

disorders in Dostoevsky's works, beginning with the main character of "The Double," written in 1846.

**Objectives:** Try to answer the following questions: (1) Should a psychopathological analysis of a literary work include elements of the author's psychobiography, psychopathological components of the author's language, and can such work be carried out by one psychiatrist without the participation of a literary scholar? (2) What goals should such an analysis pursue? (3) Should the accuracy of the author's description of the mental disorders present in the characters of his work be considered as a criterion for assessing the author's artistic skill and the significance of the work as a literary and cultural phenomenon?

**Methods:** Taking Dostoevsky's "The Double" as a starting point, the authors analyzed professional literature on the topic and conducted their own psychopathological and literary analysis of this literary work.

**Results:** (1) psychopathological analysis without the participation of a literary scholar is always incomplete, since everything we learn about the hero of the work we learn through the language of the work. (2) the assessment of the quality of a work of art by a psychiatrist from the point of view of the accuracy of the description of psychopathological symptoms in a particular character leads to the fact that the ideal work of art becomes a well-written case history.

**Conclusions:** It is hardly correct to give a precise psychiatric categorization to persons whose behavior in a work of art is depicted as pathological. The author's depiction of his hero's pathological experiences has goals other than psychiatric ones and is conditioned by the general concept of the work.

**Disclosure of Interest:** None Declared

## EPV1287

### The Insane in Chains: Literary Image of Russian Fiction and Historical Truth of the First Half of the 19th Century

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**Introduction:** A compatriot who is declared insane and ends up chained in a mental institution is a new and unexpected character that appeared in Russian fiction during its heyday in the first half of the 19th century. The theme of "madness" followed by "chaining" is repeated in the influential works of Alexander Pushkin, Alexander Griboyedov, Alexander Voeikov and other outstanding writers of this period.

**Objectives:** Find out: (1) How historically accurate was this persistent artistic image — was it merely a literary convention or a true reflection of the status quo? (2) Was the shackling of patients "the standard of care" in psychiatric institutions in Russia and Europe in the late 18th and first half of the 19th centuries?

**Methods:** A historiographical and comparative analysis was conducted, which allowed us to compare historical evidence and manuals on mental illness published in Europe in the period 1782-1845,

as well as Russian professional literature on the history of psychiatry in Russia.

**Results:** The artistic image of the "madman on a chain" largely corresponded to reality; moreover, in a number of cases, the horror of reality exceeded the artistic image.

**Conclusions:** By bringing the image of the patient in chains to the forefront, Russian fiction attracted public attention to the topic, which was one of the factors that contributed to the opening of a significant number of new psychiatric hospitals in Russia in the second half of the 19th century, with a more humane attitude towards psychiatric patients.

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## EPV1288

### WRITTEN INFO KEEPS YOU ON TRACK! - Importance of written communication/information in therapeutic adherence

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**Introduction:** Therapeutic adherence is defined by the World Health Organization as the degree to which the patient's behavior corresponds to the recommendations agreed with the healthcare professional. Adequate adherence to pharmacological treatment is essential to achieve therapeutic objectives, but non-adherence rates are high, ranging between 10% and 92%.

**Objectives:** To highlight the role of written communication/information provided to the patient in the adherence to treatment.

**Methods:** Non-systematic literature review.

**Results:** Non-adherence limits therapeutic benefits, compromises the effectiveness of medications and increases the demand for healthcare, representing a major obstacle to the provision of care. One of the factors that contribute to non-adherence is the failure in communication between healthcare professionals and patients, especially with regard to providing clear information about medications.

Since patient educational interventions seem important and effective in improving medication adherence, it is pertinent to adopt more effective ways of communicating and adequately informing patients about the main aspects of the prescribed drugs. Such process can be assisted by written information leaflets.

In this context, studies have revealed that patients appreciate written information to help make decisions about whether or not to take a medication, manage medication intake and interpret symptoms. The benefits and side effects of drugs are generally important information for patients, especially if presented in a legible way, with understandable text, without large volume and without small font size used.

Written instructions can be a useful complement to information transmitted verbally by serving to increase the likelihood that important information can be presented, understood, accepted and remembered by the patient - studies show that patients who received written information better understood their medication, precautions, use instructions, associated side effects, and were more satisfied with the information received, which could contribute to greater therapeutic adherence.

**Conclusions:** There seems to be a consensus in the bibliography that written information should not replace verbal information. The latter remains a priority, but must be closely associated to written information so that, in combination, its beneficial effects can be enhanced.

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## EPV1289

### Bibliographic Review of Smith-Magenis Syndrome and its Psychopharmacological Management with Lithium: About a case

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**Introduction:** Smith-Magenis Syndrome (SMS) is a neurogenetic disorder caused by deletions on chromosome 17p11.2 or mutations in the *RAI1* gene. It is characterized by **intellectual disability**, **behavioral disturbances** like **aggression**, **impulsivity**, **self-injury**, and **sleep disruptions**. A hallmark feature of SMS is **inverted melatonin production**, leading to **daytime sleepiness** and **night-time insomnia**, which exacerbate behaviors. Traditional treatments, such as **antipsychotics** and **SSRIs**, often show limited effectiveness and can cause side effects, including **metabolic syndrome**, **sedation**, and **extrapyramidal symptoms**.

**Lithium** has emerged as a promising alternative to manage **treatment-resistant behaviors** in SMS. Known for its **mood-stabilizing** properties in **bipolar disorder**, lithium modulates **dopamine** and **serotonin**, reduces **aggression**, and promotes **neuronal plasticity**. However, lithium requires **close monitoring** due to the risks of **nephrotoxicity**, **thyroid dysfunction**, and its **narrow therapeutic index**.

**Objectives:** This study explores **lithium's role** in managing **severe behavioral disturbances** in SMS, especially in patients unresponsive to conventional treatments. The objectives are: (1) to review the **literature** on lithium's efficacy and safety in SMS and similar neurodevelopmental disorders, and (2) to present a **clinical case** of a 25-year-old SMS patient treated successfully with lithium after antipsychotics and SSRIs failed.

**Methods:** A **literature review** was conducted using **PubMed** and **Web of Science**, focusing on articles published between 2013 and 2023 on lithium in SMS and related disorders. Additionally, the **clinical case** of a 25-year-old male with SMS, exhibiting **aggression** and **self-injury**, was documented. After other treatments failed, lithium was introduced with regular monitoring of **serum levels**, **renal**, and **thyroid function** throughout six months.

**Results:** Literature supports lithium's **efficacy** in reducing **aggression** and **impulsivity** in SMS. Lithium modulates **dopaminergic** and **serotonergic systems**, stabilizing mood and reducing disruptive behaviors. In the clinical case, the patient improved within two weeks of lithium therapy. Over six months, **aggression** and **self-injury** diminished significantly, with no adverse effects and stable **renal** and **thyroid function**.

**Conclusions:** Lithium is an effective option for SMS patients with **treatment-resistant behavioral disturbances**, particularly **aggression** and **self-injury**. It offers a valuable alternative to antipsychotics and SSRIs, enhancing **emotional stability** and **quality of life**. However, careful **monitoring** is required to prevent toxicity.

Further research is needed to confirm lithium's long-term safety and efficacy in SMS.

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## EPV1290

### The Hidden Burden of Undiagnosed ADHD among Medical Students in Pakistan: A Cross-Sectional Survey of Self-Reported Symptoms

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**Introduction:** Attention-deficit/ hyperactivity disorder (ADHA) is recognized as a major public health issue, characterized as a persistent neurodevelopmental disorder that presents challenges in various aspects of life, often continuing into adulthood and frequently going undiagnosed.

**Objectives:** This study aimed to explore the prevalence, types, participants knowledge and perceptions and demographic determinants of undiagnosed adult ADHD among undergraduate medical students in Pakistan.

**Methods:** This study conducted from July 2023 to December 2023. A nationwide cross-sectional study enrolled 342 undergraduate medical students who met the selection criteria. Data was collected through an online self-administered survey of three main parts, utilizing the WHO 18 questions Adult ADHD Self-Report Scale, Version 1.1 (ASRS-v1.1), to assess adult ADHD symptoms. Data analysis was carried out using SPSS (version 26.0).

**Results:** Out of 342 participants, 119 medical students, or 34.8%, were found to have adult ADHD. The most prevalent presentation was inattentive dominance, observed in 86 students (72.3%), followed by mixed dominance in 20 students (16.8%), and hyperactive dominance in 13 students (10.9%). There was a statistically significant ( $p < 0.05$ ) association between individuals screening positive for adult ADHD and the presence of co-occurring psychological disorders (e.g., anxiety, depression) and a family history of psychiatric disorders (e.g., ADHD, generalized anxiety disorder, bipolar disorder). Additionally, these individuals believed that adults with adult ADHD could lead a normal life despite their condition. The type of ADHD was significantly associated with the use of medications for psychological disorders, with a notably higher usage among hyperactive dominants (5, 71.4%), and a significantly higher family history of GAD among mixed dominants (2, 10.0%).

**Conclusions:** This study uncovers a significant prevalence of undiagnosed adult ADHD and an inattentive dominance among medical students in Pakistan, highlighting the need for enhanced awareness and screening. These findings underscore the critical necessity for the implementation of ADHD screening programs.

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## EPV1294

### From Mood Swings to Psychosis: Exploring the Psychiatric Side Effects of Corticosteroids

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