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Abstract: Despite the crucial need for objective diagnostic procedures in psychiatry, the research of the quantitative neural bases of mental disorders is in its infancy, and currently there are no well-validated markers that could be translated into clinical practice. Candidate brain markers for neurodevelopmental, psychotic, and mood disorders have been proposed, but confounding factors and low statistical power leave most of these markers at the very early stage of development. Increasing evidence suggests a crucial role of biological, especially including sex, and environmental factors in shaping behavioral development and psychopathological risk. Moreover, such risk seems associated with greater susceptibility to cardiovascular problems, possibly mediated by alterations in the brain-heart axis. In this context, the study of brain maturation trajectories and brain-heart interactions in relation to sex and environment can provide key insights on the etiology of complex mental illnesses.

This lecture will provide an overview of our recent research on the interactions among biological factors, in particular sex, environmental risk, brain morphology and function, and cardiac autonomic regulation in affective and psychotic disorders using multivariate analysis approaches. Evidence obtained from juvenile cohorts, including samples of twins, will be presented to provide useful information on the genetic and environmental determinants of behavioral developmental trajectories, and on sex differences in these trajectories. The complex relationships among sex, environmental risk, autonomic regulation, brain morphology and connectivity, and mental and physical health will be explored in transdiagnostic samples of young adults and elders. Special focus will be given to sex-shared and sex-specific brain and autonomic mechanisms affected by social stressors, including discrimination, bullying, and chronic stress, and their possible role in determining the heterogeneous clinical dimensions of psychotic and affective disorders.

Disclosure of Interest: None Declared

SP055

Update Gender Affirming Care in Adolescents with Gender Incongruence – Evidence Review and Clinical Implications Considering new Guidelines in different European Countries

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Abstract: Recently, there have been wide-ranging debates about gender affirming treatment for young people with gender incongruence. The ethical principle of self-determination of young people must be reconciled with a careful assessment and weighing up of the risks

and benefits of medical treatment steps. The focus is on psychosocial support for young people struggling with gender incongruence in adolescence. The evidence for the effectiveness of medical interventions in adolescence is still limited. Nevertheless, there is a great need among affected adolescents. In a literature review and based on international debates, guidelines and treatment recommendations, a cautious and balanced approach to the question of the right support for adolescents with gender dysphoria is recommended.

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SP056

Difficulties in implementing best standards in transgender mental health care in different European countries

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Abstract: For decades, the standards of gender-related healthcare provided to trans and gender-diverse people have been prepared by international professional associations. These standards are often expected to rely on research evidence, but when the research evidence is not conclusive, an expert consensus is sought. In addition to the standards and guidelines updated with intervals, such as the Standards of Care for the Health of Transgender and Gender Diverse People, Version 8, and the Endocrine Treatment of Gender-Dysphoric/Gender-Incongruent Persons: An Endocrine Society Clinical Practice Guideline of the Endocrine Society, there are several national guidelines developed by the professionals in some European countries. There are significant similarities among these care principles concerning practical recommendations. However, the practice may vary depending on the differences in healthcare delivery systems and, more importantly, legal regulations. In general, international guidelines provide room for flexibility in practical applications. Yet, in recent years, there has been a significant change in many European countries with respect to the public appreciation of gender diversity and gender-related healthcare, mainly resulting from a politicized debate triggered by more conservative arguments rather than evidence. This backlash, which has also had a profound impact on the medical professional sphere, is a cause for concern. In this climate, it is becoming more challenging to develop and implement the standards of care for trans and gender-diverse individuals in many countries. Similarities of challenges in the implementation of standards also exist in the means of handling these challenges.

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SP057

Necessity and Problems of Cooperation of Mental Health Professionals and Somatically Oriented Doctors in Gender-affirmative Healthcare

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Abstract: Multidisciplinary cooperation is an imperative prerequisite for good clinical practice in general, and for healthcare of gender-variant people in particular. Although self-determination of one's gender identity is regarded a human right and self-medication in the trans community widespread, gender-affirmative treatment (GAT) with its far-reaching consequences (including reimbursement by social insurances) still is based upon diagnostics – and more importantly – by indication of mental health professionals (MHP). Empathy and affirmative encounter cannot detract from the fact that medical interventions in general cannot be carried out without a diagnosis. It is the assignment and duty of MHPs to make a diagnosis of gender incongruence or gender dysphoria prior to GAT carried out by somatically oriented doctors. This mutual dependency is a constituent of transgender healthcare, not only at the beginning of a transition trajectory but life spanning. Mental and somatic health care are interdependent. Gender affirmative hormonal treatment and its potential side-effects as well as surgical intervention and its potential complications may have large impact on mental health, and vice versa mental health disorders impact medical conditions. MHPs and somatically oriented doctors are socialized and trained in different ways, sometimes complicating understanding. This presentation deals with the needs, peculiarities and obstacles of joint mentoring gender-variant patients from a medical perspective, not only at the beginning of transition but also in times of crisis or in the course of getting older.

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SP058

Mental Health of Adolescents Exposed to the War in Ukraine

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Abstract: This presentation will provide an overview of our original studies focusing on the mental health impact of the ongoing war in Ukraine on adolescents. Our studies address critical areas such as posttraumatic stress disorder (PTSD), anxiety, depression, suicidality, and the prevalence of psychiatric conditions, alongside resilience factors among war-affected youth. By synthesizing findings from the studies, the presentation will highlight the substantial psychological burden of the conflict on Ukrainian adolescents and emphasizes the pressing need for targeted mental health interventions. These studies contribute essential insights into the long-term implications of trauma, resilience, and mental health outcomes in conflict-affected populations, informing both research and clinical practice.

Disclosure of Interest: None Declared

SP059

Current research school activities and strategies for the future

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Abstract: It is important to support the Ukrainian mental health research and practice in time of war and after the war has ended. Norwegian universities engage in this by collaboration in psychiatric research and mental health initiatives.

With a grant from the University of Oslo and in collaboration with the Taras Shevchenko National University Kyiv, the Ukrainian Psychiatric Association, and the Norwegian Psychiatric Association, we launched a research school for young psychiatry and psychology researchers who are based in the Ukraine and who can travel outside the country. The research school and training class was held in Warsaw 2023, Krakow 2023 and in Oslo 2024. It offered scientific lectures, interaction with international researchers, and clinical site visits. The young Ukrainian researchers present their projects from early to completed phase to be openly discussed. Networking and scientific exchange is encouraged. The Oslo university library has opened their doctoral educational programs for Ukrainian doctoral students and the University of Oslo sponsors participation in international conferences.

We now aim for a renewed strategy to help meet the needs of mental health and clinical research in the Ukraine also after the end of the war.

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SP060

Mental Health of University Students During and After the War: Battle for Ukrainian Future

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Abstract: Objective: The study aims to analyze the mental health conditions of Ukrainian university students during and after the war and to examine the impact of these conditions on their academic productivity.

Methods: The research combines methods of cross-sectional surveys and regression analysis. The survey includes a demographic section, a mental health screening, and the “Work Productivity and Activity Impairment: Specific Health Problem” (WPAI: SHP) section, adapted for the study's purposes. The sample consists of 1,398 respondents.

Results: Among all respondents, 85.8% exhibited symptoms of depression, 66.1% of anxiety disorder, 56.9% of sleep disorders, and 48.1% of post-traumatic stress disorder (PTSD). Econometric modeling results confirm the devastating impact of mental health issues on students' academic productivity during the war: moderate to severe symptoms of mental disorders, such as