

therefore examines the effect of sports and exercise therapy in the day-care treatment of unipolar depression.

#### Objectives:

- treatment of depressive disorders
- implementation of sports therapy under the conditions of everyday care

**Methods:** Patients with a depressive disorder as their main clinical diagnosis (F32./F33.) who underwent day clinic treatment for 5-11 weeks were included. People in the intervention and control groups completed a minimum of 2.0 and a maximum of 0.5 exercise sessions per week respectively. To investigate the effect of sports and exercise therapy on aerobic performance, the intervention group completed a submaximal, bicycle ergometric step test (PWC test), whereby the heart rate was measured over the individual exercise levels in a pre-post comparison. Furthermore, the change in depression symptoms between the intervention and control group was recorded at admission and discharge from treatment using the BDI-II.

**Results:** Patients in the intervention group (IG) showed a significantly greater reduction in depression symptoms compared to the control group (CG) ( $\Delta$ BDI-II;  $M = -8$ ,  $p < .01$ ).

In the pre-post comparison of PWC, IG achieved a significant increase in performance of 7 and 12 watts respectively ( $p < .05$ ; t-test). Further inferential statistical results are reported.

**Conclusions:** Regular physical training can lead to a significant improvement in endurance performance and an improvement in depressive symptoms.

**Disclosure of Interest:** None Declared

## EPP400

### Examining the Relationship Between Depression, Rumination, and Anxiety: Insights from the DiSCoVeR Trial

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**Introduction:** The DiSCoVeR trial (The DiSCoVeR Project: Examining the synergistic effects of a cognitive control videogame and a self-administered non-invasive brain stimulation on alleviating depression) is a double-blind, sham controlled, randomized controlled trial (RCT) investigating the feasibility and efficacy of an innovative, self-applied treatment approach for patients diagnosed with major depressive disorder (MDD). The multi-site trial is

conducted at three clinical trial sites (Hadassah, Israel; Riga Stradiņš University, Latvia; Ludwig-Maximilian-University, Germany). During the first study visit of this trial data on different patient baseline parameters were gathered including assessment of depressive symptoms, anxiety symptoms and rumination.

**Objectives:** The aim of this abstract is to examine the relationship between depression, rumination and anxiety in this patient sample. Rumination, often characterized by repetitive, negative thinking, can exacerbate symptoms of anxiety and depression by maintaining and intensifying negative emotional states. This cycle creates a challenging clinical problem making it difficult to break free without targeted interventions.

**Methods:** This analysis includes baseline data from 106 MDD patients enrolled in the DiSCoVeR trial as of April 2024. Depression severity was assessed using the Montgomery-Åsberg Depression Rating Scale (MADRS), anxiety symptoms were measured using the Generalized Anxiety Disorder Questionnaire (GAD-7), and rumination was evaluated with the Ruminative Response Scale (RRS). Data were analyzed using the Jamovi statistical platform, applying linear regression model to explore the relationship between depression, rumination, and anxiety. All assumptions for linear regression were met prior to analysis.

**Results:** The mean age of the participants in this study sample ranged from 18 to 63 years old (mean age 33.4 years). 65.7% of the participants were female. Regression analysis revealed a significant positive association between anxiety (GAD-7) and rumination (RRS), suggesting that increased anxiety symptoms are associated with higher levels of rumination ( $p < .001$ ). However, age and gender were not significant predictors of rumination. While depression (MADRS) was moderately associated with rumination, this effect was not statistically significant. Educational level showed a marginal effect, with university-educated individuals showing higher rumination levels compared to those with professional education.

**Conclusions:** In this patient sample overall, anxiety (GAD-7 score) was the strongest predictor of rumination, while other factors such as depression, age, and gender did not show significant effects. Education level might have a marginal impact, especially for individuals with university education.

**Disclosure of Interest:** None Declared

## EPP401

### Impact of history of esketamine treatment in the current depressive episode on response to iTBS

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**Introduction:** An increasing number of patients with treatment-resistant depression (TRD) are treated with a novel form of transcranial magnetic stimulation (TMS): the intermittent theta burst stimulation (iTBS). In this retrospective naturalistic study, we analyzed the outcome of iTBS treatment in patients with treatment-resistant depression.

**Objectives:** To investigate the impact of history of esketamine treatment in the current depressive episode on response to iTBS.