these core symptoms, ADHD seems to present complex associations with certain personality traits and to share several clinical features with personality disorders (PDs), particularly those within Cluster B. This overlap of symptomatology may lead to diagnostic challenges and potential misdiagnoses. This paper reviews the literature on the relationship between ADHD and personality traits, highlighting overlaps with personality disorders and exploring their clinical and diagnostic implications.
Objectives: The primary objective of this review is to understand the potential associations between ADHD and specific personality traits, focusing on the extent to which these traits overlap with clinical features of personality disorders.
Methods: A non-systematic literature review was conducted using major databases such as PubMed, Wiley and ScienceDirect targeting peer-reviewed studies published over the last two decades. The search terms included "ADHD," "personality traits," "personality disorders," and "diagnostic overlap." Relevant studies were selected based on their focus on adult ADHD and its association with personality traits and personality disorders. Review articles and cross-sectional studies were included.
Results: The currently available literature reveals significant associations in the clinical presentation of ADHD and specific personality traits (changing accordingly to different models of personality assessment), as well as a relevant diagnostic overlap with Cluster B personality disorders, particularly Borderline Personality Disorder (BPD) and Antisocial Personality Disorder (ASPD). Shared features include impulsivity, emotional dysregulation, and difficulty in maintaining relationships. The presence of ADHD seems to increase the likelihood of personality pathology, with some studies suggesting a high co-occurrence of ADHD with traits of increased neuroticism and novelty-seeking, and decreased conscientious inhibition.
Conclusions: ADHD and personality disorders share multiple overlapping clinical features, making accurate diagnosis challenging and potentially delaying adequate treatment. Thus, as suggested in some of the articles reviewed, an integrative and dimensional approach to such clinical pictures may be more adequate, so to ensure a profound understanding of the difficulties presented by patients, aiming at providing accurate and tailored treatment. Further research is needed to refine diagnostic criteria and strengthen a standardized dimensional thinking to address this diagnostic ambiguity.

Disclosure of Interest: None Declared

Psychoneuroimmunology

EPP501

The association of salivary biomarkers with self-compassion and perfectionism in medical students exposed to pre-exam stress

P. Boonyalug[1]*, R. Nabhindhakara[1], P. Paradeevisut[1], P. Tayawitid[1], R. Settacomkul[2], T. Prachason[3] and P. Vivithanaporn[2]

[1]Faculty of Medicine Ramathibodi Hospital, Bangkok; [2]Chakri Naruebodindra Medical Institute (CNMI), Faculty of Medicine Ramathibodi Hospital, Samut Prakan and [3]Psychiatry, Faculty of Medicine Ramathibodi Hospital, Bangkok, Thailand
*Corresponding author.
doi: 10.1192/j.eurpsy.2025.755

Introduction: Evidence has shown that perfectionism is linked with increased perceived stress, whereas self-compassion might mitigate poor outcomes related to stress. However, how these traits influence stress responses in a naturalistic setting is unclear.
Objectives: The study aims to test the associations of perfectionism and self-compassion traits with stress-related biomarkers, namely C-reactive protein (CRP), alpha-amylase, and cortisol, in medical students exposed to pre-exam stress.
Methods: 61 second-year medical students were enrolled in this study. At baseline, perfectionism and self-compassion were self-rated using the Self-Compassion Scale and the Short-Revised Almost Perfect Scale, respectively. Morning saliva samples were collected at baseline and one week before the exam. The levels of salivary CRP, alpha-amylase, and cortisol were quantified as biomarkers for inflammation, sympathetic activity, and hypothalamus-pituitary-adrenal axis, respectively, using enzyme-linked immunosorbent assay. Multiple linear regression analysis was performed to test the associations between the two traits with pre-exam salivary biomarkers, adjusted for baseline salivary biomarkers, age, sex, and body mass index (BMI). Other potential confounding variables, including acute illness, underlying mood disorder, and lifestyle factors, were also added to the model as sensitivity analyses.
Results: Adjusted for the baseline level of biomarker, age, sex, and BMI, perfectionism traits significantly predicted pre-exam salivary alpha-amylase (B = 0.04, 95% CI 0.01 to 0.07, p = .007), but not CRP (B = -0.03, 95% CI -0.07 to 0.01, p = .177) or cortisol (B = 0.004, 95% CI -0.005 to 0.012, p = .424). No significant associations were found between self-compassion traits and the pre-exam levels of all three salivary biomarkers. The sensitivity analysis, additionally adjusted for other potential confounding factors, confirmed the significant positive association between perfectionism traits and pre-exam salivary alpha-amylase (B = 0.04, 95% CI 0.01 to 0.07, p = .006).
Conclusions: Perfectionism traits could positively predict the level of morning salivary alpha-amylase in naturalistic stress exposure, suggesting a heightened sympathetic activity among those with high perfectionism in response to stress. Replication studies in a larger sample with more diverse populations are warranted.

Disclosure of Interest: None Declared

Psychopharmacology and Pharmacoeconomics

EPP502

Impact of Grapefruit Consumption on Plasma Concentrations of Psychiatric Medications through CYP3A4 Inhibition

D. B. Valle[1], D. J. Cox[2]* and B. R. Carr[2]

[1]College of Medicine and [2]Department of Psychiatry, University of Florida, Gainesville, United States
*Corresponding author.
doi: 10.1192/j.eurpsy.2025.756

Introduction: The interaction between grapefruit juice and certain psychiatric medications can lead to significant clinical implications due to the inhibition of the cytochrome P450 3A4 (CYP3A4) enzyme (Fuhr et al. CPT 2023, 114(2), 266-275; Guttman et al. Phytother. Res 2020, 34(5), 1168-1176; Paine et al. Drug Metab. Dispos 2004, 32(10), 1146-1153; Paine et al. J. Pharmacol. Exp. Ther 2005, 312(3), 1151-1160; Schmiedlin-Ren et al. Pharmacol. Ther 1997, 66(2), 234-241). Grapefruit juice contains furanocoumarins, specifically bergamottin and 6',7'-dihydroxybergamottin