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SP016

Responsiveness to Mental Health Needs across European countries

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Abstract: This study evaluated European countries' responsiveness to mental health (MH) needs by analyzing key performance indicators (KPIs) across healthcare, workplaces, schools, and society. Data from the 2023 Headway Initiative included 15 KPIs related to healthcare responsiveness—such as workforce availability, facilities, quality of care, and MH expenditure—and 14 KPIs assessing responsiveness in workplaces, schools, and society. KPI scores were standardized on a 1-10 Likert scale, with higher scores indicating better performance. Bivariate correlations examined associations between responsiveness and overall MH status. Sweden (10.0), Denmark (8.8), and Finland (8.3) demonstrated the highest responsiveness in healthcare, whereas Romania (1.0), Slovakia (1.1), and Latvia (1.2) ranked lowest. In non-healthcare domains, Germany (10.0), France (9.1), and Denmark (9.1) were the most responsive, while Greece and Slovakia (1.0) exhibited the poorest performance. These findings highlight significant disparities in MH support across Europe and emphasize the need for policies that address inequalities and bridge treatment gaps. Future efforts should focus on balancing MH status improvements with sustained investment in MH responsiveness.

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SP017

Way forward and next steps in European Mental Health Policies

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Abstract: The EPA Action Plan 2025-2027 aims to optimize mental health care in Europe, by focusing on several unmet needs still experienced by patients. New ways for treatment delivery and new settings of care, tailored diagnostic approaches, research on brain and on mental health, reduction of multimorbidity and mortality gap, promotion of prevention strategies in mental health and more attention on minorities' mental health represent some of the milestones on which a roadmap for mental health in Europe may be based.

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SP018

The neuropsychiatric approach to diagnosing and treating adults with ADHD

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Abstract: Background: Attention-deficit/hyperactivity disorder (ADHD) in adults often presents with nonspecific symptoms that can be obscured by years of compensatory mechanisms and comorbid conditions. Traditional diagnostic approaches may fall short in capturing the nuanced presentation of ADHD in previously undiagnosed adults, leading to potential misdiagnosis or delayed treatment. This talk presents a comprehensive clinical framework for evaluating adult ADHD that integrates structured assessment protocols with thorough clinical investigation.

Methods: Our diagnostic model employs a multi-stage evaluation process that includes: (1) comprehensive pre-interview rating scales, (2) in-depth clinical interviews focusing on lifetime symptom presentation and functional impact, (3) systematic gathering of collateral information, and (4) administration of validated assessment instruments with embedded validity scales. The evaluation protocol emphasizes the assessment of executive function, emotional regulation, and adaptive behaviors developed throughout adulthood.

Discussion: This approach represents a significant advancement in adult ADHD diagnosis by incorporating validated assessment tools with thorough clinical investigation. The model's emphasis on lifetime symptom patterns, adaptive behaviors, and compensatory mechanisms provides crucial insights into how ADHD manifests in adults who have developed various coping strategies throughout their lives. Furthermore, the integration of multiple data sources with patient insights facilitates better treatment engagement and outcomes.

Conclusion: The proposed comprehensive evaluation framework offers a more sophisticated and nuanced approach to diagnosing ADHD in previously undiagnosed adults. By combining validated assessment instruments with thorough clinical investigation and collateral information, this model enhances diagnostic accuracy and treatment planning. Our findings suggest that this approach not only improves diagnostic precision but also provides valuable insights into the developmental trajectory of ADHD, leading to more personalized and effective treatment strategies.

Keywords: Adult ADHD, clinical evaluation, executive function, compensatory mechanisms, diagnostic precision

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