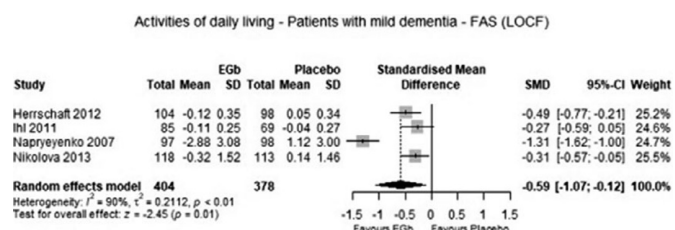
**Image:**



**Image 2:**



**Image 3:**



**Conclusions:** The meta-analysis shows that EGb 761 has beneficial effects on cognition, activities of daily living, global assessment and quality of life in patients with mild dementia.

**Disclosure of Interest:** M. Riepe Speakers bureau of: Dr. Willmar Schwabe GmbH & Co. KG, M. Burkart Employee of: Dr. Schwabe Holding SE & Co. KG

## EPV1162

### Efficacy of music therapy in patients with mild cognitive impairment. Systematic review

I. Rodríguez Blanco<sup>1\*</sup>, L. M. D.-P. Barros<sup>1</sup>, P. S. Aranda<sup>1</sup>, C. G. Cerdán<sup>1</sup>, M. L. Argudo<sup>1</sup>, R. K. G. Bolaños<sup>1</sup>, C. M. Cossio<sup>1</sup> and R. M. B. Rey<sup>1</sup>

<sup>1</sup>University Clinical Hospital of Salamanca, Psychiatry, Salamanca, Spain

\*Corresponding author.

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**Introduction:** The concept “mild cognitive impairment” (MCI) means a decline in executive functions (such as memory, attention, language or thought) that does not correspond to what is expected for a person's age group. It is estimated that this diagnosis may affect a fifth of the population over 65 years and 50-80% of them will develop dementia. This pathology is related to a loss of autonomy and an increase in dependence. In addition, there are therapeutic limitations, so it is a flagrant health and social problem. In this context of difficulties, various non-pharmacological therapies are emerging with the aim of improving various aspects of this disease, among which we can find music therapy (MT).

**Objectives:** The aim of this study is to review the most recent findings of the scientific community regarding the validity of MT as an intervention in patients with MCI. Specifically, its efficacy on cognition and its power to stop the progression of dementia are evaluated, as well as its effects on other areas of the patient.