

an Alcohol Detoxification Unit in Lisbon, during the period between January 2022 and December 2023.

Results: During the study period, 37 patients with two or more admissions in a year were identified. The average age was 51.9 years, and 67.6% were male. It was found that 48.6% of the patients were divorced or separated; more than half of the patients were unemployed at the time of admission (62.2%), and nearly half were experiencing financial hardship (48.6%). In terms of integration into rehabilitative and abstinence maintenance structures, 40.5% had attended the Day Care Center of the Hospital Center, and only 5.4% had been part of a Therapeutic Community (TC). Before their last admission, 8.1% of the patients had been referred to a TC, 10.8% to the Day Care Center, and 51.4% to outpatient care, while 24.3% left against medical advice. In contrast, during the last admission in the study period, 13.5% were referred to the Day Care Center, and 35.1% to a TC.

Conclusions: The results highlight the need for psychosocial intervention and rehabilitation in patients with alcohol use disorder. Treatment should include a multidisciplinary approach that takes into account socioeconomic support and integration into rehabilitative structures, as these promote long-term abstinence and therapeutic success.

Disclosure of Interest: None Declared

EPV0007

Psilocybin: Systematic review of its use in the treatment of depression

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Introduction: Psilocybin, a psychedelic compound, has shown potential in treating depression, especially in cases resistant to conventional treatments. This study systematically reviews the scientific literature to assess its efficacy and safety.

Objectives: The main objective of this study is to evaluate the therapeutic effects of psilocybin for the treatment of depressive disorder through a systematic review of the current scientific literature.

Methods: An exhaustive search was conducted in databases such as PubMed and Web of Science, using specific MeSH term and selecting studies published between 2019-2024 that investigated the effects of psilocybin in treating depression.

Results: The included studies demonstrated significant improvements in depressive symptoms with psilocybin compared to standard treatments. Studies reports a rapid and sustained symptom reduction, with few adverse effects.

Conclusions: Psilocybin could be an effective and safe alternative for treating depression, providing symptomatic relief with fewer treatment sessions and a favorable safety profile. However, further research is needed to overcome current limitations and fully understand its therapeutic potential and underlying mechanisms.

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EPV0008

Wernicke's encephalopathy in patient with alcohol dependence

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Introduction: The worldwide prevalence of Wernicke-Korsakoff syndrome is thought to range from 0-2%. Those at greatest risk include the homeless, the elderly, and psychiatric patients (1). In treatment, typical regimens include high doses of intravenous thiamine, three times daily for at least three days. Electrolyte abnormalities should be corrected and fluids replaced.

Objectives: We are interested in studying the evolution of a patient with alcohol withdrawal syndrome progressing to wernicke's encephalopathy.

Methods: We conducted a literature review by searching for articles in Pubmed.

Results: A 40-year-old male, with no medical or surgical history of interest, alcohol consumer, was admitted to the hospital ICU for an episode of ataxia and agitation in the context of four days of alcohol abstinence. He was sedated and orotracheal intubation was performed and treatment was started with thiamine, tiapride and diazepam. After hemodynamic and respiratory stability, the patient was transferred to the Internal Medicine ward where he presented clinical symptoms compatible with Wernicke's Encephalopathy (cerebellar ataxia and nystagmus). Psychiatry was consulted to adjust treatment and to carry out a psychosocial approach for discharge (alcohol withdrawal center).

The patient's evolution has been favorable with the adjustment of psychopharmacological treatment. In the neurological examination we observed nystagmus and cerebellar ataxia. In the psychopathological examination the suspicious contact, psychomotor restlessness, mild generalized tremor in both MMSS are remarkable. Speech difficult to understand due to language barrier. Traits of impulsivity in the foreground. Unstructured biological rhythms. Partial insight. Intellectual functions and volitional abilities preserved. In the complementary tests without significant remarkable alterations. In the treatment adjustment, a de-escalation of diazepam has been carried out for discharge. Treatment with pregabalin, tiaprizal, thiamine and vitamins B1-B6-B9 was also prescribed. Recommendation of absolute cessation of alcohol consumption and follow-up by internal medicine, psychiatry and social work.

Conclusions: Wernicke-Korsakoff syndrome is a clinical diagnosis and Wernicke's encephalopathy should be suspected in any person at risk of thiamine deficiency presenting oculomotor findings, ataxia or confusion (1). Thus, in our patient presenting ataxia and nystagmus in the context of alcohol abstinence and some malnutrition, an early approach with thiamine can be performed to prevent progression to Korsakoff's syndrome.