

Previous research has demonstrated that emotional neglect and emotional abuse are associated with fatigue in patients with MS (Pust et al. Front Psychiatry 2020; 11:811). While the role of emotion dysregulation as a mediator between adverse childhood experiences and long-term effects of childhood trauma has been studied, this relationship has not been previously examined in patients with MS.

Objectives: This study aims to investigate the association between adverse childhood experiences and fatigue and to examine the mediating effect of emotion dysregulation in patients with MS.

Methods: Patients with MS followed in the Neurology Outpatient Clinic at Marmara University, who were evaluated during their clinical examination to be cognitively competent and without any physical disabilities that would prevent them from completing the forms, were included in the study. Adverse childhood experiences were assessed using the expanded version of the Childhood Trauma Questionnaire (CTQ-33), emotion dysregulation was measured by the 16-item Difficulties in Emotion Regulation Scale (DERS-16) and fatigue was evaluated using the Fatigue Severity Scale. The impact of CTQ subscale scores on fatigue and the mediating role of emotion dysregulation were analyzed using SPSS with Process Macro v4.2.

Results: A total of 119 patients completed the survey, with a mean age of 37.45 years, and 71.4% of the participants were women. Emotional abuse and emotional neglect were associated with fatigue in patients with MS. The effect of emotional abuse on fatigue was mediated by emotion dysregulation, with the total effect being 0.81 (95% CI [0.04, 1.58]), the direct effect -0.12 (95% CI [-0.86, 0.63]), and the indirect effect 0.93 (95% CI [0.50, 1.55]). Similarly, the relationship between emotional neglect and fatigue was also mediated by emotion dysregulation, with the total effect being 0.66 (95% CI [0.10, 1.22]), the direct effect -0.05 (95% CI [-0.60, 0.49]), and the indirect effect 0.71 (95% CI [0.39, 1.10]). These results indicate that emotion dysregulation fully mediates the effects of both emotional abuse and emotional neglect on fatigue in patients with MS.

Conclusions: Our findings indicate that the link between fatigue severity and emotional neglect or abuse in MS patients is fully mediated by difficulties in emotion regulation. Consequently, it is suggested that interventions aimed at enhancing emotion regulation strategies may potentially mitigate the effects of adverse childhood experiences on MS-related fatigue. Further research, especially focused on intervention strategies, is needed in this area.

Disclosure of Interest: None Declared

Depressive Disorders

EPP647

Unlocking Potential: The Re-emerging Role of Thyroid Hormone Therapy in Treatment-Resistant Depression

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Introduction: Treatment-resistant depression (TRD) poses a significant challenge in clinical psychiatry, affecting a substantial proportion of patients who do not respond adequately to standard antidepressant therapies. Recent studies have rekindled interest in thyroid hormone therapy as a potential augmentation strategy for

enhancing treatment outcomes in both unipolar and bipolar depression. Thyroid hormones, particularly levothyroxine (LT4) and triiodothyronine (LT3), have been shown to influence mood regulation through their interactions with neurotransmitter systems, thereby offering a promising avenue for improving depressive symptoms in TRD patients.

Objectives: This study explores the potential of thyroid hormones, specifically levothyroxine (LT4) and triiodothyronine (LT3), to enhance treatment outcomes for patients who have not adequately responded to standard antidepressant therapies. It also synthesizes recent findings on the safety profile of thyroid hormone therapy and examines potential gender differences in treatment response.

Methods: A comprehensive review of the literature was conducted, focusing on studies published in the ten years that examined the role of thyroid hormones in TRD. Databases such as PubMed were searched for randomized controlled trials, meta-analyses, and observational studies that assessed the effects of LT3 and LT4 on depressive symptoms and treatment outcomes.

Results: The literature review shows that adjunctive triiodothyronine (T3) significantly enhances treatment response in treatment-resistant depression. A randomized trial found that 53% of patients on T3 had a ≥50% improvement in depression scores after three weeks, compared to 19% for those on levothyroxine (LT4). While LT4 may benefit chronic cases, T3 is generally preferred for its superior efficacy. Thyroid hormone therapy also benefits bipolar depression, especially in rapid cycling patients. Functional imaging studies indicate that supraphysiologic LT4 can improve symptoms by modulating anterior limbic network activity. Some evidence suggests women may respond better than men. Overall, thyroid hormone therapy is well tolerated, with low incidences of adverse effects like tremor, anxiety, and palpitations. However, long-term efficacy remains mixed, with some studies showing no significant differences compared to placebo, and the safety of high-dose therapy is uncertain, highlighting the need for further research.

Conclusions: Thyroid hormone therapy, particularly LT3 and LT4, is a promising augmentation strategy for treatment-resistant unipolar and bipolar depression. While LT3 is noted for its rapid response, further research is needed to clarify its long-term safety and optimal dosing. These findings highlight the importance of considering thyroid therapy for patients who do not achieve satisfactory outcomes with conventional antidepressants.

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EPP648

Silexan reduces functional impairment in patients with a major depressive episode

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Introduction: In a multi-centre, double-blind, randomised, placebo- and reference-controlled clinical Phase III trial in patients with a mild to moderate major depressive episode, Silexan, a special essential oil from *Lavandula angustifolia*, demonstrated a clinically meaningful and statistically significant antidepressant effect (Kasper et al. Eur Arch Psychiatry Clin Neurosci 2024; Apr 1, Epub ahead of print). Patients with depression often experience functional impairment, i.e. in their ability to perform activities of daily