

S0043

When Parents have a Severe Mental Illness : Can we Prevent Family Separation and Adverse Effects after Childbirth ?

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This presentation will review the current state of knowledge about severe maternal perinatal mental illness. Severe disorders are associated with a higher prevalence of somatic difficulties during pregnancy, poorer quality of pregnancy follow-up and potential impairment of infant care. These children are therefore very vulnerable and require specific care. We will present how graduated care coordinated and above all integrated between psychiatry, obstetrics, neonatal pediatrics and child protection services allows for early and effective preventive interventions, both for the child's development and maternal mental health. The concept of shared parenting will be particularly developed.

Disclosure: No significant relationships.

Keywords: maternal psychiatric pathology; antenatal prevention; child protection; multidisciplinary work

S0041

What have we Learnt from the UK Triannual Case Reviews about the Role of Parental Mental Illness in Serious Abuse Related Harm of Young Children ?

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Up to one in four young children have been estimated to be exposed to parental mental illness. Although the majority of affected parents will not harm their children, it is now well established that parental mental illness places children at an increased risk of all types of injury. Both maternal and paternal mental illness are implicated. Children of parents with mental illness are at the greatest excess risk of being injured in their first year of life, and this applies particularly to violence related harm. Within the first year, the risk is highest during the first three months after birth. A number of parental and family background factors have been identified in the UK triannual serious case reviews of abuse related harm to children and in other publications that can increase or decrease the risk. These findings have significant implications for clinical practice. In order to mitigate the risks to young children, an early assessment of a parent with a mental illness, close collaboration between mental health, social care and other involved professionals, and a comprehensive care

package which aims to improve parental mental health, reduce other risk factors and exploit parental strengths and protective social factors, are essential. Mental health professionals have an important role to play in achieving improved outcomes for children at risk and their families.

Disclosure: No significant relationships.

Keywords: Abuse related harm; Parental mental illness; Infants; Children

New Frontiers in Psychopathology and Treatment of Eating Disorders

S0042

The Impact of COVID-19 Pandemic on Psychopathology and Treatment of People with EDs

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Since the beginning of the COVID-19 pandemic a mental health deterioration has been detected in the general population and especially in people affected by pre-existing psychiatric conditions, and mental health care has moved towards online treatment. Literature studies have been reviewed to gather evidence regarding the impact of the COVID-19 pandemic on people affected by eating disorders (EDs) exploring changes in ED-specific and general psychopathology; mechanisms of vulnerability and resilience; change in treatment delivery service; patients' perception of online treatment and potential barriers and/or advantages of this method and its effectiveness. A wide variability characterized the response of people with EDs to the COVID-19 pandemic. A trend toward worsening of ED specific psychopathology with respect to the pre-pandemic period was observed as well as a deterioration in general psychiatric symptoms. Feelings of uncertainty and social isolation were the most common vulnerability mechanisms. Resilience factors such as heightened self-care and reduced social pressure also occurred. The treatment has largely switched to online delivering strategies which, despite considered the best alternative to the face-to-face approach, were suffering from some concerns about their quality. The exacerbation of specific and general psychopathology supports the hypothesis of an emotional and post-traumatic nature of EDs and outlines the importance of internalizing symptoms. In front of the great variability observed across ED patients during the pandemic, the identification of risk and resilience variables as well as of subjective factors affecting the perception of online treatment may inform clinicians and promote more targeted and individualized approaches.

Disclosure: No significant relationships.

Keywords: Psychopathology; Eating Disorders; Treatment; Covid-19 pandemic

S0043

Predictors of Therapy Outcome in Eating Disorders: from Psychopathology to PersonalityF. Fernandez-Aranda^{1,2,3,4*}, S. Jimenez-Murcia⁴ and R. Granero⁵¹University Hospital of Bellvitge, -IDIBELL, Department Of Psychiatry, Barcelona, Spain; ²Hospital Universitario de Bellvitge, Psiquiatria, Bracelona, Spain; ³School of Medicine and Health Sciences, University of Barcelona, Department Of Clinical Sciences, Barcelona -Campus Bellvitge, Spain; ⁴University Hospital of Bellvitge-IDIBELL and CIBERObn, Department Of Psychiatry, Barcelona, Spain and ⁵University Autonoma Barcelona, Department Of Psychobiology And Methodology, Bellaterra, Spain

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Eating disorders are severe mental disorders, with high mortality rates and high incidence in adolescence and early adulthood, especially in women. The course of these disorders is uncertain and treatment outcomes are limited. Several factors such as duration of the disorder, dysfunctional personality traits and cognitive profiles, as well as genetic vulnerabilities, will influence adherence and response to treatment. In this presentation we will include recent results on prospective observational studies, analyzing personality and cognitive predictors of treatment response in eating disorders, as well as potential associated neurobiomarkers.

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Keywords: Eating Disorders; Psychotherapy; predictors; personality

Anxiety Disorders in Pregnancy and the Postnatal Period: Recent Progress and Lived Experience

S0044

Anxiety Disorders in the Perinatal Period

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Anxiety disorders are common in pregnancy and in the post-natal period. This presentation will focus on how anxiety disorders may present in the perinatal period, the need for accurate and timely diagnosis, and barriers to diagnosis and barriers for women in accessing appropriate care and treatment.

Disclosure: No significant relationships.

Keywords: Perinatal; maternal OCD; Anxiety

S0045

Perinatal OCD - A Lived Experience

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- Diana discusses the terror of perinatal ocd undiagnosed with four small children ages six years and under
- Diana explains fearing seeking help and seeing a psychiatrist knowing she would have to disclose her thoughts and images she encountered daily
- She pinpoints what moved her forward and stresses the importance of revisiting ocd when it is not in your life
- She talks of hope and through successful CBT and Citalipram, has been free of the disorder for twenty years

Disclosure: No significant relationships.

S0046

Postnatal PTSD: Risks and Consequences

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Post-traumatic stress disorder (PTSD) occurs in 4% of all pregnancies during the postnatal period. This prevalence can increase in high-risk groups reaching a mean prevalence of 18%. Some risk factors are significantly associated with the development or exacerbation of postnatal PTSD, including prenatal depression and anxiety, pre-pregnancy history of psychiatric disorders, history of sexual trauma, intimate partner violence, emergency childbirth, distressing events during childbirth and psychosocial attributes. Maternal postnatal PTSD is highly associated with the difficulties in mother-infant bond and the postpartum depression. Evidence shows significant links between psychological, traumatic and birth-related risk factors as well as the perceived social support and PTSD following childbirth. The City Birth Trauma Scale can be recommended as a universal instrument for diagnosis of postnatal PTSD.

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Keywords: postnatal; Childbirth; Post-traumatic stress disorder

Modelling Trauma and Resilience

S0047

“Adding new Molecular Insights to a given Endophenotype: the Relevance of Epigenetics in Environmental Stress Response”F. Rusconi^{1,2*}, E. Romito¹, E. Toffolo¹, C. Forastieri¹ and E. Battaglioli¹¹University of Milan, Dep. Medical Biotechnology And Translational Medicine, SEGRATE, Italy and ²University of Milan, Dep Medical Biotechnology And Translational Med., Segrate, Italy

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Molecular psychiatry research needs a deeper characterization of emotional and cognitive neural underpinnings, along with a broader recognition of trauma-related circuitries and their involvement in shared pathological endophenotypes. One such endophenotype is unbalanced approach avoidance conflict (AAC), a highly