

patients compared to controls, both at baseline and T6. Changes in monocyte phagocytic activity correlated with  $\Delta$ HAMD, indicating a link between immune cell function and symptom improvement.

At T6, eosinophils increased in FEMD ( $p = 0.011$ ) without significant changes in RMD. Improvement in depression severity correlated with changes in neutrophil counts in FEMD ( $r = 0.364$ ,  $p = 0.024$ ). Comparatively, immune alterations in MD showed smaller effect sizes than those observed in schizophrenia. Notably, lymphocyte elevations were specific to recurrent MD, suggesting potential involvement of adaptive immunity in chronic MD.

**Conclusions:** These findings highlight state- and trait-dependent immune alterations in MD, including heightened neutrophil activity in early stages and adaptive immune involvement in recurrent cases. Functional data further support the role of innate immune activation in MD, with phagocytic activity potentially serving as a biomarker for treatment response. Future studies may inform stage-specific immune-targeted interventions in MD.

**Disclosure of Interest:** None Declared

## SP084

### The Association Between Childhood Maltreatment and Somatic Symptoms in Adulthood

A. M. Luond<sup>1</sup> and G. Ayas<sup>2,3</sup>

<sup>1</sup>Adult Psychiatry and Psychotherapy, University Hospital of Psychiatry, Zurich, Switzerland; <sup>2</sup>Graduate School of Health Sciences, Koc University and <sup>3</sup>Affective Laboratory, Koç University Research Center for Translational Medicine (KUTTAM), Istanbul, Türkiye  
doi: 10.1192/j.eurpsy.2025.166

**Abstract: Background:** Childhood maltreatment (CM) encompasses various forms of abuse and neglect before age 18 and frequently manifests in somatic symptoms (SS) such as chronic pain or fatigue. Despite growing recognition of this connection, the relationship between specific CM types and SS, as well as the mechanisms underlying this link, remains incompletely understood.

**Objective:** To examine the current understanding of the association between CM and SS, to highlight gaps in the literature, and propose directions for future research.

**Method:** A state-of-the-art review searching a range of different databases was performed to explore the interplay between CM (exposure) and SS (outcome) in adults (over age 18).

**Results:** Identified literature gaps include 1) inconsistency regarding the specific impact of subtypes of CM, specifically of neglect, on the development of SS; 2) narrowing the focus to specific functional syndromes (e.g., fibromyalgia), or selected health outcomes (e.g., respiratory disease) rather than SS as a broad category; and 3) underexploring the impact of culture.

**Discussion:** Key recommendations for future research include adopting standardized WHO definitions for CM subtypes, expanding SS diagnostic criteria (e.g. through using comprehensive ICD-11 coding), and integrating cultural moderators (e.g. different health beliefs) into research methodologies. By adopting these recommendations, research could significantly improve patient care and mitigate the broader societal consequences of childhood trauma.

**Disclosure of Interest:** None Declared

## SP085

### Psychotherapy training in Turkey and Europe, similarities and differences

E. Sönmez Güngör

Psychiatry, Erenköy Mental Health and Neurological Diseases Training and Research Hospital, Istanbul, Türkiye  
doi: 10.1192/j.eurpsy.2025.167

**Abstract:** Evidence for efficacy of various modalities of psychotherapies is growing and such therapies are increasingly recommended in international guidelines for the treatment of psychiatric disorders. Psychiatrists with strong psychotherapy skills are better positioned to provide individualized and multidisciplinary care. Training in psychotherapy also fosters the development of reflective practice, empathy, and cultural competence, all of which are vital in addressing the diverse needs of patients. Accessibility of psychotherapeutic treatment for the patients can be improved through integrating psychotherapy training in psychiatric training, together with continuous medical education activities. European and other international organisations have published guidelines requiring programs to promote psychotherapeutic competences among psychiatry trainees. However, psychotherapy education and supervision can often become a luxury rather than being a mandatory component of training; and resources are heterogeneous. In this presentation, psychotherapy training availabilities and limitations in Turkey will be discussed, with a focus on the psychotherapy courses of Psychiatric Association of Turkey among other initiatives.

**Disclosure of Interest:** None Declared

## SP086

### Legal, professional, and practical aspects of psychotherapy education of psychiatrists in Germany

M. Linden

Department of Psychosomatic Medicine, Charité University Medicine Berlin, Berlin, Germany  
doi: 10.1192/j.eurpsy.2025.168

**Abstract:** In Germany there are about 40.000 licensed psychological psychotherapists, 4.000 physicians who work as psychotherapists only, 8.000 psychiatrists who also are specialised in psychotherapy, 4.000 physicians specialised in psychosomatic medicine and psychotherapy, 1.000 physicians of child psychiatry, 35.000 somatic physicians with a training in psychosomatic basic care. This accounts for about 1 therapist for 1.000 inhabitants or 1 per 200 persons with mental problems in ambulatory care. All these therapists are fully reimbursed by health insurance. About 60% of all persons with mental problems have been treated in specialised outpatient psychotherapy.

There are furthermore 900.000 patients per year who are treated for 30 days on average in inpatient departments of psychiatry,